

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



Newsletter Highlights

**Lake Cumberland Area
Cultural Arts Competition**

**Lake Cumberland Area
Extension Homemaker
Annual Meeting**

**Important Dates and
Smart Tips**

**Health Bulletin:
Happiness for Health
and Well-Being**

**Recipe:
Rainbow Pasta Salad**

AREA CULTURAL ARTS

Congratulations to our blue ribbon winners at the area competition in Taylor county. The blue ribbon winners will advance to the KEHA State competition in May. We are well represented and this is a big accomplishment. We are so proud of you! Also, a big thank you to the group of ladies who took items to area. We certainly appreciate your work and help!

Blue ribbon winners please have your items to the Cumberland County Extension office by May 4th.

- Apparel, Accessory
 - Kim Lohr
- Apparel, Appliqued
 - Kim Lohr
- Apparel, Specialty
 - Kim Lohr
- Art, Recycled
 - Kim Lohr
- Basketry, Dyed
 - Kay Kass
- Beading, Misc.
 - Joyce Howlett
- Beading, Non-Jewelry
 - Kim Lohr
- Embroidery, Basic
 - Laura McLaughlin
- Embroidery, Machine
 - Kim Lohr
- Felting, Wet Method
 - Kim Lohr
- Knitting, Other
 - Kim Lohr
- Needlepoint, Plastic
 - Mandi Walker
- Photography, Black and White
 - Kay Kass
- Photography, Color
 - Kim Lohr
- Weaving, Loom
 - Kim Lohr

-YOU ARE INVITED TO THE-

Lake Cumberland Area Extension Homemaker Annual Meeting

April 27th, 2023

Registration begins 5:30pm EST
(program will begin at 6pm est prompt)

at the Aspire Center
90 Airport Road
Monticello, KY 42633

Meal:

Savory Stuffed Pork Tenderloin, Sumptuous Stuffed Turkey Breast, Smashed Potatoes, Gravy, Home Garden Buttered Corn, Country Seasoned Green Beans, Sweet Baby Carrots, Spring Garden Salad, Rolls, Delectable Desserts, and Drinks

Entertainment:

Chautauqua Speaker from KY Humanities Council
Grandpa Jones : Country Music & Comic
Portrayed by: David Hurt

Door Prizes!

Registration Deadline: April 19th, 2023

Registration Fee: \$15

To register, call the Cumberland County Extension Office at (270) 433-7700.



Stay informed on upcoming events at your local Extension office! Visit our website at the link below or by scanning the QR code with your smart device.

Website:
cumberland.ca.uky.edu/



IMPORTANT DATES

for the Cumberland Co. Extension Office

Cooking Through the Calendar

Join Ms. Di as she cooks through the calendar. Each month, Ms. Di will demo a recipe from the Food and Nutrition calendar and share some great cooking and nutrition tips!

April 7th, 2023
11am-1pm CT
at the United Methodist Store

House Plant Group

Meet the 1st Monday of the Month at 10am. Call to check, as trips are being scheduled for the spring and summer.

Cumberland County Gardeners

Meets the 2nd Wednesday of the Month at 10am. Call to check, as trips are being scheduled for the spring and summer.

Table Talk

Tune in to WKYR 107.9 on April 14th and 28th for Table Talk with Debbie and Di. The program starts at 12:30pm.

Farm to Fork Event

July 21st, 2023 - more details to come!

KEHA State Meeting

Grand Plaza in Louisville, Kentucky
May 9-11, 2023
Contact Debbie if you have questions or want to attend.

SMART TIPS



Fruit and vegetable peels contain many nutrients.

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

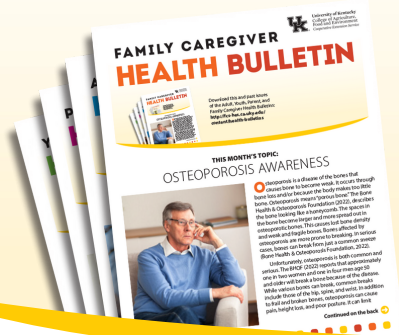
While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.

Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021



FAMILY CAREGIVER

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:

HAPPINESS FOR HEALTH AND WELL-BEING



Happiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

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It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

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Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

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FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
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Rainbow Pasta Salad

Ingredients:

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.
3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings

Serving Size: 1 1/2 cups

Nutrition facts per serving: 250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium. Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service


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LEXINGTON, KY 40546




Disabilities
accommodated
with prior notification.

Debbie Messenger
Extension Agent, Family and
Consumer Sciences

 (270) 433-7700

 debbie.messenger@uky.edu

 Cumberland County Extension Office
90 Smith Grove Rd
Burkesville, Kentucky 42717-0039

Debbie Messenger