

Montgomery County

FAMILY & CONSUMER SCIENCES NEWSLETTER MARCH 2025



March Madness is Here!

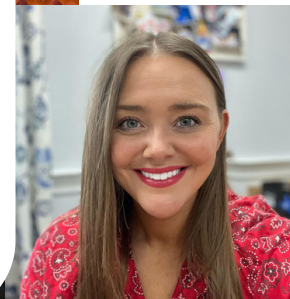
March is here, and with it comes the thrilling excitement of March Madness! Whether you're cheering for your favorite college basketball team or just enjoying the fun of the tournament, there's something for everyone this month.

In our latest edition of the Family and Consumer Sciences Education newsletter, we're celebrating the success of Homemaker International Night!

This month, we're highlighting upcoming events, helpful resources, and a few surprises to keep you engaged.

The Homemaker leader lesson for March is Estate Planning, which was taught by Rowan County FCS Agent in February at Mason County. Let me know if you need the lesson materials.

I hope this newsletter inspires you to dive into the fun of March while applying those valuable skills you've gained. Enjoy the madness!



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Sarah Congleton

Sarah Congleton

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

GET READY TO HIT THE ROAD SAFELY AND SAVE MONEY! JOIN US FOR THE AARP SAFE DRIVING COURSE AND NOT ONLY ENHANCE YOUR DRIVING SKILLS BUT ALSO EARN A DISCOUNT ON YOUR CAR INSURANCE!

**DATE: FRIDAY, MARCH 14
TIME: 10:30 AM
LOCATION: MONTGOMERY COUNTY EXTENSION OFFICE, 106 E LOCUST STREET, MT. STERLING, KY 40353
COST: \$20 FOR AARP MEMBERS \$25 FOR NON-MEMBERS**



SAFER DRIVING MAY SAVE YOU MONEY

There's a classroom course in your neighborhood!

Friday, March 14 at 10:30am
Montgomery County Extension Office
106 E Locust Street
Mt. Sterling, KY 40353
Call 859-498-8741 to register
Space is limited!

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!

- ✓ Refresh your driving skills and knowledge of the rules of the road,
- ✓ Learn techniques for handling left turns, right-of-way and roundabouts,
- ✓ Discover proven driving methods to help keep you and your loved ones safe on the road.

**\$20 for AARP members
\$25 for non-members**



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



This fun and informative class is the perfect way to sharpen your driving skills while helping you drive down the cost of your car insurance. Whether you're a seasoned pro or just want a refresher, this course has something for everyone. Don't miss out on this fantastic opportunity to save and stay safe!

Seats are limited! Register now and start driving smarter and cheaper!

**Sign up today and secure your spot!
See you there!**

COOKING THROUGH THE

Calendar

**EVERY 3RD
WEDNESDAY
AT 12:00PM**

Receive a free kitchen gadget at each session!

For more information on how you can attend these **FREE** cooking classes, please contact your local Cooperative Extension office:

Montgomery County Extension Education Center
104 E Locust Street
Mt. Sterling, KY 40353

Please call to register: 859-498-8741



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Cooperative Extension Service

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Registration
required!

February 21, 2025
@ 10am-11am
Montgomery County
Education Center
104 E Locust Street
Mt. Sterling, KY
40353



LAUGH & LEARN PLAYDATE



Play-based
learning



Developmental
curriculum



Sensory
play

Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages birth to 5 and all children must be accompanied by an adult.
Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.





Food Connects Us

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

This month is all about raising awareness of the importance of making informed food choices and developing sound eating and physical activity habits. Whether you're aiming to boost your health, maintain a balanced diet, or simply learn more about the food that fuels your body, March is the perfect time to start making positive changes.

💡 **Tips for National Nutrition Month:**

1. Eat a variety of foods – Incorporate fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals.
2. Stay hydrated – Water is essential for your body's daily functions, so drink plenty of it!
3. Practice portion control – It's not just about what you eat, but how much you eat.
4. Stay active – Nutrition goes hand in hand with staying physically active. Aim for regular movement throughout the week.
5. Get informed – Learn more about nutrition labels, food groups, and how your body responds to different nutrients.

Let's celebrate our health this March and take small steps toward a healthier lifestyle! 💪

*#NationalNutritionMonth #HealthyEating #NutritionTips #FuelYourBody
#HealthyLifestyle*





Make plans to attend the 2025
State Meeting
at Hyatt Regency Lexington
401 West High Street, Lexington!
May 6-8, 2025

Big Blue Book Club Returns for our 10th Book

After so many sessions and reading so many books together, we have reached our tenth book. We are pleased to announce that in 2025 we will read together, *My Old Kentucky Road Trip - Historic Destinations and Natural Wonders* by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state that may be familiar to you and many that you will learn about for the first time.

In the spirit of the book, we will be taking Big Blue Book Club “on the road.” Our kick-off session will be offered in our traditional format via zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book’s authors will join us there for an informative session about some of their favorite Kentucky destinations and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will be on March 13 at 11 am Eastern.

During the next few months we will travel to destinations across the state where you might choose to join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together!

Click here to register!

https://uky.az1.qualtrics.com/jfe/form/SV_0MqjLIJQAb8cga

BIG BLUE BOOK CLUB

Free book to first 200 registered participants!

Cooperative Extension Service | Family and Consumer Sciences



Homemaker International Night: A Flashback to Success!

POSTCARD

THIS SPACE FOR WRITING MESSAGES.

Thank you!

PLACE
STAMP
HERE

A big thank you to each Homemaker who worked so hard to make International Night a success! Special recognition goes to Donna Lindon, our County International Chairperson, for her dedication and leadership. We're excited to share that we had 48 attendees in total!

Thank you all for your contributions and support!



ADULT

HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME _____ County _____
Extension Office _____
000 Street Road _____
000 Street Road _____
City, KY _____
City, KY _____
Zip _____
(000) 000-0000
(000) 000-0000

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

Continued on the next page →





While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:
Anna Cason, RDN
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Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

2025 LICKING RIVER AREA

Skills Day

FLEMING COUNTY EXTENSION OFFICE

1384 ELIZAVILLE ROAD, FLEMINGSBURG KY 41041

MARCH 26TH

10:00AM-3:00PM

Itinerary

Check-In Time: 9:30am-10:00am

Morning Classes: 10:00am-12:00pm

Lunch: 12:00pm-1:00pm

Afternoon Classes: 1:00pm-3:00pm

A soup luncheon will be provided

Registration Fee: \$4.00

Register with your local county extension office.

Registration and Payment due by March 17th

Any donations will go to Ovarian Cancer research

MORNING CLASSES 10:00AM-12:00PM

ROBERTSON COUNTY

\$10.00

ZINNIA FRAME

INSTRUCTOR: BRITNEY POE

CLASS LIMIT: 12



ALL SUPPLIES ARE INCLUDED.

LEWIS COUNTY

\$10.00

BUTTON ART

INSTRUCTOR: DEBBIE BLANKENSHIP &

CHRISTA O'CULL

CLASS LIMIT: 10

CHOOSE YOUR ART DESIGN!
BE SURE TO INCLUDE ON YOUR
REGISTRATION SHEET!

1. EASTER EGG *AS PICTURED*
2. EASTER BUNNY
3. LADYBUG
4. BUTTERFLY



ALL SUPPLIES ARE INCLUDED... IF YOU HAVE BUTTONS THAT
ARE SPECIAL TO YOU, YOU'RE WELCOME TO BRING THOSE.

MASON COUNTY

\$8.00

CHICKEN WIRE SUNCATCHER

INSTRUCTOR: ABBY GRAY AND TARA MCCARTY

CLASS LIMIT: 12



SUPPLIES NEEDED: NEEDLE NOSE PLIERS

MONTGOMERY COUNTY

\$10.00

MY APPLE TREE IS FULL

INSTRUCTOR: DONNA LINDON

CLASS LIMIT: 10



SUPPLIES NEEDED: APRON / OR CLOTHING
YOU WOULDN'T MIND GETTING PAINT ON

AFTERNOON CLASSES 1:00PM-3:00PM

BRACKEN COUNTY

\$10.00

PAPER QUILLING CARDS

INSTRUCTOR: DEBBIE HEINE

CLASS LIMIT: 15



ALL SUPPLIES ARE INCLUDED.

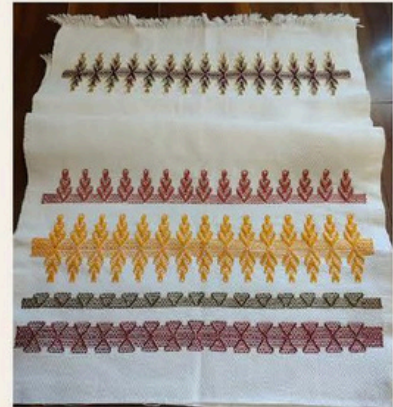
BATH COUNTY

\$5.00

SWEDISH WEAVING TOWEL

INSTRUCTOR: MARY ANN LEWIS AND JOY WARREN

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.

MENIFEE COUNTY

\$5.00

VASE PAINTING

INSTRUCTOR: A

CLASS



ALL SUPPLIES ARE INCLUDED.

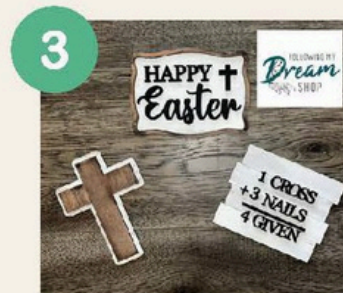
FLEMING COUNTY

\$20

SPRING "TIERED TRAY DECOR" PAINT WORKSHOP

INSTRUCTOR: FOLLOWING MY DREAM SHOP

CLASS LIMIT: 15



CHOOSE YOUR SET & COLORS!
BE SURE TO MARK WHICH
SET YOU WOULD LIKE ON
THE REGISTRATION
SHEET!

ALL SUPPLIES ARE INCLUDED.

ALL DAY CLASSES

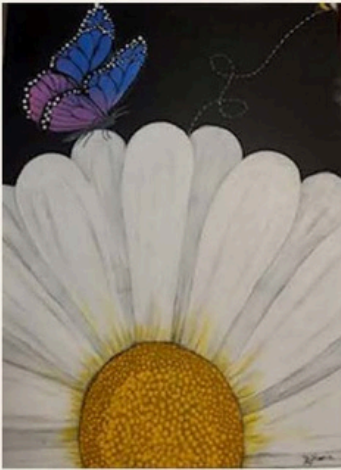
ROWAN COUNTY

\$18.00

11 X 14 PAINTING ON BLACK CANVAS

INSTRUCTOR: BRENDA HAMM

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.

MORGAN COUNTY

\$7.00

RED WORK / BLUE WORK

INSTRUCTOR: DONNA B. DAVIS

CLASS LIMIT: 10

Red Work/Blue Work

Cost: \$7.00 Class Limit: 10

Redwork or bluework uses only (red or blue) embroidery floss on white or unbleached fabric. This little hands-on activity will allow you to learn or refresh embroidery stitches. The little cross stitch heart will include cross stitch, lazy daisy, stem or backstitch and French knots. It will be worked in a 4" embroidery hoop. The little piece could be incorporated in a pieced quilt project or wherever you could show off your skills. Great to work on when waiting for a doctor appointment, practices, traveling or watching TV. It is a good way to teach others and pass needlework skills on to others of all ages. Fee will cover the hoop, needle, pre-stamped fabric, embroidery needle and embroidery floss. If you want to bring your own scissors that would be great.



MORGAN COUNTY

\$7.00

HEART & BIRD

INSTRUCTOR: SUSIE BLEVINS

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.



ALL SUPPLIES ARE INCLUDED.

2025 LRA SKILLS DAY REGISTRATION FORM

DEADLINE: MONDAY, MARCH 17TH
SPACE IS LIMITED - REGISTER EARLY!

PLEASE RETURN THIS SHEET WITH PAYMENT TO YOUR COUNTY EXTENSION OFFICE

NAME: _____

PHONE: _____

COUNTY: _____

EMAIL: _____

PLEASE MAKE CHECKS PAYABLE TO _____ COUNTY HOMEMAKERS

PLEASE CHECK WHICH CLASS YOU WOULD LIKE TO TAKE!
GRAND TOTAL SHOULD INCLUDE ALL CLASS FEES AND THE \$4 REGISTRATION FEE.

MORNING CLASSES:

- 1. ZINNIA FRAME - \$10 _____
- 2. BUTTON ART - \$10 BUTTON ART # _____
- 3. CHICKEN WIRE SUNCATCHER - \$8 _____
- 4. MY APPLE TREE IS FULL - \$10 _____

AFTERNOON CLASSES:

- 1. PAPER QUILLING CARDS - \$10 _____
- 2. SWEDISH WEAVING TOWEL - \$5 _____
- 3. VASE PAINTING - \$5 _____
- 4. DECOR PAINT WORKSHOP - \$20 _____ SET # _____

ALL DAY CLASSES:

- 1. PAINTING ON BLACK CANVAS - \$18 _____
- 2. HEART & BIRD - \$7 _____
- 3. RED WORK/BLUE WORK - \$7 _____

DAY TOTAL

MORNING CLASS TOTAL	\$
AFTERNOON CLASS TOTAL	\$
SKILLS DAY REGISTRATION FEE	\$4
GRAND TOTAL	\$

FOR OFFICE USE ONLY:

DATE REGISTERED:

CHECK #:

CASH: