Clutter-Free Living
It's silent. It's sneaky. All of a sudden it's there - clutter!

Clutter: What is it? How Does It Happen?

Some people think of clutter as part of an overburdened and disorganized household. To others, clutter is a sign of a culture that offers many choices and easy credit. This “affluenza” has been encouraged throughout recent years as a sign of wealth and material comfort. Now many mid-life people are finding themselves in the dilemma of having too many things. Many want to declutter and downsize as children leave home and retirement years draw near, but are not sure how to attack the problem. Baby Boomers and retirees are frustrated about decluttering, simplifying, and downsizing their living spaces.

Clutter and junk (the thing we quit using) have a tight grip on many people. We spend our time, energy, space, and money to shuffle these things around and climb over them. All of these items come with a price tag, too. They take up space and costs add up for rent, energy (heat and lights), insurance, and emotions each time you deal with them.

Clutter Buster Ideas

Find a place for everything and keep everything in its place.
Immediately throw away advertisements and junk mail you don’t want. Sort through old catalogs and magazines on a regular basis and throw them away, give them away, or recycle them. Put newspapers in a recycling bin after reading them.

Easy Steps for Having a Clutter-Free Home

After you have eliminated the clutter and organized things you want to keep, you need a plan to prevent clutter from building up again. Here are some helpful ideas to keep in mind.

Take time every day to wash the dishes, make the bed, and quickly straighten the bathroom. Dirty dishes on a kitchen counter and unmade beds add to a cluttered, rumpled look to your home.

• Take care of things right away. Throw them away or put them away.
• Invest a few minutes every day for a quick pickup. Take a basket or bag and go through the house quickly. Pick up or drop things off where they belong.
• Set limits on things you keep. Rotate magazines & catalogs regularly.

Keep a box or shopping bag in every closet for items that you need to recycle, discard, sell or give away.

Don’t allow items to pile up at the top or bottom of the stairs.

When you leave a room, take a look to see if there are items that need to go with you.

Encourage family members to get in the habit of picking up after themselves.

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“Everyone can make you feel inferior without your consent.” ~ Eleanor Roosevelt
Come on out to a fun murder mystery production by Kincaid Regional Theatre and a picnic-style dinner of BBQ pork and chicken with all the fixin’s.

Tickets are $20. To purchase your tickets, stop by the Pendleton Extension Office (check or exact change, please).

Reservations must be made by Wednesday, May 1.

All proceeds go to Kincaid Regional Theatre.

Event Date: 6:00PM Saturday, May 11
RSVP by: 4:30PM Wednesday, May 1
Cost: $20 per ticket
Location: Pendleton Extension Office
45 David Pribble Drive
Falmouth, KY 41040
Contact: 859.654.3395
Asparagus Ham Quiche

1 lb. fresh asparagus, trimmed and cut into 1/2 inch pieces
1 cup finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells
1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese

Preheat oven to 400 F.
Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 4-6 minutes. Drain and cool.

Place ham and onion in a nonstick skillet and cook over medium heat until lightly browned.

Brush pie shells with beaten egg white. Spoon the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. Sprinkle 1 cup shredded cheese over the mixture in each shell. In a separate bowl, beat together eggs, yogurt, milk, nutmeg, salt and pepper. Pour egg mixture over the top of the cheese, dividing evenly between the 2 shells. Bake uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Nutritional Analysis:
200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein

Yield: 16 slices

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Living Well

Caregivers Need a Time-out
You spend your life taking care of others—parenting, caregiving, and volunteering, but how often do you actually take time for you? Being a good caregiver includes taking time for yourself, which can also lead to a long and healthy life.

In 2011, The American Heart Association recommended making a conscious decision to do something that you enjoy every day. Whether it is reading a book, exercising, or shopping without distraction, taking time for you is good for your mind, body, and soul.

Try spending at least 10 minutes a day on you. Don’t know where to start? You can start by thinking about the things you know are good for you—getting enough sleep, eating a healthy diet, and exercising. You can also make it a “To Do” list to help you prioritize time for you in your busy day.

Taking a guilt-free break to relax is important. When the body can naturally unwind itself, you tend to sleep better, have more energy, and a stronger immune system.

It is also mentally healthy to take breaks from your routine. Slipping away doesn’t have to occur for extended periods of time, it can mean going to your bedroom with your door closed to sit, take a bath, or read a book uninterrupted. If it’s difficult for people to leave you alone, leave the house and go for a walk, meet a friend for coffee, see a movie, or go shopping.

Finding opportunities and people who make you laugh is also a way to take care of yourself. Laughter makes you feel good, reduces stress, lowers depression, and contributes to overall healthiness. Taking time for you is not selfish. In fact, the opposite is true. If you are not at your peak, you cannot take care of yourself or others.

American Heart Association
NEWS . . . FROM PENDLETON COUNTY COOPERATIVE EXTENSION SERVICE

Early Childhood Carnival
Parents & children from birth to age 5 are invited to attend!

April 18, 2019
1:30 p.m.
Genealogy 101
Explore how to research your family history and what genealogical DNA testing is.

Class Location:
Campbell County Extension Office
Kenna Knight
Pendleton County Extension Agent
For Family and Consumer Sciences Education
County Cooperative Extension
859-654-3395