

# Crittenden County

## Home & Family

### Newsletter May 1, 2023

**Cooperative Extension Service**  
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*Rebecca L. Woodall*



If you come to the extension office and I am under my desk, don't mind me; I am just trying to find where April ran off. We had a busy April, and it doesn't seem that May will slow us down. But that is okay because May is one of the best months, not just because May is when my favorite person was born,

but because the weather, the flowers, and everything about May is good for my mental health. Speaking of mental health, May is Mental Health Awareness Month. It is a good time for you to focus on your mental health. It doesn't have to be complicated; get outside more, take a walk, stop and smell the flowers, take time for yourself. I want to encourage these activities by starting "A Walk in the Park Wednesday" Every Wednesday, weather permitting I will be at the City-County Park at 8 am, ready to walk with whoever is there to walk with me. I will have a few water bottles and pedometers to give away to the first participants. So make plans for yourself in May. "A Walk in the Park Wednesdays" will not start until May 24th as I will be out of town every Wednesday until then. They keep me booked for training, trying to make me a "real agent."

Because Mental Health is so important, I am also having two mental health classes in May called "Blue to You" There will be two different Depression sessions focused on different demographics. Depression and Older Adults will be on May 23rd at 2 pm. Women and Depression will be on May 30th at 5:30pm. Both will be held in the annex Please encourage others to go to learn more about depression and how to help those you love who may be depressed. Please remember that if you want to participate in any of the Extension Office programs, please sign up by calling the office 270-965-5236.

Lastly, I would be amiss if I did not mention how I am constantly impressed with everyone in and around the Extension office.

I was able to at least drop by most of the clubs and activities in April, and I was impressed. You all inspire me. All the things you juggle, the people you care for, and all the time you put into homemakers and the community is inspiring. Thank you for all that you do.



### Activities to Help Anxiety

Anxiety disorders are a set of disorders that are often categorized by worrying or fear of social or environmental circumstances or events. The onset of an anxiety disorder may vary, but often occurs during childhood. Symptoms manifest as the person ages. As with other mental health challenges, treatment for anxiety can include medication and non-medication treatments. Also, people can try non-medication activities to help lessen their anxiety. It can also boost the benefits of medicines and non-medication therapies. The activities include:

1. Maintain a routine, such as keep a set sleep schedule.
2. Manage stress through self-care and coping skills.
3. Take medications as prescribed.
4. Avoid the use of alcohol.
5. Be aware of things that trigger your anxiety. Move your body daily by taking short walks, stretching, or exercising.
6. Connect with someone you trust about your feelings of anxiety, such as a close friend or family member.
7. Seek professional help from a doctor, counselor, or therapist especially if your symptoms are worsening.

### References

Kabrick, S. (2021). 11 tips for coping with an anxiety disorder. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health...>  
National Institute of Mental Health. (218). Anxiety. NIMH. <https://www.nimh.nih.gov/health/topics/anxiety-disorders>  
Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety

## Club Meetings and Announcements

**Passport Crew** has several trips planned for May. See "Been Here, Going There" on the next page for more details. They will leave at 8am for all of their trips. To join them on any of their excursions call the Extension Office to register for their excursions at 270-965-5236.

KEHA State Meeting will be May 9th-11th in Louisville.

**Hooks and Needles/Quilt Club** will meet on Tuesday, **May 9th at 1pm** at the Extension Office. Club members will be making scrubbies for the area meeting.

**After Hours** will meet on **Tuesday, May 16th** at the Extension Office at 5pm. Members please bring detergent, fabric and fabric softener sheets for PACS.

**Challengers** will meet at noon on **Wednesday, May 17th** at the Crittenden County Historical Museum (124 E. Bellville). Members are asked to bring cleaning items for PACS.

**Cooking Club** will meet **Thursday, May 25th** at 1:30 pm at the Extension Annex. The club will be making Easy Tortilla Breakfast Pizza.

## Leadership Development

I am Chairperson for the Leadership Development program. This program helps develop a strong leadership base for the organization and community. One thing I want to do is to encourage members to volunteer for community agencies and projects. This will help members become aware of community needs and find ways to fulfill them. Members are then asked to record those hours spent in volunteer service. The log for recording Volunteer Service Units (VSUs) can be found in the KEHA Manual Appendix. Volunteering Citizenship is another important factor in Leadership Development. Every citizen over the age of 18 should vote at every election no matter how small the issue seems, because all votes count. Voting provides each individual with a voice in the governmental process. KEHA recognizes the value of education. The cost of college is increasing and our scholarship program offers assistance to students to obtain the education they need for success. The Nancy Hunt Scholarship is given out each year to one Crittenden County high school student. Education, volunteering and citizenship are three important factors in becoming a great leader for your community.

Kristi Harris, Chairperson



Roberta Shewmaker, Micki Crider, Sue Ledford, Jerrell James, Debbie Padgett, Brandi Potter, Darl Henley and Sarah Ford pose with their purses they exchanged after International Day in March.

## Spring Cleaning in the Kitchen

Don't forget about the kitchen this year when you start your spring cleaning. Bacteria can hang around kitchen surfaces, the sink, and even the refrigerator. Bacteria like moisture, and keeping your kitchen clean and dry can help protect you from foodborne illness.

Clean countertops with hot, soapy water. Start by moving everything off the counters: small appliances, storage containers, utensils, knives, etc. Physically remove dirt and bacteria using soap (or detergent) and hot water. Follow by sanitizing with a disinfectant made from diluted chlorine bleach. Combine 1 tablespoon unscented liquid bleach with 1 gallon water. Wipe over clean surfaces and allow to stand for several minutes. Rinse with water and allow to dry.

Wash dishcloths and towels often. Dishcloths, towels, and sponges provide a moist environment for bacteria to grow. Disposable towels are a great option for use in the kitchen. They are single use and when you're done, the towel goes in the trash. Wash cloth towels and dish rags often in the washing machine using hot water and detergent. If you use sponges in the kitchen, replace them frequently. If they have an odor, throw them out.

Clean your refrigerator regularly. Remove spills and any mold or mildew. Use hot water and soap (or detergent) to wipe down the inside of your refrigerator. Rinse with a damp cloth and dry with a clean cloth. Experts say not to use chlorine bleach inside the refrigerator because it can harm seals, gaskets, and interior linings.

Disinfect your sink, drain, and disposal often. Food particles can get lodged in your sink drain and disposal, which is a perfect spot for bacterial growth. Clean sinks, drains, and disposals at least once a week with warm water and soap (or detergent). Follow by disinfecting with a solution made from ¼ teaspoon chlorine bleach per quart of water.

Reference: <https://www.fightbac.org/spring-clean-your-way-to-a-safer-kitchen/>

# Been Here, Going There

Written by Brandi Potter

13 passport entries in one day! Let me say that number again, 13! On April 6th, five members took a little drive to Muhlenberg county. Started off in Central City to tour the Muhlenberg Music and History Museum and the Ky Motorsport Museum. Did y'all know that the actor who played Rosco P. Coltrane in *The Dukes of Hazzard*, James Best, was from Muhlenberg county? The Everly Brothers were his cousins.

After taking in the Everly Brothers monument, we stopped in Drakesboro to see the The Four Legends monument on our way to Lake Malone State Park. At the park we met Wattson, Happy, Oakley, Bobber, Paige, and Annette, the Big Twig Malone family. They are a site to see! We then headed Greenville to find some lunch and to tour Thistle Cottage, a house built in 1912 by a coal mine owner. Inside the cottage we also viewed artwork by local students in the Duncan Art Gallery. While in the county seat we also wondered around the memorial-filled court square. There we learned that the courthouse has the state's largest clock tower and the nation's largest open-air belfry. Before heading out of Greenville, we took a hike at the Brizendine Brothers Nature Park.

Bards Distillery was our last stop for the day. It's located in Graham, a community named after the owner of Thistle Cottage. Love it when we discover connections on our adventures. We toured the distillery with a couple of brothers from Australia that were on a mission get their KY Bourbon Trail Passport book stamped all across the state. We had a blast!



## Up Coming Adventures

Tues. 16 -Brushy Fork Creek Pottery design and create Toad Abode \$35

Thurs. 18- Lost River Cave and Baker Arboretum \$25

Thurs. 25- State Parks around the Lakes region

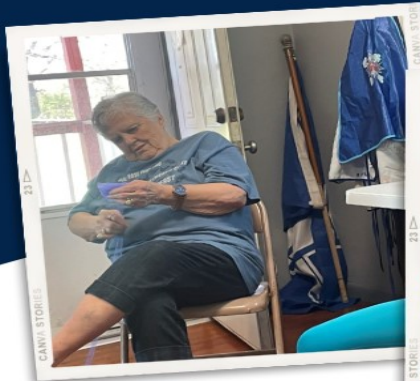
Tues 30- return to Brushy Fork to glaze our creations



*toad abode*

We leave from the annex at 8:00 every time and as always call the office to sign up.

# Hooks & Needles



Hooks & Needles were busy prepping to make scrubbies in April



Join us  
**MAY 9TH**  
1 pm in the Annex

# Cooking Club



Cooking club made Rainbow Pasta Salad. Join us May 25th to make Easy Tortilla Breakfast Pizza

May 1, 2023

Dear Pennyrile Homemakers;

Being a Homemaker means many things and offers a variety of "OPPORTUNITIES" for each of us.

It's almost impossible to have an interest and not find it offered. There's always something new to be learned and enjoyed. In order for us to continue to be informed and for new programs to be researched and added, you will find, listed below, Pennyrile Area Board positions that are available.

**PRESIDENT ELECT –**

Serves a one year term before becoming President for two years.

During term works with current President to learn the ins and outs of being the President.

**LEADERSHIP DEVELOPMENT –**

Work with your area council to coordinate area program planning and implementation.

Serve as chairman or co-chairman for area workshops that relate to your chairmanship.

Communicate regularly with your corresponding state chairman.

Promote and coordinate the annual contest at the area level (if applicable for your chairmanship).

**PUBLIC INFORMATION & MARKETING –**

Takes pictures at Area events and creates a memory book for the outgoing President.

Works to promote Area events on social media such as Facebook.

Other marketing duties as assigned.

The two Educational Positions available are given information by the State Chairman that they can relay to their counterparts on the County Boards.

Serving as President Elect, is a training period for becoming Area President. Area President can be time consuming but is one of those "OPPORTUNITIES" that is worth every minute. Both of us that are on this Committee have served as Vice-President, President-Elect or Area President and consider it an honor and a privilege.

Our Agents have the Application Forms for each position and will be happy to get them to all those interested in the above positions. We have a deadline of OCTOBER 1<sup>ST</sup>, so that the decisions can be made and applicants informed.

Thank you and we look forward to hearing from you.

Sincerely,

Dixie Utter

Darl Henley

Pennyrile Area Nominating Committee