

**MARCH**  
**2019**

# Family & Consumer Sciences Newsletter

## The Essentials on Essential Oils

By now, you've likely heard about essential oils, but may not be familiar with their benefits and risks. Essential oils are highly concentrated oils derived from plants. While used for centuries, their popularity has soared, especially among individuals looking for natural healing options.

A term you may be more familiar with is aromatherapy, which is one way people use essential oils. While research is limited about the effectiveness of aromatherapy, some studies have shown the practice may have health benefits such as relieving anxiety or depression or improving health and wellness, particularly for those who suffer from chronic illness. Many oils are safe when used as directed, but none are regulated by the U. S. Food and Drug Administration. Because they are not regulated by the FDA, companies do not have to test for quality and purity, but some voluntary do.

The oil you choose to use depends on the ailment you hope to address. No medically endorsed list exists that specifies which oil is best for treating particular a health condition. The chemistry of oils will vary among different locations, climates, seasons, time of day when harvested, packaging methods, storage method and even among plants. This is in vast contrast to pharmaceuticals that are synthetically reproduced to be the same each time.

You can apply oils in a variety of ways but you would most commonly dilute them with a carrier oil and apply directly on the skin or inhale them. The application method depends on the part of the body you're trying to support and the type of oil you are using. For example, you would most likely dilute and apply an essential oil topically if you were using it on a wound. It's most common to inhale oils you are using to enhance your mood for quick results. Some oils can cause skin irritation and you should not apply them directly to the skin. Many oils need to be diluted with a carrier oil such as olive oil or coconut oil before you apply them to your skin. Others may produce an allergic reaction in some individuals or cause sun sensitivity. If you have questions about an application method, you should consult an aromatherapist.

You should not ingest oils or apply them to mucous membranes such as the inside of your nose or the inside of your mouth. Essential oils should not be used on children under 2 years or who weigh less than 44 pounds. Pregnant women should not use essential oils, and some oils are discouraged among breastfeeding women. If you have asthma or other breathing issues, you should avoid inhaling oils.

UK HealthCare has approved four essential oils for use in aromatherapy when administered by trained professionals within their clinical setting. These oils are ginger, lavender, peppermint and sweet orange.

Before starting any treatment, research the oil and consult qualified health care professionals. Information on other health-related topics is available at the Martin County office of the University of Kentucky Cooperative Extension Service.

Source: Natalie Jones, UK family health extension specialist and UK HealthCare

Sarah Congleton,

*Sarah Congleton*

County Agent for Family &  
Consumer Sciences



**UK** University of  
Kentucky  
College of Agriculture,  
Food and Environment

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notific

# The Johnson County Peacemakers Quilt Guild

invite you to

## 2019 Quilters Day Out Country Quilting

Saturday, March 16, 2019

9:30am Registration begins

Highland Church of Christ  
821 Euclid Avenue, Paintsville, KY

Counties: Please send your lists of those attending  
to Johnson County Extension Office  
(fax 606-789-8113, phone 606-789-8108)  
no later than March 2, 2019.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

### Featuring:

- Hand-quilted quilt
- Silent Auction
- Lunch provided by the Peacemakers
- Show & Tell—share your latest or favorite work with us.
- Vendors and Prizes

Special  
thanks  
to all of  
our local  
sponsors!

**Please call Tammy at 606-793-4605 for more information.**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Step Up, Weigh Down

2019



A 7 week course of self-discovery, skill-building and support to help people learn about weight control. It's not easy to manage body weight. Not nearly as easy as we once thought it was.

This program is based on current approaches that are promising ways to achieve better health.

## Class Schedule:

January 14th & 28th

February 11th & 25th

March 11th & 25th

April 8th & 22nd

Each class is from 4pm-6pm  
@ Martin County Cooperative  
Extension Office

Program includes:

- weight tracking
- recipe tasting
- educational class
- blood pressure checks at EACH session!

The winner will earn a PRIZE at the end of the 7 weeks!

Registration is required -  
Call 606-298-7742 to sign up!





Lunch & Learn  
**March 2019**

**MANAGING  
STRESS**



**Tuesday, March 12th  
12:30pm  
Rufus Reed Library**

*Free recipe samples  
&*

*Free kitchen gadgets*





## Chicken and Brussels Sprouts One Pan Meal

<p>2 skinless, boneless chicken breasts (about 1 pound)</p> <p>1 tablespoon olive oil</p> <p>Salt and pepper to taste</p>	<p>12-14 Brussels sprouts, trimmed and quartered</p> <p>1 cup sliced fresh mushrooms</p> <p>1 red bell pepper, diced, about 1 cup</p>	<p>1 medium yellow onion, diced, about 1 cup</p> <p>2 cloves garlic, minced</p> <p>½ cup half-and-half</p> <p>¼ teaspoon nutmeg</p> <p>¼ cup Parmesan cheese</p>
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**Preheat** oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:**  
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

## Kentucky Brussels Sprouts

**SEASON:** June to November

**NUTRITION FACTS:** Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

**SELECTION:** Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or have yellowed or wilted leaves.

**STORAGE:** Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**PREPARATION:** Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.

**To boil:** Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

**To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

### KENTUCKY BRUSSELS SPROUTS

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
October 2018

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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University of Kentucky  
College of Agriculture,  
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# ADULT HEALTH BULLETIN



**MARCH 2019**

Download this and past issues  
of the Adult, Youth, Parent and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Martin County  
Extension Office  
9 Holy Street  
Inez, KY  
41224  
(606) 298-7742

## THIS MONTH'S TOPIC: KIDNEY HEALTH



**M**arch is National Kidney Month. Your kidneys, each just the size of a computer mouse, are critical for maintaining good health. The kidneys remove wastes, toxins, and excess fluid by filtering all the blood in your body every 30 minutes. They also regulate blood pressure and keep blood minerals in balance that are essential to life.

Most people do not know anything about their kidneys or how important those organs are to their health. More than one in seven U.S. adults are estimated to have chronic kidney disease (CKD). CKD is a condition in which the kidneys are damaged and cannot filter blood as well as healthy kidneys.

Continued on the back →



# Physical activity helps control blood pressure and blood sugar levels.



## ➔ Continued from page 1

Because of this, excess fluid and waste from the blood remain in the body and that can cause other serious health problems, including heart attack or stroke. The good news is, if caught early, kidney disease can be slowed or even stopped.

Talk to your doctor about being tested if you have any of these risk factors:

- Diabetes
- High blood pressure
- Family history of CKD
- Age 60+

## Symptoms of chronic kidney disease

- Swelling of the face, hands, abdomen, ankles, or feet
- Blood in the urine or foamy urine
- Puffy eyes
- Difficult or painful urination
- Increased thirst
- Fatigue

People with CKD might not feel ill or notice any symptoms. The only way to find out for sure if you have CKD is through specific blood and urine tests.

## Prevent chronic kidney disease

- Keep your blood pressure below 140/90 mm Hg
- Get active — physical activity helps control blood pressure and blood sugar levels.
- If you smoke, quit. Smoking can worsen kidney disease and interfere with medication that lowers blood pressure.

To help prevent CKD and lower the risk of kidney failure, control risk factors for CKD, get tested yearly, make lifestyle changes, take medicine as instructed, and see your health care provider regularly.

### RESOURCES:

- <https://www.kidney.org/content/national-kidney-month>
- <https://www.kidney.org/prevention>
- <https://www.kidney.org/atoz/content/sixstepshealthprimer>
- <https://www.cdc.gov/kidneydisease/basics.html>

**ADULT**  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Stock Images: 123RF.com



# KEHA STATE ANNUAL MEETING REGISTRATION FORM

"The Sun Shines Bright" • May 14-16, 2019 • Louisville, Kentucky

Name _____			
Address _____			
City _____	State _____	Zip Code _____	
County _____	Special Diet _____		
Phone (____) _____	Email _____		

**CHECK ALL THAT APPLY:**

- COUNTY PRESIDENT     AREA OFFICER     KEHA BOARD     MFH GUILD  
 AGENT     UK SPECIALIST     GUEST  
 1<sup>ST</sup> TIME ATTENDEE -  YES     NO                      VOTING DELEGATE -  YES     NO

***Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session***

**Seminars - Session I - Tuesday, May 14 - 1:30-2:45 p.m.** (Descriptions on page 9)

- Overcoming Barriers to Physical Activity (Maximum: 40 attendees)  
 Hosting a Smarter Potluck (Maximum: 40 attendees)  
 Volunteer Service in KEHA: Shining Bright (Maximum: 75 attendees) [FCS Agent In-service Credit Available]  
 Be More than Social 2.0 (Maximum: 100 attendees) [FCS Agent In-service Credit Available]  
 Wool Applique (**Cost \$15**) (Maximum: 20 attendees)  
 Helping Families in Addiction and Recovery (Maximum: 50 attendees)  
 Kentucky Women and Abraham Lincoln (Maximum: 40 attendees)  
 How Women Have Adapted During Challenging Times (Maximum: 40 attendees)

**Seminars - Session II - Tuesday, May 14 - 3:15-4:30 p.m.** (Descriptions on page 9-10)

- Recipes for Life (Maximum: 35 attendees)  
 Wool Applique (**Cost \$15**) (Maximum: 20 attendees)  
 In An "Instant" Pot (**Cost: \$10**) (Maximum: 60 attendees)  
 Family & Consumer Sciences Education Today (Maximum: 75 attendees) [FCS Agent In-service Credit Available]  
 KEHA Recruitment: Ideas to Grow Membership (Max: 100 attendees) [FCS Agent In-service Credit Available]  
 Abraham Lincoln Heritage National Scenic Byway (Maximum: 40 attendees)  
 How to Reach 100 1/2: Highlights from the Blue Zone Study (Maximum: 65 attendees)

**Seminars - Session III - Wednesday, May 15 - 8:15-9:30 a.m.** (Descriptions on page 10-11)

- Sales Tax and KEHA Fund-raising (Max: 65 attendees) [FCS Agent In-service Credit Available]  
 Planning with Purpose (Max: 75 attendees) [FCS Agent In-service Credit Available]  
 Grow Your Club: 9 Tips and 1 Trick to for Gaining Homemakers (Maximum: 50 attendees)  
 Let's Eat Grandma! (Maximum: 45 attendees)  
 Sensational Succulents (Maximum: 30 attendees)

**Seminars - Session IV - Wednesday, May 15 - 1:30-2:45 p.m.** (Descriptions on page 11)

- Financials 101: Ext. Guidelines for Volunteer Groups (Max: 65 attendees) [FCS Agent In-service Credit Available]  
 Scams and the Path to Recovery (Max: 75 attendees) [FCS Agent In-service Credit Available]  
 Beginning Basic Backyard Birding (**Cost \$13**) (Maximum: 50 attendees)  
 The Many Surprises of Thrift Shopping (Maximum: 40 attendees)  
 Gadgets and Gizmos (Maximum: 50 attendees)  
 Country Ham: A Southern Tradition (**Cost \$5**) (Maximum: 40 attendees)  
 ACWW Kentucky Network (Maximum: 40)  
 KEHA Choir Rehearsal (pre-registered choir members only)

Continued →



**KEHA STATE ANNUAL MEETING REGISTRATION FORM (continued)**  
 "The Sun Shines Bright" • May 14-16, 2019 • Louisville, Kentucky

Name \_\_\_\_\_

**OFFICER TRAINING - THURSDAY, MAY 16 - 8:30 - 9:45 A.M.**

PRESIDENT     VICE PRESIDENT     SECRETARY     TREASURER

**EDUCATIONAL CHAIRMAN WORKSHOPS - THURSDAY, MAY 16 - 10:15 - 11:30 A.M. (DESCRIPTIONS ON PAGE 8)**

CULTURAL ARTS & HERITAGE     ENVIRONMENT, HOUSING & ENERGY     4-H YOUTH DEVELOPMENT  
 FOOD, NUTRITION & HEALTH     FAMILY & INDIVIDUAL DEVELOPMENT     INTERNATIONAL  
 LEADERSHIP DEVELOPMENT     MANAGEMENT & SAFETY

**REGISTRATION FEES**

**Registration**

Full - \$35 (postmarked by April 9) \$ \_\_\_\_\_  
 Full - \$50 (postmarked after April 9) \$ \_\_\_\_\_  
 One Day - \$20 (postmarked by April 9) \$25 (postmarked after April 9) \$ \_\_\_\_\_  
 (Indicate which day \_\_ Tuesday \_\_ Wednesday \_\_ Thursday)

**Meals**

Tuesday, May 14 - Opening Banquet — \$46 \$ \_\_\_\_\_  
 Wednesday, May 15 - Master Farm Homemakers Guild Luncheon — \$30 \$ \_\_\_\_\_  
 Thursday, May 16 - Closing Luncheon — \$30 \$ \_\_\_\_\_

**State Meeting Shirt** (See photo on page 2; Color photo available at [www.keha.org](http://www.keha.org).)

Baseball-style shirt with grey body and blue sleeves, new KEHA Logo — \$16 (S-3XL)  
 Qty: \_\_\_\_\_ Size: \_\_\_Small \_\_\_Medium \_\_\_Large \_\_\_XL \_\_\_XXL \_\_\_3XL    Total \$ \_\_\_\_\_

**Women Walk the World** - Tuesday, May 14, 4:45-5:15 p.m. I plan to participate

**Hands-On Sessions (Please indicate 1st and 2nd choice each day and time)**

Tuesday, May 14	Rustic Wooden Flag	___ 11:00 a.m.	\$5	\$ _____
Tuesday, May 14	Fabric Folded Star	___ 11:00 a.m.	\$3	\$ _____
Tuesday, May 14	Greeting Card Boxes	___ 11:00 a.m.	\$2	\$ _____
Tuesday, May 14	Two Owls on a Log	___ 11:00 a.m.	\$5	\$ _____
Tuesday, May 14	Button Tree	___ 11:00 a.m.	\$5	\$ _____
Tuesday, May 14	Needle-Felted Wool Sheep	___ 11:00 a.m.	\$5	\$ _____
Wed., May 15	Wire Bracelets	___ 3:00 p.m.    ___ 4:00 p.m.	\$10	\$ _____
Wed., May 15	Fabric Folded Star	___ 3:00 p.m.    ___ 4:00 p.m.	\$3	\$ _____
Wed., May 15	Clay Oil Diffuser	___ 3:00 p.m.    ___ 4:00 p.m.	\$3	\$ _____
Wed., May 15	Embroidered Greeting Card	___ 3:00 p.m.    ___ 4:00 p.m.	\$5	\$ _____
Wed., May 15	Decorative Handmade Birdhouse	___ 3:00 p.m. [Two hour class]	\$8	\$ _____

**Learning Session Fees (sign-up for seminar on reverse side of this form as well)**

Wool Applique	May 14 — 1:30-2:45 p.m.	\$15	\$ _____
Wool Applique	May 14 — 3:15-4:30 p.m.	\$15	\$ _____
In an "Instant" Pot	May 14 — 3:15-4:30 p.m.	\$10	\$ _____
Beginning Basic Backyard Birding	May 15 — 1:30-2:45 p.m.	\$13	\$ _____
Country Ham: Southern Tradition	May 15 — 1:30-2:45 p.m.	\$5	\$ _____

**KEHA Print**

Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)  
 \_\_\_\_\_ number of prints ordered x \$40 per print (\$37.74 for print plus \$2.26 sales tax) \$ \_\_\_\_\_

**Make checks payable to KEHA**

**OVERALL TOTAL** \$ \_\_\_\_\_

**Notice:**  
 Mail by April 15 for the discounted registration fee. Any registration with a USPS postmark after April 29 will be returned. This is necessary to allow processing time.  
**Thank You**

**Mail to:**  
 Harlene Welch  
 KEHA Treasurer  
 1730 Pedro Pike  
 Cynthiana, KY 41031

**FOR KEHA TREASURER USE ONLY:**

Date received: \_\_\_\_\_  
 Check number: \_\_\_\_\_  
 Amount Paid: \_\_\_\_\_  
 Balance Due: \_\_\_\_\_  
 Refund Due: \_\_\_\_\_

*If you would like to receive confirmation of your registration and session enrollment, please enclose a self-addressed, stamped envelope with your registration.*