

HOMEMAKER HAPPENINGS

FAMILY & CONSUMER SCIENCES



Cooperative Extension Service
Meade County

1041 Old Ekron Road
Brandenburg KY 40108
(270) 422-4958
FAX: (270) 422-3773
meade.ca.uky.edu



MARCH 2025



Spring Cleaning for Your Mental Health!

Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health advantages. Clutter can contribute to feelings of anxiety, overwhelm, and even depression, while a tidy space can promote mental clarity and a sense of calm.

To maximize the benefits of spring cleaning, consider the following strategies:

- Prioritize tasks: Begin with smaller, manageable tasks to avoid feeling overwhelmed. This could involve decluttering a drawer, organizing a bookshelf, or washing windows.
- Focus on one room at a time: Instead of getting bogged down, concentrate on one area at a time. This can help prevent burnout and provide a sense of accomplishment as you complete each space.
- Use a timer: Set time limits to maintain focus and prevent procrastination. This can also help you break down larger tasks into smaller, more manageable chunks.
- Spread out the cleaning: Don't try to do everything at once. Spread out the cleaning process over several days or weeks to avoid feeling overwhelmed and to allow for rest and recovery.
- Ask for help: Don't hesitate to ask friends or family for help, especially with heavy or time-consuming tasks. This can make the process more enjoyable and efficient.
- Mindful cleaning: Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help reduce stress and promote relaxation.
- Celebrate your progress: Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.

By incorporating these approaches, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to improve your mental well-being.

References:

<https://newsroom.clevelandclinic.org/2024/03/18/spring-cleaning-for-your-mental-health>
<https://acendahealth.org/4-ways-spring-cleaning-impacts-your-mental-health/>

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being

Sincerely,

Extension Agent for Family and Consumer
Sciences Education Meade County

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.

DISASTER PREPAREDNESS AWARENESS

MARCH 25 4 PM-7 PM

MEADE COUNTY EXTENSION OFFICE

1041 OLD EKRON RD
BRANDENBURG KY 40108

Sponsored by:

 Cooperative
Extension Service



Information Booths

A variety of first responders, financial advisors, insurance, health and education agencies will be available with information on how to prepare and respond in an emergency.

Discussion Panel

6:00 P.M. - Panel discussion on how the community responds to a disaster.

Free giveaways and door prizes, including
Two Emergency Preparedness Kits

CONTACT US :

270-422-4958

OR

jennifer.bridge@uky.edu



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.

Sit and Stitch

**MONDAY'S
NOW THRU MAY
5 PM TO 8 PM**

@Meade County Extension Office

Certified Master Clothing Volunteer Instructor, Angela Dodge, will be on hand to answer questions, give advice or help with sewing projects.


Tired of hearing "Again" when fixing dinner? No longer excited by your own cooking? Dread the thought of cleaning another dish?

THIS CLASS IS FOR YOU!!

**HOW TO GET OUT OF A
MEALTIME RUT**



March 27th @ 1:30 PM

 Instructor: Cabrina Buckman; Washington County FCS Agent

 **Call to Register** 

 **MEADE COUNTY EXTENSION OFFICE**  **270-422-4958**

 University of Kentucky  Martin-Gatton College of Agriculture, Food and Environment

LAUGH & LEARN

A one hour play date for you and your child to engage in playful activities that are designed to prepare them for Kindergarten.


STORIES - SONGS - CRAFTS - SNACKS
at every play date!

MARCH 14 - 10-11 AM

We will meet the second Friday of every month
February - MAY
from 10 am - 11am, Meade County Extension Office
OPEN TO AGES 5 AND UNDER
must be accompanied by an adult

DATES
1/10, 2/14, 3/14, 4/11, 5/9

Sign up Now!
Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108
270-422-4958

 Martin-Gatton College of Agriculture, Food and Environment



WITS WORKOUT

An engaging, interactive, and educational brain health program

*Work out your brain.
Age healthy.*

Meade County Cooperative Extension presents
WITS WORKOUT

4th Wednesday of each Month:
February through October
2:00 PM
at the Meade County Extension Office
1041 Old Ekron Rd

 **ILLINOIS** Extension  COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



DENMARK



FINLAND

NORDIC STATES

 Cooperative Extension Service



ICELAND



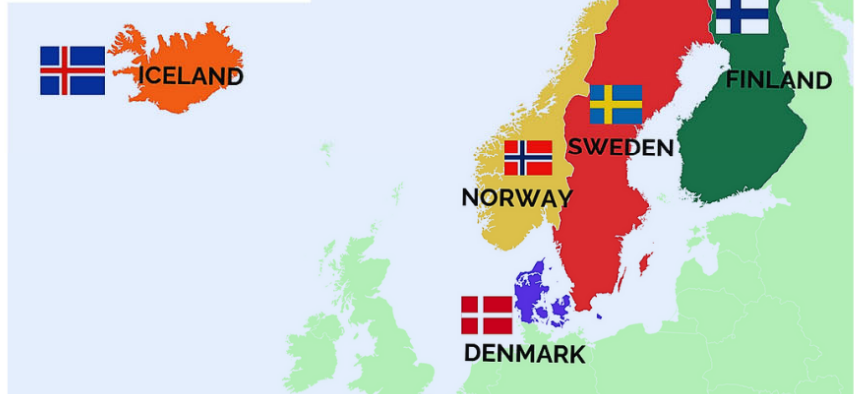
NORWAY



SWEDEN

Guest Speakers:
Janet Powers

Hostess: Mary Lamkin,
International Chair
Marti Thomas, Co-Chair



MEADE COUNTY EXTENSION HOMEMAKERS

International Luncheon

Thursday, April 17
12:00 p.m.

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108

Menu:

- Swedish Meatballs - Sweden**
- Smashed Potatoes - Finland**
- Carrots with tops - Norway**
- Dark Rye Bread - All Nordic Countries**
- Strawberry Cake - Sweden**

COST: \$15

Make checks payable to:
Meade County Extension Homemakers

**Reservations and payment
are due to the Extension
Office no later than**

Thursday, April 10th



Pictures taken by:
Janet Powers





MARCH IS COLON CANCER AWARENESS MONTH

Did you know?

- Early colon cancer may have no symptoms
- Colon cancer is mostly preventable
- Screening saves lives

You can make a difference!

- Hold a colon cancer awareness event anytime in March and Dress in Blue! Then tell people WHY!
- Encourage friends, family, and co-workers to get screened!



Facebook Photo Contest!

Post your Dress in Blue photos to Facebook using #dib2025 or #wipeoutcoloncancer. The photo with the most likes in each region will win a prize!


COLON CANCER SCREENING SAVES LIVES.

Go to <https://tinyurl.com/kpcolonoolkitv2> for colon cancer resources.

COLORECTAL CANCER IS THE SECOND LEADING CAUSE OF CANCER DEATH IN THE UNITED STATES.


1-877-326-1134
<https://kcp.louisville.edu>
Follow us on Facebook: Kentucky Cancer Program - West




FREE COLON CANCER SCREENING

Colon cancer is the second leading cause of cancer deaths in Kentucky. Don't let cost stop you from getting screened.

YOU MAY QUALIFY IF YOU:

- Are a Kentucky resident
- Are age 45-75
- Are uninsured or have a high deductible
- Have a low income
- Are at average risk

*People younger than age 45 may be eligible if they are at increased risk for developing colon cancer or are having symptoms.

Routine screening for colon cancer is important, because there may be no symptoms until it spreads.

For more information, call the Kentucky Cancer Program at 1-877-326-1134





Protect Your Tech

Have you ever thought about how much personal information is on your phone? We wouldn't carry around binders full of paper documents with our critical information – that would be easy for someone to steal. Yet, a lot of that same information is in the files and apps on our phones.

Lock Screen / Password: Set your screen to lock when you aren't using it. A PIN or passcode will help keep your data safe if you step away or lose your phone or device. Some devices can unlock with a fingerprint, iris, or face scan. For others, use longer pins and passwords that are more difficult to crack.

Also, realize that password-protected Wi-Fi might be safer to surf than publicly available networks. Don't do your banking or shopping on wireless networks that aren't encrypted.

Software Updates: Enable automatic updates for your operating system, as well as security software, browsers, and apps. Companies often push out free updates that may include security protections. Keep those up to date. Delete any apps you aren't using anymore.

Backup Plan: Most people have lots of important photos, documents, and emails on their phones. Back that information up so that you can recover it if anything happens. Phones are portable, but that means they also can break or be lost. Also, a phone can be hacked, stolen, or infected with a virus. Back up your information to the cloud or an external drive so it can be recovered if needed. Some phones have a feature that you can turn on to track a lost or stolen phone.

Help / Fraud Reports: Find tips on these steps for both Apple and Android from the Federal Trade Commission at <https://consumer.ftc.gov/articles/how-protect-your-phone-hackers>. You can report fraud to [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) or 877-FTC-HELP. Report cybercrime and phishing to the Internet Crime Complaint Center at www.ic3.gov.

Reference: *How to Protect Your Phone from Hackers*. (July 2022). Federal Trade Commission. <https://consumer.ftc.gov/articles/how-protect-your-phone-hackers>

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management





Broccoli Potato Soup

Ingredients:

- 4 cups chopped broccoli, may use frozen
- 1 small chopped onion
- 4 cups low sodium chicken or vegetable broth
- 1 cup evaporated nonfat milk
- 1 ½ cups instant mashed potatoes, prepared with water
- Salt and pepper to taste
- ¼ cup cheese, shredded cheddar or American

Servings: 4

Serving Size: 1/4 of recipe

Recipe Cost: \$4.34

Cost per Serving: \$1.09

Make it a Meal

- Broccoli Potato Soup
- Grilled cheese sandwich
- Grapes
- Low-fat milk

Directions:

1. Mix broccoli, onion, and broth in large sauce pan.
2. Bring to a boil.
3. Lower heat. Cover and simmer about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook and stir until bubbly and thickened.

Tips

1. Can make ahead and freeze into single servings.
2. Broccoli makes this dish a great source of vitamins A and C.
3. Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Make them the basis for meals and snacks.

Nutrition facts per serving: 200 calories; 6 g total fat; 2 g saturated fat; 0 g trans fat; 10 mg cholesterol; 350 mg sodium; 25 g total carbohydrate; 2 g fiber; 15 g protein; 15% Daily Value of vitamin A; 110% Daily Value of vitamin C; 30% Daily Value of calcium; 8% Daily Value of iron