Caregivers Need a Time-out

You spend your life taking time for others (parenting, caregiving, and volunteering) but how often do you actually take time for you? Being a good caregiver includes taking time for yourself.

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.

Aim for 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 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 to the library.

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.


Source: Amy Kostelic, Associate Extension Professor, Advanced Development and Aging

"No one can make you feel inferior without your consent." ~ Eleanor Roosevelt

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

TABLE OF CONTENTS

TIMELY TIPS .................. 1
EATING RIGHT .................. 2
SPENDING SMART ............... 2
WHAT’S COOKING .............. 2
RAISING KIDS .................. 3
Building an Emergency Fund Quickly

If you do not have money saved in an emergency fund, it is a good idea to build a small one. A small start-up emergency fund of $1,000 can save you from a financial mess. Consider the following ideas for building a start-up emergency fund:

- **Sell something.** Rather than trashing items around the house that are no longer needed or wanted, consider selling them. Host a yard sale or attempt to sell the items on a reputable online site such as Ebay or Craigslist.

- **Look at your budget.** Carefully look at your budget to identify areas in which you may be overspending. For instance, if you pay for a streaming service such as Netflix and pay for cable, it is a good idea to cancel one of the services. Doing so can quickly save you needed money.

- **Automate your emergency fund savings.** Set up regular automated payments to an account that will act as your emergency fund.

- **Get a better deal.** Almost every service that you pay for is negotiable. Call your service providers and ask for a better rate. If your service provider is unable or unwilling to adjust your rates, look for a better deal elsewhere.

- **Work more hours.** Ask your employer if you are eligible to work longer hours for a short-term period (until your start-up emergency fund is built up). If this is not an option, consider working a second job for a short period of time.

- **Think outside of the box.** There are a number of companies that will pay you to participate in focus groups. These focus groups will ask you for your opinion on a wide variety of topics such as television shows, movies and household products.

Remember, once you have set up your start-up emergency fund you are not done. The next goal is to set aside enough month to cover 3 to 6 months of expenses. You might continue using the same strategies employed for your start-up fund.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management and Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences, University of Kentucky; College of Agriculture, Food and Environment
Tips for grocery shopping with kids

Navigating the grocery store with children can be a daunting task. Children are surrounded by the temptation of sugary sweets that keep parents off-track and over budget. Use these tips to help kids stay calm at the grocery store.

► Start off on a full stomach. Both adults and children are more likely to make impulsive purchases, especially sugar-laden ones, when hungry. Eat a balanced meal or snack before your trip to help resist the urge to splurge.
► Stay on track. Come to the grocery store with a specific list of what you need. Explain to your child that you will not be veering off the list. With practice, children will see that if it is not on the list, it is not going in the cart. Let children help check off the list to practice reading skills and keep them occupied.
► Have a back-up plan. Even though you ate before you came, pack an emergency snack just in case. Bring one other toy or a coloring book to distract children as well. Wait to use these tools until needed.
► Play a game. Play eye-spy, see who can count the most number of cans or shelves in a given period of time, or have children find items of a specific color or shape. This can keep them entertained and help avoid them thinking about other candies and treats nearby.
► Keep your eye on the prize. Grocery stores are often set up so that you pass lots of items before you get to necessities like bread, eggs and milk. Stay on track. Avoid the aisles with the non-essential temptations as you shop for what you truly need.

Source: Jean Najor, MS, NEP Program Coordinator II

Pursuing Achievements that Inspire You

If you have brought a potential achievement to mind but are not inspired by it; if there is not an element of fun in it; if it only feels like lots of hard work, then you’re probably not following a truly inspired longing.

When you have a deep desire to accomplish something positive and you can say, I would LOVE to do that, you probably are tapping into a true vision. Doing what you love is energizing! It stimulates creativity and feelings of satisfaction. It's good for your health and it's one of the best motivators ever discovered.

Don’t immediately talk yourself out of something you really want to do simply because it may not seem practical, or you're worried about what others may think, or you feel it's too late. Step-by-step, intelligently explore your vision, knowing that you can always modify your course or change directions altogether.

Prepared by Sam Quick, Ph.D., Human Development and Family Relations Specialist, and Alex Lesueur, Jr., M.S.L.S, Staff Support Associate.

What’s Cooking

Strawberry Green Tea
Yield: 16, 8 ounce servings

1 pound fresh strawberries, washed and green tops removed
13 cups water
13 regular size green tea bags
1 cup honey
1 lemon, optional

Chop the berries with a hand chopper in a large pot. Add water to the chopped berries and bring to a boil, stirring occasionally. Remove from heat and let mixture cool for 5 minutes. Add tea bags and submerge; steep for 2 to 3 minutes. Strain the tea through a mesh strainer into a 1 gallon pitcher. Add honey and stir until dissolved. Chill and serve. Garnish with a lemon slice or a fresh strawberry if desired.

Nutritional Analysis: 70 calories; 0 g fat; 5 mg sodium; 19 g carbohydrate; 1 g fiber; 17 g sugar; 0 g protein

Source: Plate it Up Kentucky Proud https://fcs-hes.ca.uky.edu/recipe/strawberry-green-tea
Handmade Ceramic Clay Container Class
(Class is for Adults and 4-H age youth)

Date: March, 26 and March 28
From: 1 PM—4:00 PM
(28th will be until finished painting)

First session we will make the container, second session we will paint it!
Cost—$15.00
Class will be taught by Laura Franks

Must RSVP to be sure we have enough supplies!
654-3395

The HBM Workshop:
The First Step to Legally Selling Your Canned Food Products

$50 Certification Per Year
To the Kentucky Food Safety Branch

To qualify, farmers must live and farm in Kentucky. The final product must contain a fruit, vegetable or herb grown by the farmer. Products may be sold from the farm, registered farmers markets or certified roadside stands. Once certified, Homebased Microprocessors may sell products such as canned tomatoes and tomato products, pickled fruits and vegetables, salsa, barbecue sauce, pepper or herb jellies, pressure-canned vegetables, and low- or no-sugar jams and jellies.

Pre-registration is required
Pendleton.ca.uky.edu
859.654.3395

April 12
9:30 AM to 3:00 PM
Cost: $50

For More Information Contact
Kenna Knight
Kenna Knight
Extension Agent for Family and Consumer Sciences Education-Pendleton County

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

Lexington, KY 40546

Disabilities accommodated with prior notification.
A Mother’s Day Murder Mystery Picnic Dinner

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
Early Childhood Carnival

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

Date: Saturday, April 6, 2019
Time: 11:00 AM — 2:00 PM
Location: Pendleton County Extension
45 David Pribble Drive
Falmouth, KY 41040

Door Prizes Include:
- Car Seat
- Zoo Pass
- Gift Cards
- Kids Books
- And more

Sponsored by:
BOONE/CAMPBELL/KENTON/PENDLETON Community Early Childhood Council
KENTUCKY GOVERNOR'S OFFICE OF EARLY CHILDHOOD
Meal Kits...
Are they worth it?

Join us as we identify the benefits and drawbacks of incorporating meal kits into your diet. Our goal is to provide guidance to consumers on wisely spending money to meet individual or family dietary goals.

Call 859.654.3395 to RSVP or if you have questions.

Location: Pendleton County Extension Office
45 David Pribble Drive, Falmouth, KY 41040

Date: Tuesday, April 2, 2019
Time: 6:30 pm
4th Annual Senior Bash Invitation for ages 55 and over

Life's a Carnival

- Lunch
- Giveaways
- Door Prizes
- Resources

and Entertainment!

*Must have a ticket in advance to be eligible for lunch and door prizes!. Dress up and join in the fun!*

Tickets are just $3.00 and MUST be purchased in advance at the Pendleton County Court House, 233 Main St. in Falmouth (upstairs) no earlier than April 1, 2019 and ending May 3, 2019 or until sold out.

Sponsored by the Pendleton County Fiscal Court. Must be a Pendleton County Resident. Questions - 859-654-1930