

# May is in Full Bloom!

## Important Dates:

May 7-9th:  
KEHA State Meeting

May 21st:  
Cooking with  
Vinegars & Oils 10:30

May 22nd:  
DIY Memorial Day  
Craft @ Housing

May 28th:  
Laugh & Learn @  
MCPL 10:30  
Homemaker Monthly  
Meeting 3:30

Marion County Extension is very busy with many different classes and events going on in the county. I have been keeping the roads hot doing many trainings as a first-year agent. May has many national recognitions in the month. May is known for blood pressure education awareness month, national mini garden month, mental health month, Mediterranean Diet month, and let's not forget about Mother's Day and Memorial Day! After recently attending a Pie and Pastry class, I learned that May 13th is Apple Pie Day. I encourage you to make an apple pie. Go to [homebaking.org](http://homebaking.org). They have great tips for baking.

I can't talk about May without recognizing Kentucky's holiday - Kentucky Derby! The Kentucky Derby is one weekend of the year where Kentucky is really in the spotlight.

Have you ever tried making the famous Derby Pie? I hope with all the mentioning of the "holidays" you will take time to get outside and enjoy the warmer weather; rather it be going for a walk or doing some lawn work or gardening. Get outside and enjoy!

**Rachel Mattingly**  
FCS Agent

### 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

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Disabilities  
accommodated  
with prior notification.

# KEHA News & More:

-KEHA State Meeting in Bowling Green - May 7-9th

## Reminders for all attendees:

- Raising Hope will provide free health screenings on Tuesday at 9 a.m. to 3:30 p.m. and Wednesday at 8 a.m. to 4 p.m.! Fasting is recommended; look for more information on site and in your program.
- Bring your device (tablet or laptop) if you want help with social media. For the first time, we'll have a **Tech Help Lounge** open Tuesday and Wednesday during set hours to offer one-on-one help with social media accounts. Sign up on site.
- Wear black and white to the opening lunch, and pack a sweater and maybe a tote bag, as we'll get a different gift at registration this year.
- Bring games or cards if you want to be social in the evenings. There will be some gathering spots open in the hotel lobby if you'd like to hang out with your new State Meeting friends!
- Bring cash or checks for quilt squares, raffles, and auction items you might purchase!

## Quilts for Courageous Kids

The Center for Courageous Kids in Scottsville, KY needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

## National Volunteer Outreach Network (NVON) Conference

The 25th annual NVON Conference will be July 16-18, 2024 in Asheville, NC. Any KEHA member is eligible to register and attend. Meeting deadlines are available at <https://www.nvon.org/nvon-conference/>. Hotel and registration deadline is June 15.



## Upcoming Events:

- KEHA State Meeting, May 7-9
- Cooking with Vinegars and Oils - May 21st taught by Jennifer Bridge from Meade Co. Extension
- DIY Memorial Day craft at Housing - May 22nd
- May 27th - Marion County Extension Office Closed in observance of Memorial Day
- Laugh and Learn at MCPL at 10:30 on May 28th
- Homemaker Monthly Meeting on May 28th at 3:30
- Life Skills Camp with Marion County High School, June 3-5
- Ready, Set, Go Expo at Extension Office from 4-7pm, June 6th
- Save the Date: Family Farm Field Day on September 10th!



## Balsamic Veggie Pasta

<b>4 tablespoons</b> olive oil, divided	<b>2</b> tomatoes, chopped	<b>1 teaspoon</b> dried basil
<b>2</b> cloves garlic, minced	<b>½ cup</b> green onions, chopped	<b>8 ounces</b> whole wheat pasta
<b>1</b> small zucchini, chopped	Salt and pepper to taste	<b>1 tablespoon</b> Parmesan, grated
<b>1</b> small yellow squash, chopped	<b>2 tablespoons</b> balsamic vinegar	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain.** **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

**Yield:** 4, 2-cup servings

**Nutritional Analysis:** 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

## Kentucky Summer Squash

**SEASON:** June through October.  
**NUTRITION FACTS:** Squash is low in calories. One cup of raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol, and sodium.  
**SELECTION:** Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle, and pattypan. Pick or purchase summer squash when they are small and tender, and eat both the skin and the seeds. The skin holds many of the nutrients so do not peel. Harvest squash when it is 6 to 8 inches in length. Pattypan squashes are ready when they are 3 to 4 inches in diameter or less.  
**STORAGE:** Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use it within two to three days.  
**PREPARATION:** Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a side dish or use it in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir-fry recipes.  
**PRESERVING:** Select small squash with small seeds and a tender rind. Wash and cut into ½-inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving a half inch of headspace. Seal and freeze.

### SUMMER SQUASH

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students  
**June 2019**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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

# **LEBANON KY FARMERS MARKET 2024 SEASON**

**OPEN EVERY WEDNESDAY & SATURDAY**

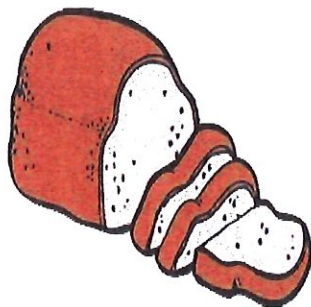
**8:00 AM — 12:30 PM**

**STARTING MAY 1ST THRU OCTOBER 30TH**



**WE'RE NOT JUST A PRODUCE MARKET WE ALSO OFFER  
HONEY, BAKE GOODS, CANDLES, LEATHER GOODS,  
CROCHET & QUILTED ITEMS, SOAPS, LOTIONS, HERBAL  
TEAS AND MORE!!**

**WE GLADLY ACCEPT WIC/SENIOR CARDS, CASH, CHECKS  
AND SOME VENDORS ACCEPT VENMO, CREDIT/DEBIT  
CARDS.**



# May Baking

May 13 is [Apple Pie Day](#)

## A Little Apple Pie History

- ▶ A Dutch cookbook dated 1514 has a recipe- *Appeltaerten*
- ▶ *Apple Pie Spicing* in 1514 included cardamom, ginger, cinnamon, nutmeg, cloves and mace.
- ▶ *Apple Pie* finally made it over the ocean to the colonies in the 17<sup>th</sup> century.

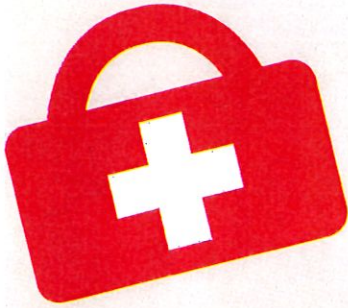
Check out our Baker Spotlight baking [Apple Pie for All!](#) and her guide to [Pastry Pizazz!](#)

Baking Hack: You'll love this option - [Apple Pie Bars](#)- (right). It's made with a shortbread crust (no rolling required).  
Note: See why pies are often [best baked in glass](#).

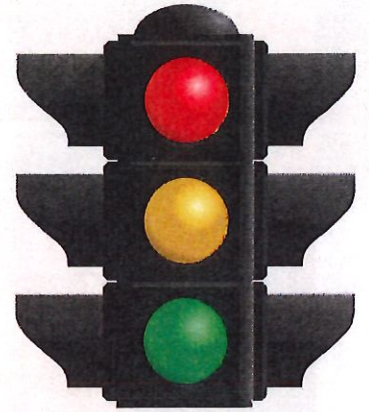


**FREE COMMUNITY EVENT**

Rain or Shine



**READY,  
SET,  
GO!**



**SAFETY EXPO**

**Ready, Set, Go! is a safety and emergency preparedness event for the community.**

**Join us for resources, giveaways, & door prizes!**

**Food trucks available for purchase.**

- Water Safety
- Car Seat Safety
- Firearm Safety
- ATV Safety
- Weather Safety
- Personal Safety
- Farm Safety and more!

**Thursday June 6, 2024  
from 4:00 - 7:00 at  
Marion County Extension Office  
416 Fairgrounds Rd, Lebanon KY**



**safe**  
COMMUNITIES  
AMERICA  
MARION COUNTY, KY

**UK** Cooperative  
Extension Service

# BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & WC EXTENSION OFFICE

TUESDAY MAY 14, 2024

WASHINGTON CO. EXTENSION OFFICE

9 AM - 3 PM



1



2



3

Outdoor Signs: 2'x2' = \$130, 3'x3' = \$190

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by April 15, 2024



Sorry **NO** refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer and .94" Frog Tape.

Call to register, space is limited: 859-336-7741



4



5



6

JOIN US TO CELEBRATE

# SENIOR CELEBRATION

**Vendors, Speakers, Live Entertainment, Exercise, Bingo, Lunch, Door Prizes & More!**

**Pritchard Community Center**

**May 23rd, 2024**  
**Free Event | 9am - 2pm**



FIRST COME  
FIRST SERVE



**FREE Transportation**

**Call CKCATS by May 9th**  
**800-242-8225**



**Lincoln Trail**  
Area Development District  
- established 1968 -

For more info:  
Call LTADD 270-737-6082

**OLDER  
AMERICANS  
MONTH**




POWERED BY CONNECTION: MAY 2024



# OneOp Monthly Newsletter


MAY 2024

## Upcoming Programming

 May 2, 2024


### **Navigating Intersectionality in the Treatment of Youth Problematic Sexual Behavior**

Join to learn about intersectionality and care consideration for black, indigenous, and people of color (BIPOC) in determining treatment interventions and services.

 May 8, 2024


### **Rooted in Resilience: Cultivating Well-Being in Individuals with Disabilities**

Explore the transformative power of gardens and gardening in enhancing the lives of individuals facing diverse disabilities.

 May 9, 2024


### **Empowering Parents to Safeguard the Well-Being of Black Girls**

Understand culturally competent care for military families impacted by problematic sexual behavior of other children and youth.

 May 14, 2024


### **Embracing Identity: Fostering Positive Emotional Growth in Teens and Young Adults**

Focus on how our personal and professional relationships with the youth in our care can foster and support educational and social-emotional development.

 May 21, 2024

### **The Art of Connection: Empowering Professionals to Respond Positively to Challenging Behaviors-Part 1**

Discuss the factors that impact children's behavior and how professionals respond to the different behaviors children present.

 May 29, 2024

### **Diet Quality, The Gut Microbiome, and Health Disparities**

Learn how we can translate research into actionable interventions and future directions to make these interventions accessible to the patients we serve.



## **Sexual Behavior in Children and Youth (SBCY) Series**

Children and youth often exhibit behaviors that are considered sexual by the adults observing them. Understanding the factors associated with normal and concerning sexual behavior is important when preparing professionals and caregivers with the best practices to keep children safe and thriving during childhood and youth. This series addresses normal sexual behavior in children in addition to exploring cautionary and problematic sexual behavior (PSB) that children may display. Various factors associated with children's sexual behavior are identified in order to assist clinicians in understanding the appropriate assessment and disclosure processes involved when problematic symptoms are present.

Check out some of our latest SBCY series offerings:

### **Upcoming Webinars**

- [Navigating Intersectionality in the Treatment of Youth Problematic Sexual Behavior](#)
- [Empowering Parents to Safeguard the Well-Being of Black Girls](#)

### **On-Demand Courses**

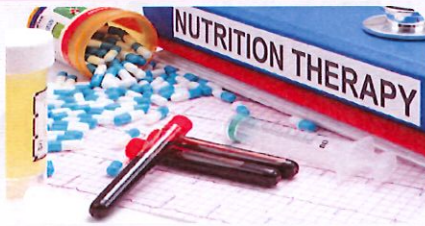
- [Problematic Sexual Behavior of Children and Youth: Clinical Assessment and Treatment Overview Courses](#)

### **Blog Post**

- [Understanding and Addressing Problematic Sexual Behaviors among Children](#)

To find more SBCY series content, check out the [series homepage](#).

## On-Demand Programming



### **Incorporating Nutrition-Focused Physical Exams into Practice**

Gain tips to improve your NFPE skills and how to diagnose patients with malnutrition.



### **Supporting Nutrition Security for Military Families through a Multilayered Approach**

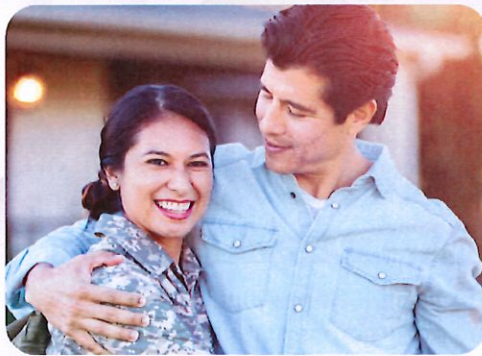
Discover strategies to improve nutrition security for military families.



### **Reconnecting with Nature: Health and Well-Being for Military Communities**

Learn information on how military family practitioners can aid their clients in accessing and experiencing EcoRx.

## Focused Programming: Military Spouse Appreciation



There are over 1 million United States military spouses. This community can often be forgotten but they sacrifice for their country every day by supporting their families through the trials of military life. May is Military Spouse Appreciation Month. Discover these OneOp resources that can help you support military spouses in your daily work.

### **Five Ways to Help Military Spouses Search for a Job**

According to the Office of People Analytics, and the 2021 Active Duty Spouse Survey briefing, military spouses have an unemployment rate of 21%. The Bureau of Labor Statistics indicates that the national unemployment average for the general population is 3.6%. Continue reading to discover ways to help close the gap for military spouses.

### **Celebrate Military Spouses: Who Are They & What Are Their Challenges**

Military spouses play a critical role in family readiness. They are often the organizers, the doers, the caregivers, and the 'glue' that holds military families together and contributes to their family's health and well-being. It is only right that we pause to provide special recognition to these amazing people during May, Military Spouse Appreciation Month.

### **Public Health Approaches to Suicide Prevention: Working with Military Spouses and Families**

In this on-demand webinar, discover how service providers can best support military spouses and family members through a trauma-informed lens of suicide prevention. Explore the impacts of deployment, periods of parental absence from the family system, trauma exposure, and spillover effects for military-connected marriages and parent-child relationships.



### **What AI Can Teach Us About Making People Feel Heard**

A recent study (Yin et al., 2024) found that in an online setting artificial intelligence (AI) was able to generate responses that made human recipients feel more heard than responses generated by other humans. While the results of the study don't suggest AI can replace humans in making people feel heard, they do point to some important lessons we can learn from AI.

The AI-generated responses were found to contain more emotional support, focused on making others feel better. The human-generated responses contained more practical support, focused on helping others solve a problem. Human responders were more likely to share their own personal experiences related to the participant's situation and provide more of their own insights. In contrast, AI included more acknowledgement of the participant's feelings.

Continue reading this [Practicing Connection](#) article.

We invite you to join the OneOp mailing list to stay updated!

**SUBSCRIBE!**

  
Readiness. Knowledge. Network.



 Practicing  
Connection

# ADULT HEALTH BULLETIN



**MAY 2024**

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

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

## THIS MONTH'S TOPIC

# MENTAL HEALTH AWARENESS



**M**ay is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

Continued on the next page →



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



Disabilities  
accommodated  
with prior notification.

***If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time.***

**➔ Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# MONEYWISE

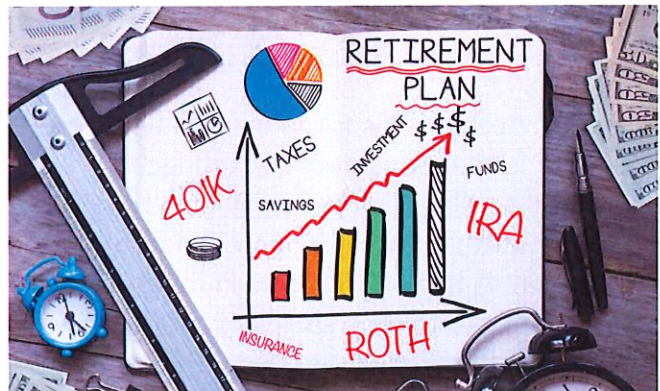
VALUING PEOPLE. VALUING MONEY.

MAY 2024

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

## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).



## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

Contributing Author: Jared Borders, Family Financial Counseling Student, University of Kentucky

Co-authored by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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