



Easy work-life balance tips for people and parents



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Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
- Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- Stay connected. Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- Don’t waste time staring at your screen. It can be addictive with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).



Edmonson County Homemakers

🍁 Reminders 🍁

- ◆ Continue to sell those mums, record names on order form, and use the tally sheet to turn orders in on **Sept 4th!**
- ◆ Keep your volunteer and reading logs up to date!
- ◆ EC Farm Safety Day is **Oct 4th!**
(Homemakers are doing a booth)
- ◆ Homemaker Week is **October 13th!**
- ◆ Homemaker Recruitment brunch is **October 19th!**
- ◆ Homemaker Christmas Bazaar is **Dec 7 th!**

Happy Birthday!

Peggy Richards	Sept 3
Ginny St. John	Oct 9
Shannon Childress	Oct 11
Beth McCombs	Oct 20
Michelle Meredith	Oct 22
Freda Logan	Oct 24



Monthly Club Meetings

Brownsville

11am
2nd Monday
Edmonson County Kentucky
Farm Bureau Office

Capitol Hill

1 pm
3rd Thursday
Edmonson County Extension Office

Chalybeate

6 pm
2nd Tuesday
Location Rotates

🍁 Mark Your Calendar 🍁

- **Sept 3**-10 am-EC Extension Office-September Leader Lesson
- **Sept 4**-Mum Orders Due to Ext Office
- **Sept 4**-EC Fair Exhibit Barn Set Up
- **Sept 10**-Area Cultural Arts Contest, Warren County Ext Office
- **Sept 24 & 25** Mum Pick Up Day!
- **Sept 24**-Area Annual Day Fee Due Date
- **Sept 26**-Oct/Nov Leader Lesson-9:30 am-Warren County Extension Office-
1 Leader per County Club
- **Oct 1**-Oct/Nov Leader Lesson-9:30 am-Barren County Extension Office- 1 Leader per County Club
- **Oct 17**-Area Homemaker Annual Day-9am-Hart County



Homemakers Highlight



Follow the Edmonson County Homemakers on Facebook

Above: A few pictures from EC Homemakers activities in the past few months.

If your club has participated in an outing, event, or activity and you would like to highlight in our newsletter, please let me know!

HOMEMAKER NEWS



Download the "Remind" app and stay in the know with Homemaker activities/news. We use this app and FB pages to communicate!

Send a text to: 81010

Send this message:@echomem



A great way to grow clubs is by reaching out to friends and family and invite them to your club meetings and/or extension programming!



Venison Stew

- ½ teaspoon black pepper
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 2 tablespoons flour
- 1 pound venison, cubed
- 1 tablespoon oil
- 3 cups water
- 1 onion, chopped
- 4 potatoes, cubed
- 3 carrots, sliced
- 3 stalks celery, chopped
- 2 bay leaves
- 1 tablespoon dried parsley

Combine pepper, salt, garlic powder, and flour in a plastic bag or large bowl. Add cubed venison and shake bag or toss to coat meat. Brown meat in hot oil, in a large, heavy

saucepan. Stir in water. Add remaining ingredients and cook on high until it begins to boil. Reduce heat and simmer for approximately 1 hour. To thicken, in a small mixing bowl, stir ½ cup warm water into 2 tablespoons of flour. Add mixture into stew. Stir until thickened and bubbly. Cook an additional 30 minutes or until vegetables and meat are tender.

Alternative to stove-top cooking: use slow cooker set on low for 8 hours.

Yield: 6 servings

Adapted from Venison Recipe Collection,
Compiled by Becky Nash, Extension
Agent for Family and Consumer Sciences

Nutrition Facts

6 servings per container

Serving size 2 cup (440g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 490mg 21%

Total Carbohydrate 36g 13%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 4mg 20%

Potassium 1,096mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4-H Update

- ◆ EC 4-H clubs and activities continue to grow; we will continue to need assistance from your clubs, so thank you for investing in our youth!
- ◆ 4-H Camp was another huge success, we were 2nd largest camp group in our area!
- ◆ Edmonson County was well represented at the Ky State Fair with over 100 amazing projects, including 1 grand reserve and several division champs!



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Flatter to Feel Good – Know Your Season

What we wear and how we look can contribute to positive mental health. Research indicates that if you think you look good, you will feel good. So, it is important to make your clothing work for you—to flatter your best features.

One way to make sure you are using your clothing to flatter, is to know what colors look the best on you. Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that complement an individual's coloring make a person appear healthier and more attractive.



You may have heard of individual color palettes or seasons. This is a collection of colors that look the best on you based on your eye color, hair color, and skin tone—including undertones. Knowing your season can help you choose clothing and cosmetics that make your skin glow and highlight your natural beauty.

Start by Evaluating Your Skin Undertone

Those with cool undertones normally have veins on the inner wrist that appear blue. Silver jewelry normally looks better on individuals with cool undertones. These individuals fall in either the Summer or Winter color palettes.

Those with warm undertones normally have veins on the inner wrist that appear green. Gold jewelry normally looks better on individuals with warm undertones. These individuals fall in either the Autumn or Spring color palettes.



The Spring palette looks best on people with delicate golden undertones. Their hair color tends to be golden brown, golden blonde or strawberry blonde. Their eyes are usually blue, green, or golden brown. Their color palette includes: camel, apricot, turquoise, and light yellow.



The Autumn palette looks best on people with golden undertones and brown or green eyes. Autumns tend to be red-haired people or have auburn undertones in their hair. Their color palette includes: dark brown, gold, rust, and olive green.



The Winter palette looks best on people with blue or blue-pink undertones; dark hair, including black or grey hair; and deep colored eyes. Their color palette includes: black, pine green, hot pink, and true red.



The Summer palette looks best on people with blue undertones. Their hair color tends to be blonde or brown with a gray cast. They usually have blue, green, or hazel eyes. Their color palette includes: lavender, aqua, pastel blue, and pastel pink.



By knowing the colors that are most flattering for you, it will help you select clothing to build a wardrobe that will work for you!

References: *Color is Key, FCS 2844, University of Kentucky Cooperative Extension Service*
Self-Care and Self-Pampering KEHA State Support Lesson

Sources: *Jeanne Badgett, University of Kentucky Senior Extension Associate,*
Amy Kostelic, University of Kentucky Extension Specialist for Adult Development and Aging

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8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.

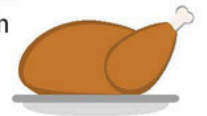


Whole foods give you more control over the ingredients and you can also buy them in larger quantities.

2 BUY CHEAPER CUTS OF MEAT



Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.



3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.



- Eat before leaving for work or going out.
- Take food with you to school or to work.

4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.



5 PLAN YOUR MEALS AHEAD



Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.

6 BUY FROZEN FRUITS & VEGGIES



These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.



8 BUY IN BULK

Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.



STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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**Mammoth Cave
Area Homemaker
Annual Day
October 17, 2024**

9:00 A.M. CST
Munfordville Baptist Church
501 N West St, Munfordville, KY
42765



Registration Fee: \$20
Guest Speaker: Ricky Line
Entertainment: Kendall Ford

***We will be collecting non-perishable food items for Blessing Boxes in Hart County. Please bring one or two cans per person.**

*Please send one county check to:
Tammy Alford, MCA Treasurer
165 Oak Ridge Road
Morgantown, KY 42261*

Thank You

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



Martin-Gatton
College of Agriculture,
Food and Environment

Lunch prepared by

White's Catering

Lunch includes

Chicken Salad on croissant or

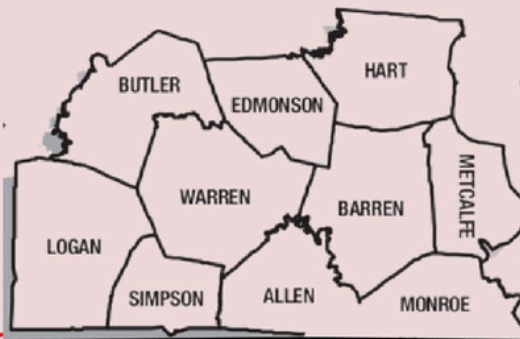
Ham & Cheese Wrap

Chips

Fresh Fruit salad

Oatmeal Raisin Cookie

Canned drink or Water



Don't Forget!

***Name Tag Contest due October 1**

E-Mail **one** picture from each county of

___ name tag entry to

Sonya.carter@uky.edu and

millsmb@scrtc.com

Registration Form:

Return this portion, along with your fee, to your County Extension Office

Name: _____

No. Reservations: _____

County Participants numbers are due October 1 to

Hart County Extension Office- P.O. Box 367

Munfordville, KY 42765

One Check is requested for all your county's attending participants.