



Harlan County Extension Homemakers Newsletter

May/June 2023

Cooperative Extension Service
Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

Note: All meetings are held at the Harlan County Extension Depot unless otherwise noted.
Please call the office to register.

Upcoming Events:

Monday, May 8 — 10am

Make-It-Monday Derby Day Tea

Wear your Derby Hat to our Derby Day Tea hosted by Pat Duncan. Please bring a finger food to share.

Monday, May 8—6:00 pm

Hands-Only CPR Class (Non-Certification)

Tuesday, May 9—3:30 pm

Jr. Homemaker Meeting

Tuesday, May 16—10:00 am

Situational Awareness KSP Trooper Shane Jacobs

Self-protection training, drug awareness, scams and more

Monday, June 12—10:00 am

Make-It-Monday

Wood Wall Hanging with metal can. Bring your own embellishments to decorate the way you like.



Tuesday, June 17—3:30 pm

Jr. Homemaker Meeting

Save the Date

**The Harlan County Extension
Homemakers will be hosting the
Homemaker County Dinner**

September 21, 6:00 pm

at the Extension Depot

**Everyone welcome!
Please plan to attend**

Jeremy N. Williams
County Extension Agent
For Agriculture/Natural Resources



ADULT HEALTH BULLETIN



MAY 2023

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

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





**LEFTOVERS
CAN BE KEPT IN
THE REFRIGERATOR
FOR 3 TO 4 DAYS.**

BASIC BUDGET BITES

Kitchen timesavers

Springtime weather means more time outside being active and less time in the kitchen. Try these kitchen timesavers to make less work for you. Take the stress and hassle out of cooking. You will have more time to enjoy meals and to spend with your loved ones.

- **Keep within easy reach items you often use**, such as cooking oils and sprays, spatulas, cutting boards, and spices. This will save you from having to search for them later.
- **Before you start to cook, clear off the counters.** This gives more room for prep space.
- **Double your recipe.** For your next casserole or stew, double the recipe and freeze the extra.

You will save time and make cooking next week's dinner a snap.

- **Freeze** leftover soups, sauces, or gravies in small reusable containers.
- **Leftovers must be refrigerated within 2 hours of cooking food.** Throw away food that has been left at room temperature for more than 2 hours (1 hour if the temperature is over 90 degrees, such as at an outdoor picnic during summer).
- **Leftovers can be kept in the refrigerator for 3 to 4 days.** Or they can be frozen for 3 to 4 months. Frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Adapted from USDA, MyPlate



SMART TIPS

3 healthy tips that can save you money

- 1.** Drink water instead of sodas or other high-sugar drinks. Water is easy on your wallet and has zero calories.
- 2.** Save time, money, and calories by skipping the chip and cookie aisles.
- 3.** Choose checkout lanes without candy shelves if you have kids with you.

Adapted from USDA, MyPlate

FOOD FACTS

Added sugars

Added sugars are sugars and syrups that are added to foods and drinks when they are made. This does not include sugars found in milk and fruits. To build healthy eating habits and stay within calorie needs, people over age 2 should eat foods and drink drinks with little or no added sugars. Children under age 2 should not have them at all.

Adapted from USDA, MyPlate

Apple Carrot Bake

- 5 medium apples, peeled and sliced (about 4 cups)
 - 1 (14.5 ounce) can sliced carrots (may use 2 cups fresh or frozen steamed carrots)
 - ¼ cup light brown sugar
 - 1 tablespoon flour
 - 1 teaspoon cinnamon
 - 2 tablespoons unsalted butter
 - ½ cup orange juice
1. Preheat oven to 350 degrees F.
 2. Arrange apples and carrots in a 1½ quart greased casserole dish.
 3. In a small bowl, combine brown sugar, flour and cinnamon; sprinkle over carrots and apples.
 4. Dot carrot and apple mixture with butter and cover with orange juice.
 5. Bake uncovered for one hour or until sugar mixture caramelizes.

Nutrition facts per serving: 120 calories; 3g total fat; 2g saturated fat; 0g trans fat; 10mg cholesterol; 125mg sodium; 24g carbohydrate; 2g fiber; 19g sugar; 1g protein; 120% Daily Value of vitamin A; 20% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron.

Source: Rita May, Senior Extension Associate for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service





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

Harlan County
519 South Main Street
Harlan, KY 40831-1911

Return Service Requested

STANDARD
US POSTAGE PAID
Harlan, KY
PERMIT # 831



Harlan County Homemaker Clubs



Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm