

JULY 2023

# CUMBERLAND COUNTY HOMEMAKER Newsletter



HAPPY  
*Independence*  
DAY

## **HOMEMAKER OF THE YEAR 2023**

The competition and voting for Homemaker of the Year was very exciting! We had three deserving ladies and the voting was tight!

It is with much enthusiasm that I announce that.....Kim Lohr is our Homemaker of the Year for 2023. It is great to be able to recognize individuals that contribute to the greater good of the organization. Kim is involved in many aspects of Cumberland County Homemakers. She is our current county President, works diligently with Cumberland County Quilt Guild and has now started her journey as Lake Cumberland Area Chair for Cultural Arts. She is a lady who wears many hats and has many talents. Congratulations, Kim!

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## 2023 STATE CULTURAL ARTS WINNERS

### *Blue Ribbon Winners*

Kay Kass -

- Basketry, Dyed Material

Kim Lohr -

- Apparel, Appliqued
- Apparel, Specialty
- Art, Recycled, Other
- Beading, Non-Jewelry Item/ Wearable
- Felting, Wet Method
- Knitting (Other), Other
- Photography, Color
- Weaving, Loom

Laura McLaughlin

- Embroidery, Basic

## HOMEMAKER ADVISORY COUNCIL MEETING

July 20th • 10am CT

*at the Cumberland County Extension Office*

During this meeting, Homemakers will be planning the annual meeting. Homemaker and council members are encouraged to attend this meeting.

## 2023-2024 HOMEMAKER OFFICERS

Help us in congratulating our 2023-2024 Homemaker Officers:

- Barbara Booher, President
- Linda Davis, Vice President
- Patricia Garner, Secretary
- Vickie Staley, Treasurer







# Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

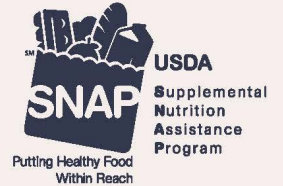
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

**Note:** If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

**Makes 6 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$11.52**  
**Cost per serving: \$1.92**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

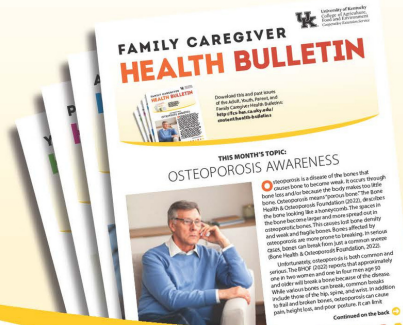
**Nutrition facts per serving:**  
350 calories;  
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University  
of Kentucky  
Cooperative  
Extension Service





# FAMILY CAREGIVER HEALTH BULLETIN



**JULY 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>

Cumberland County  
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## THIS MONTH'S TOPIC:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



**S**ocial connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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# Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

## → Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

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*Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.*

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company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

#### REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

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Adult Development and Aging

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**Stock images:**  
123RF.com





# UPCOMING EVENTS



## Food Preservation - Relish

July 11th, 2023 | 10am CT  
at the Cumberland Co.  
Extension Office

## Food Preservation - Relish

July 11th, 2023 | 5pm CT  
at the Cumberland Co.  
Extension Office

## Women in Ag

July 14th, 2023 | 9am CT  
at the Hidden Cave Ranch

## Cooking Through the Calendar

July 14th, 2023 | 11am - 1pm  
at the United Methodist Store

## Farm to Fork

### July 21st, 2023 | 6 pm CT at the Morgan Farm

Attendees must purchase a ticket. Tickets are available at Extension Office.

## Sheep and Goat Meeting

July 24th, 2023 | 5pm CT  
at the Cumberland Co.  
Extension Office

# IMPORTANT!

## REGISTER

If you plan on attending any of the events above, please call the Cumberland County Extension Office to register.

## FOR MORE INFORMATION

For more information on the events above, please visit our website ([cumberland.ca.uky.edu](http://cumberland.ca.uky.edu)) and click "Events" or call the Extension Office at (270) 433-7700.



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Lexington, KY 40506



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