

Family Consumer Sciences May 2024 Newsletter Martin County



Calendar of Events

- May 1st 10:30am Hometown Homemakers
- May 3rd 9am Spring Market
- May 6th 5pm Heirloom Quilters
- May 7th 5pm Peaceful Stitchers
- May 8th 9:30am Will Clinic
- May 13th 5pm Heirloom Quilters
- May 14th 5pm Peaceful Stitchers
- May 20th 5pm Heirloom Quilters
- May 21st 5pm Peaceful Stitchers
- May 27th **Closed** Memorial Day
- May 28th 5pm Peaceful Stitchers

Hello Everyone!

I am thrilled to be connecting with you through this newsletter! Allow me to introduce myself: My name is Asya Jarrell, and I'm your new FCS agent at the Martin Co. Extension Office. I am excited to have the opportunity to reach out and be involved in our community.

A little bit about me: I am a Martin Co. native and a recent graduate of Marshall University. I majored in health science and minored in psychology. Outside of work, you can find me spending time with my fiancée or reading. I'm excited to share updates, insights, and valuable information occurring in our community. Feel free to reach out to me anytime with questions, feedback, or just to say hello! Looking forward to connecting with each of you.

Asya Jarrell

County Extension Agent
Family & Consumer Sciences



Asya Jarrell

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Disabilities
accommodated
with prior notification

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time.

 **Continued from the previous page**

Everyone goes through things in life that can affect mental health – stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment. If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to **[988lifeline.org](https://www.988lifeline.org)** to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the "defined benefit") is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee's current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

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Disabilities accommodated with prior notification



Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- Optional: serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



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Nutrition facts per serving:
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:
Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

8. amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
9. Bake for 20 minutes. Remove from the oven, top with cheese and
10. bake for an additional 5 minutes or until cheese is melted. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings. Refrigerate leftovers within 2

Makes 6 servings

Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70





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PRESENTS

4-H CAMP

“UNDER THE BIG TOP”

