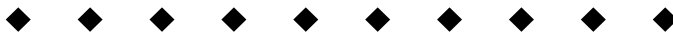


Cooperative Extension Service
 Breckinridge County
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 (270) 756-2182
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<https://breckinridge.ca.uky.edu>



Breckinridge County FCS Newsletter

APRIL 2020



Coronavirus: What Can You Do

The Centers for Disease Control (CDC) told Americans to start preparing for the spread of the coronavirus. The CDC states that the best and easiest thing you can do to prevent the spread of the coronavirus is wash your hands!

The CDC does not recommend wearing a facemask to prevent the coronavirus. Only people who have the coronavirus or are showing symptoms should wear a facemask. Wearing a facemask protects others from infection.

What you can do:

- * The No. 1 thing to do is to wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- * Use an alcohol-based hand sanitizer or wipes with at least 60% alcohol.
- * Clean and disinfect frequently touched objects and surfaces, like cellphones.
- * Avoid touching your eyes, nose, and mouth.
- * Stay home when you are sick.
- * Cover your cough or sneeze with a tissue.

Symptoms include:

- * Shortness of breath
- * Sneezing
- * Dry cough
- * Fever

Those at a higher risk:

- * Young
- * Elderly
- * Those with weak immune symptoms

As the situation is constantly changing, the CDC is the most current and knowledgeable source on a national level. Use the CDC website to stay up to date with the most accurate information: <https://www.cdc.gov/coronavirus/2019-ncov>. Another reliable resource would be the Kentucky Covid 19 website: <https://kycovid19.ky.gov>

Source:

Natalie Jones, Family Health Extension Specialist, University of Kentucky, College of Agriculture

Resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>



Dear Extension Friend,

As you read this newsletter, I hope you and your family are well. I encourage you be diligent in social distancing and washing hands very often!

I want to thank each of you who have helped with making and adapting mask for our local healthcare providers. Your helpful hands and caring hearts are greatly appreciated during these usual times. If you would like to continue with this effort, the local hospital has provided the Extension office with a pattern to share. Please give me a call and I will share it with you.

For the safety of clientele and Extension Staff, the Extension office has limited access to the public. Information and services can be accessed through phone calls, email or on Facebook. Many UK FCS specialist are sharing great resources that will help families with the "Healthy at Home" initiative. I will continue to post them on the Breckinridge County Cooperative Extension Service Facebook page. Also, NEP Assistant, Tasha Tucker is sharing nutrition lessons on the Breckinridge County Nutrition Education Facebook page.

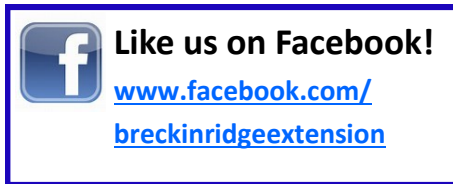
Please take care and give me a call if you have any questions or just want to visit.

Sincerely,

Lynnette Allen

Lynnette Allen

County Extension Agent for FCS Education
Breckinridge County

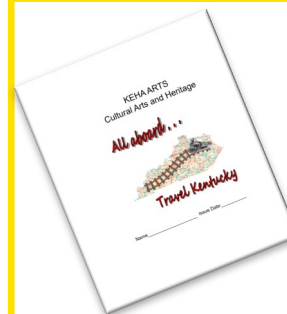


Updates to Scheduled Events

April 3	Homemaker Lunch	Cancelled	
April 8	Family Living Meeting	Postponed	No new date scheduled at this time
April 10	Homemaker Bake Sale	Cancelled	
April 17	Homemaker of the Year & Awards	Deadline for submission TBA	
April 21-23	KEHA State Meeting	Postponed	New dates and details TBA later
April 27	Homemaker Lesson –Money Habitudes	At this time, a decision has not been made	
May 7	Homemaker Annual Meeting	At this time, a decision has not been made	



The 2020 KEHA Meeting has been postponed. New dates and details will be posted as soon as available. Adventure Awaits—just a little longer than first planned.



Kentucky Homemaker Passport
The *Homemaker Passport* Booklet showing events/ places visited between July 1 and June 30, 2020 is due July 1, 2020. More details will be announced closer to July.

Homemaker Club Meetings

The CDC has recommended that no more than 10 people be together until May 11, 2020. With this being said, I do not recommend you hold Homemaker Club meetings. Conference calls would be a safer way for your group to meet and discuss any business that you feel you must conduct. Please always remember the social distancing recommendation and staying **Healthy at Home**. Your safety is my top priority here. I want to see each of you happy and healthy when this is all over!

No decision has been made at this time regarding our annual county meeting. The KEHA state board is going to be sharing recommendations for program year end reports and officer elections soon. This information will be shared when it is posted.



Save the date!

New Date: Saturday, June 27th, 2020
The Paper crafters will be hosting a special project day.

Stay tuned for details!

May Homemaker Lesson

The May Lesson “Money Habitudes” that was scheduled for April 27th has been cancelled. The instructor is working with UK Specialist to put together an option on how to share this lesson topic. Information will be sent directly to Homemaker members.

SPECIAL NOTE: All recycle centers in Hardinsburg, Irvington and Cloverport are currently closed for the safety of those needed to process the recyclables.



Yard and Garden Soil Sample Service

Spring has finally sprung and working in your garden or yard is a great way to spend your extra time at home. To assist with this, the Extension Service is still processing free soil samples for Breckinridge County residents. Samples may be dropped off in the foyer of the Extension Office. If you need gardening publications, please give us a call at 270-756-2182 and we can mail those to you.

Happy Gardening and Stay Healthy at Home!

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).

Managing Financial Stress

Financial stress is a part of life for most people. According to a 2019 national survey, about 60% of adults report that money is a significant source of personal stress. Recently, many of us may have been experiencing more financial stress than normal, as we adjust to changing work schedules and business closings. Although financial stress may be unavoidable for most, we can control how we address it.

Consider the following suggestions to manage your financial stress.

Identify the Source

Start by identifying the top two or three financial problems that you face. These could be having too much debt, having trouble saving money, or overspending. Limit the list to two or three problems so that you do not become overwhelmed.

Make a Plan

Once you have taken inventory, make a plan of attack. Focus on the most pressing of your financial issues first. Work out a step-by-step plan to reach your goal. It is important that you include small steps to address your financial problems so that they feel manageable.

Do not move on to the next goal until you feel that you have a handle on your new financial behavior. This will limit stress and make you a more effective problem solver. Work through the list one problem at a time, while working through each problem one step at a time. Small change is the key to success.

Recognize How You Deal with Stress

Many of us have unhealthy habits or coping mechanisms that we turn to when times get hard. For instance, many people smoke or overeat when they feel stress. Unfortunately, these behaviors usually make our stress worse; they are bad for our health, and they cause us to spend more money! As a result, our financial stress only seems to get worse.

Consider replacing these behaviors with a healthier way of coping. For some people, this might mean taking a walk outside. Others may find that their stress is reduced when they exercise or meditate. Find what works for you.



Ask for Help

People are more effective at initiating and maintaining change when they have a support system that can hold them accountable and offer emotional support. You could seek professional help, or reach out to family and friends for support. Explain your problem and your plan to address it. Sharing specifics will help them to be more effective in supporting you to change your financial situation.

Most of all remember this: Addressing financial stress is a process. It takes time. But with a specific action plan, you can begin managing your financial stress today.

Reference:

“Stress in America” Survey (American Psychological Association, 2019) <https://www.apa.org/news/press/releases/stress/2019/stress-america-2019.pdf>

Source:

Kelly May, Senior Extension Associate for Family Finance and Resource Management
Jennifer Hunter, Ph.D., Family Finance and Resource Management



Extension Homemaker Baseball Jersey

Due to the current situation with the Covid19, the t-shirt order is on hold. Once Homemaker meetings and activities resume, we will finalize the order. You may call the Extension Office at 270-756-2182 or email me at lallen@uky.edu to reserve your t-shirt.

Cleaning Versus Disinfecting

Now, more than ever, it is important to clean and disinfect frequently touched surfaces including doorknobs, handles, chair backs, faucets, light switches, etc. Cleaning simply means to remove germs or dirt from a surface. Cleaning does not kill germs. It lowers the amount of germs present on a surface by removing them. Disinfecting means to kill germs by using chemicals such as bleach solutions, alcohol solutions with at least 70% alcohol, or other EPA registered household disinfectants.

People can lower their risk of getting sick by first cleaning surfaces and then disinfecting them. When cleaning, use soaps or detergents and water to physically remove dirt and germs from surfaces. Follow by disinfecting. If you don't have an EPA-registered household disinfectant on hand, you can make your own. Start with regular, unscented bleach, and wear protective gloves. Mix 5 tablespoons bleach to one gallon of water or 4 teaspoons bleach to one quart of water. Only use bleach solutions if appropriate for the surface. Do not use on soft surfaces such as carpet, furniture, drapes, or clothing.



Best practices include cleaning all visible dirt from surfaces or objects and following with disinfection. EPA-registered household disinfectants are commonly available in sprays and wipes. You can find them at large retailers including grocery stores, hardware stores, drug stores, and many convenience stores. Be sure to follow all instructions on the label. The label will tell you whether you need to dilute the product, what surfaces you can use it on, drying time, and any precautions such as wearing gloves and making sure there is good ventilation when using the product.

Reference:

Centers for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html#How%20to%20Clean%20and%20Disinfect>

Source:

Annhall Norris, Extension Specialist for Food Safety and Food Preservation

Cloverport School Food Service Program

The Cloverport Independent Schools Food Service Program, in collaboration with the FRYSC office and transportation department is providing breakfast and lunch, Monday through Friday, to students in the Cloverport community. These meals are available at no cost to families. The meals can be served to children 18 and under regardless of enrollment in Cloverport schools. If you are in need, please contact the school at 270-788-3388, and we will connect you with the appropriate services.

Accessing Food during School Closures

School closings and scarce options at the grocery store may leave your family wondering what other alternatives are available to attain food. Luckily, communities are taking action to offer resources during this time. See below for additional food resources:



- Check your county school district website for information on meal services, food delivery, and food pick-up, or call your pick-up, or call your child's school directly. Although they are closed, many schools are still providing on-site meals for students. Many regional food bank members are working with local school districts to develop plans to coordinate food access for children during the school closure period.
- Food banks are trusted community resources during difficult times. To find a food pantry in your area, visit Feeding America's website at feedingamerica.org/find-your-local-foodbank. It is worth calling your local food bank beforehand to learn about all of the options available other than food pick-up such as Kids Café's Senior Grocery Programs.
- Consider reaching out to local faith-based organizations. Information on church-based food pantries can often be found on their personal websites, in local newspapers, or may be listed on godspantry.org/help or whyhunger.org/find-food
- You can find additional nearby food resources by dialing 211 on your phone. 211 can also help with other essential needs beyond food resources.
- Many grocery stores are now offering delivery options. Some grocery stores even take EBT payment for delivery options. Visit your grocery store's website or call the store directly to see what options are available.





For information on food resources management, food safety, recipes, and more, visit the University of Kentucky Cooperative Extension's Nutrition Education Program website at PlanEatMove.com

For additional information regarding COVID-19, Kentucky residents can call the state coronavirus hotline at 1-800-722-5725 for advice about when to seek medical treatment. Visit Kentucky's coronavirus website, kycovid19.ky.gov, for more guidance about the disease.



BREAKFAST/LUNCH PICK-UP SCHEDULE

Drive-thru Service @ Four Locations

-  IRVINGTON ELEMENTARY
-  CUSTER ELEMENTARY
-  BEN JOHNSON ELEMENTARY
-  BRECK COUNTY HIGH SCHOOL



BEGINNING MARCH 30, 2020

MONDAY & WEDNESDAY @ 11:30am SCHOOL TIME

ENOUGH FOOD PROVIDED TO LAST ONE WEEK

CONTACT

Central Office 270-756-3000
Area Technology Center 270-756-2138
Ben Johnson Elementary School 270-756-3070
Custer Elementary School 270-756-3040

Hardinsburg Elementary School 270-756-3020
Irvington Elementary School 270-756-3050
Breckinridge County Middle School 270-756-3060
Breckinridge County High School 270-756-3080

Stocking Your Pantry

Keeping your pantry stocked with a few basic food items will allow you to cook a simple, healthy meal at a moment's notice. Once your pantry is equipped with the essentials, you can simply buy fresh items from the grocery to cook with your stocked items.

When we think of our pantry, we tend to first think about canned or boxed goods. Suggestions for your pantry include canned fish such as tuna, salmon, and sardines; canned beans such as black, kidney, garbanzo, cannellini, and chickpeas; and canned vegetables such as tomatoes, spinach, corn, or beets. Other items to consider are broth or stock, peanut butter and other nut butters, and salsa. There are several options for rice and grains including brown rice, whole-grain pasta, couscous, rolled oats, and bread-crumbs.

Common oils, vinegars, and condiments can add flavor in a pinch. Think about adding extra virgin olive oil, balsamic vinegar, red wine vinegar, mustard, hot sauce, or Worcestershire sauce. Additional ways to add flavor include seasonings like salt and pepper, and spice blends like chili powder and Italian seasoning. Stocking up your herbs and spices cabinet is also a great way to be prepared for putting together quick meals with lots of flavor. Common herbs and spices you should include might be bay leaves, parsley, cumin, oregano, paprika, rosemary, thyme, cinnamon, ginger, and nutmeg.

Building your pantry does not happen overnight. It is important to slowly build up your inventory as needed. Many of these foods are shelf-stable for several months and can be purchased in bulk or on sale.



Source:

Heather Norman-Burgdorf, Extension Specialist for Nutrition and Health;
Claire Crosby, Human Nutrition Student



Country roads don't build themselves

Lay the groundwork for better roads in your community by taking the census. Your response can impact funding for things like maintaining local roads, bridges, public transportation, and more each year.

2020CENSUS.GOV

Shape your future START HERE >

United States Census 2020

D-HP-80-EN-025

Census data impacts funding for things like:

- > Highway planning and construction
- > Federal Transit Formula Grants
- > Formula Grants for Rural Areas
- > Community Development Grants
- > Rural Payment Assistance Payments
- > Water and waste disposal systems for rural communities

For more information, visit:
2020CENSUS.GOV

Shape your future START HERE >

United States Census 2020



Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1¼ cup all-purpose flour	1 large egg
⅓ cup brown sugar	1½ teaspoons baking powder	¼ teaspoon vanilla extract
1½ teaspoons grated lemon peel	¼ teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	⅔ cup sugar	½ cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
June 2010

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.



Source: www.fruitsandveggiesmatter.gov

WALLY CAT WANTS YOU TO **WASH YOUR HANDS OFTEN!**

**You can remove up to 99.9%
of germs on your hands if you:**

- Use clean warm water
- Apply soap
- Rub your fingers and hands together and scrub for 20 seconds (sing Happy Birthday twice)
- Rinse with clean warm water
- Dry hands with a clean towel or paper towel
- If soap and water are not available, use a hand sanitizer that is 60% alcohol



**Wash your hands or
use a hand sanitizer often!**

- After coughing or sneezing
- Before touching your food
- After using the bathroom
- After handling animals or their waste

References:

- Natalie Jones
UK Cooperative Extension Service
- CDC: http://bit.ly/UKFCS_CDCHandwashing
- Wally Cat design by Chris Ware

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT

HEALTH BULLETIN



APRIL 2020

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

Breckinridge County
Extension Office
1377 S. Hwy 261
Hardinsburg, KY 40143
(270) 756-2182

THIS MONTH'S TOPIC:

STRESS BUSTERS FOR WORK



April is Stress Awareness Month, and if you have ever had a job, most likely you have experienced work-related stress. Stress at work is common and potentially can affect your health negatively. Health effects can range from being more susceptible to the flu to increased chances of heart disease. While finding a low-stress job may be hard or impossible, you can adopt effective strategies to reduce stress at work. Here are some stress-management techniques to try:

Positive work partner

Talk with a trusted co-worker about the stressor you are facing at work. They might be able to provide insights or offer suggestions for coping. Sometimes just expressing your stressors can help reduce anxiety.

Continued on the back →

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Talk with a trusted co-worker. Sometimes just expressing your stressors can help reduce anxiety.



→ Continued from page 1

Take a movement break

Sitting for long stretches at your desk is not good for your health. Take a stretch break every hour or maybe host a walking meeting.

Establish boundaries

In today's world, it is easy to feel pressure to be available 24 hours a day. Establish work-life boundaries by not checking email from home in the evening.

Prioritize and organize

Planning and staying organized can greatly decrease stress at work. Prepare a list of tasks in order of priority and block out time to work on them without interruption. If needed, break large projects into smaller steps.

Other stress busters to try

- Get enough sleep (7 to 9 hours a night).
- Get regular physical activity (30 minutes a day).
- Eat a healthy diet.
- Avoid overscheduling by saying “no.”
- Make time for the things that bring you joy.

While dealing with stress at work may be unavoidable, it is manageable. Remember that some level of stress is normal, but you do not want it to last weeks or months. Try a few or all of these stress busters to help bring your stress levels back down into the healthy range.

REFERENCES:

- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/coping-with-stress/art-20048369>
- <https://www.apa.org/helpcenter/work-stress>

**ADULT
HEALTH BULLETIN**

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Stock images: 123RF.com

