

April FCS Newsletter

Mason County
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Maysville, KY 41056
mason.ext@uky.edu
606-564-6808



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

What's New

Spring

Mason County Extension Office is proud to announce that we have our new Family Consumer Science Agent starting April 3rd. We hope that you will join us in welcoming Ms. Abby Gray to the Mason County Extension Family.

Macy Fauns

Check It Out

Upcoming Events

- 11 April @ 11:00 AM - 2:00 PM Meet & Greet New Agent
- 13 April @ 6:00 PM Door Hanger Painting Class
- 20 April @ 6:00 PM International Night **Bracken Co**
- 24 April @ 11:00 AM Meals Made Easy (Salads)
- 25 April @ 11:00 AM Cooking Though The Calendar
- 27 April @ 6:00 PM Make it, Take it, Try it!

Visit our social media (*facebook*)
@MasonCoFCS



IN THIS ISSUE

Valuing People.
Valuing Money

Health Bulletin

Upcoming Program
Flyers

Bourbon Street
Chicken Recipe

Reminder

Homemaker Scholarships are due
to the Mason County Extension Office
before 4:30 Friday, April 14, 2023





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

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ADULT

HEALTH BULLETIN



APRIL 2023

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

THIS MONTH'S TOPIC:

APRIL IS CESAREAN AWARENESS MONTH



Every April, the International Cesarean Awareness Network, supported by the World Health Organization, recognizes Cesarean Awareness Month. Cesarean section, C-section, or Cesarean birth, is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.

Cesarean Awareness Month aims to raise awareness and educate people about cesareans in two ways: it wants a reduction in the number of cesareans in mothers who do not really need or who will not benefit from this procedure, and it wants to raise awareness of the need for cesareans in certain circumstances to decrease the risks to either mother or baby.

For example, a mother may need a cesarean section when:

- A baby is in a feet-first position (breech position),
- The mother has gone into premature labor,

Continued on the next page →



Even if you do not plan to have a C-section, knowing what to expect can help you prepare in case your situation changes.



→ Continued from the previous page

- The labor does not progress in a normal manner,
- There is a viral infection (such as hepatitis C or HIV),
- The mother has placenta previa, a condition in which the placenta is low lying and covers part or all of the entrance to the womb, or
- Health-care providers have recommended a Cesarean delivery for other reasons.

Over time, the rate of cesareans in the United States has risen significantly. Currently, about 1 in 3 births are cesareans. Cesarean deliveries also come with risks, because they are an invasive abdominal surgery. For this reason, major health organizations discourage elective cesarean deliveries as they can lead to complications such as infections and blood clots.

The Healthy People 2030 Report identified 22 measures to prevent pregnancy complications and maternal deaths and improve women’s health before, during, and after pregnancy. One

identified measure is to reduce cesarean births among low-risk women with no prior births.

If you are pregnant, it is important to talk to your health-care provider about birthing options, and the benefits and risks of each of your choices, including a cesarean delivery. The potential need for a first-time C-section may not be clear until after labor starts, so even if you do not plan to have a cesarean, knowing what to expect during and after a C-section can help you prepare in case your situation changes.

REFERENCES:

- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-cesarean-births-among-low-risk-women-no-prior-births-mich-06>
- <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
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Designed by: Rusty Manseau
Stock images:
123RF.com



**Please Join Us In Welcoming
Our New Family Consumer
Science Agent!!!**

ABBY GRAY

*Mason County
Family Consumer Science
Agent*

11 April,
2023

11:00AM -
2:00 PM

800 US Hwy 68
Maysville, KY
41056

COOPERATIVE EXTENSION



University of
Kentucky



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences

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Thursday April 13th @ 6:00 PM

Mason County Extension Office

Join us April 13th at 6pm. All supplies & in-person instruction are included in the cost. Spots are limited! Registration & pre-payment is required by April 7th. Checks should be made payable to Glenda Logan. All designs are \$20 and you can choose from door options below. Please call the office at 606-564-6808 or stop by with questions.



Welcome/hello



cow

Great KY Proud Plate It Up recipes and samples will included in each session.



Gnome



jockey silk

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Must Call ahead to Register limited

Seating

\$20.00 Charge for door Hanging

Class



606-564-6808

International Night
Bracken County Homemakers



April 20, 2023

Speaker: Kyle Gillespie
Former United Nations Officer

Open to the public!

Cost: \$15

Deadline to register April 14th

Registration 6:00 PM ~ Meal 6:30 PM

Caterer: Jackie Hamilton

Location: Bracken County Extension Office



COOPERATIVE EXTENSION



Mason County Extension Office

Class	Date/Time
Freezer Meals	Monday, October 17 th 11:00 AM
Make Ahead Breakfast	Monday, November 7 th 11:00 AM
Slow/Electric Pressure Cookers	Monday, January 23 rd 11:00 AM
Casseroles	Monday, February 13 th 11:00 AM
Budget Friendly	Monday, March 13 th 11:00 AM
Salads	Monday, April 24 th 11:00 AM

There is no cost but we do ask that you register by at least the week before. Check our facebook page for up to date information or call 564-6808!

Mason County Family & Consumer Sciences



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Pleas Call the office to register.
606-564-6808

25 APRIL 2023
11:00 AM

COOKING THROUGH THE CALENDAR

MASON COUNTY EXTENSION OFFICE
800 US HWY 68
MAYSVILLE, KY 41056

RAINBOW
PASTA
SALAD



REGISTRATION PLEASE CALL AHEAD TO REGISTER 606-564-6808

COOPERATIVE EXTENSION



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

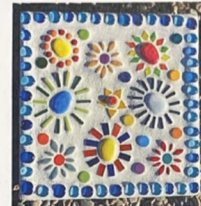
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Disabilities accommodated

**Make it,
Take it,
Try it!**

Garden Stepping Stone



COOPERATIVE EXTENSION



Thursday, April 27th 6:00 PM

Mason County Extension Office

Participants will receive a 12 X 12 treated garden stone to decorate as they wish during the class. The instructor will walk you through how to decorate, properly secure tiles, grout and seal for the outdoor climate.

The cost for this 2-hour class is \$35 per person, which includes the stepping stone, tiles/glass, adhesive, grout, gloves and sealer. This class is suitable for individuals ages 8 and up.

These beautiful decorated garden stones provide year-round beauty to your landscaping.

Spots are limited! Registration & pre-payment is required by April 20th. Checks should be made payable to Pam McGlone.

(606)
564-6808



Great KY Proud Plate It Up recipes and samples will included in each session.



Must Call ahead to Register limited Seating \$35.00 Charge for Garden Stepping Stone

606-564-6808

Cooperative Extension Service
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LEXINGTON, KY 40546



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Mason County

800 US Highway 68

Maysville, Kentucky 41056

Return Service Requested

Bourbon Street Chicken

Ingredients:

- 1 tablespoon olive oil
- 2 pounds boneless chicken, cut into bite-size pieces
- 2 teaspoons garlic powder
- ¼ teaspoon ginger
- ½ teaspoon crushed red pepper flakes
- ¼ cup applesauce
- ¼ cup light brown sugar
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- ½ cup water
- 2 tablespoons Worcestershire sauce
- 1 (10-ounce) bag frozen stir-fry vegetables and rice

Directions:

1. **Heat oil in large skillet over medium heat.**
2. **Add chicken pieces and cook until lightly browned.**
3. **Except for vegetables and rice, add the rest of ingredients to the skillet. Stir until well mixed.**
4. **Bring to a hard boil, reduce heat, and let simmer for 10 minutes. Meanwhile, cook vegetables and rice according to package instructions.**
5. **Serve chicken over vegetables and rice.**

Source: District Four Nutrition Education Program
420 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 130mg cholesterol; 400mg sodium; 27g carbohydrate; 0g fiber; 13g sugar; 10g added sugar; 49g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

