

# ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



Estill County Extension Homemakers

August 2024

Summer is starting to come to an end. Homemaker lessons will be starting back this month. They will be presented on the fourth Tuesday of each month at 4:00 p.m. at the office. The first one is Savvy Online Shopping. September's lesson will be Gardening Safely. Homemaker meetings will be starting up again in September as well.

October 11th is the Bluegrass Annual Homemaker Meeting in Powell County. The flyer and registration form is included in this month's newsletter. The form needs to be returned to the Estill County Extension Office with food choice and payment by September 11th.

See all upcoming events in the newsletter.

Have a great August!

If you have any questions or program ideas, you may contact me at my e-mail [judy.vaughn@uky.edu](mailto:judy.vaughn@uky.edu) or by calling the Estill County Extension office at 606-723-4557.

Judy Vaughn, County Extension Agent  
for Family and Consumer Sciences

## Dates of Interest

- ◇ August 8th—Homemaker Officer Training
- ◇ August 8th—Financial Education Class 5:00 p.m.
- ◇ August 27th—Savvy Online Shopping at 4:00 p.m.
- ◇ August 28th—Laugh and Learn 10:30 at the library
- ◇ September 2nd—Labor Day, Office Closed
- ◇ September 5th—In the Face of Disaster—Are You Prepared? Estill County 12:00 and Madison County 5:00
- ◇ September 24th—Gardening Safely at 4:00 p.m.
- ◇ October 11th—Bluegrass Annual Homemaker Meeting in Powell County
- ◇ October 15th—Brain Health/ Alzheimer's Awareness Lunch and Learn

## Cooperative Extension Service

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

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# Homemakers News

Hello Estill Homemakers,

Hope everyone is enjoying their summer. We have been busy.

We took a trip as an Estill Homemaker group to Wilson's Nursery and Sage Café in July. We saw lots of pretty plants and flowers, visited their butterfly habitat, and ate in their Café. It was an enjoyable day to socialize, shop, and enjoy good food. We hope to plan more adventures in the coming year. Let us know any trip ideas you think would be enjoyed by the group.

We have also had some learning lessons from our agent. I attended a recent Lunch and Learn about Fall Prevention. There were guests from Apex Physical Therapy presenting what programs they have available and we enjoyed good food. Judy has more learning opportunities planned this year for anyone who would like to join us and learn new things. In August she will be having a Financial lesson.

Meetings will resume in September so stay tuned. We currently have a few different groups that meet, and we hope to grow our memberships and groups this year. Any ideas for a new group please let us know. We are working on forming a group to meet once a month at the Irvine School Apartments. I am looking forward to all the new things coming up this year.

Bluegrass area is working on the Bluegrass Area Homemakers Meeting. It will be held in October in Powell County this year. We have taken a group the past couple of years to Madison and Nicholas Counties and hopefully some of you will be able to attend this year as well. Information and sign up can be found in this newsletter.

Hope to see you all at many of our exciting events!

Rebecca Lamb

Estill County Homemaker - President



Bluegrass Annual Meeting will be held on October 11, 2024 in Powell County. We will take the van or vans. Registration information is in the newsletter.



# BLAZE THE TRAIL

## BLUEGRASS AREA EXTENSION HOMEMAKERS' ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director  
Powell County Tourism Commission

### FRIDAY, OCTOBER 11, 2024

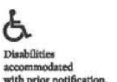


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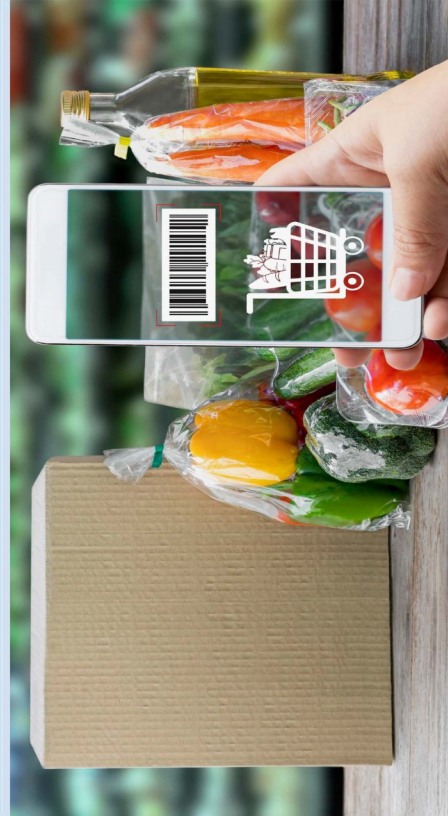
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506







*Save* Online  
**Grocery Shopping**



You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the on–line marketplace. Although on–line grocery shopping has been around since the early 2000s, it is gaining momentum with more on–line options and more technology in our everyday lives. Consumers are interested in or choosing on–line grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way.

**Join me on August 27th at 4:00 pm. to learn more.**

**For more information:**

Estill County Extension Office  
76 Golden Court  
Irvine, KY, 40336 | (606) 723-4557



# FINANCIAL EDUCATION

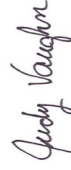
- Credit: How to build it, How to destroy it.
- How to use credit cards and loans wisely.
- Credit Ability\* (A little bit of the above two subjects.)
- Savings Tips\*

**Thursday, August 8th  
Beginning at 5:00 p.m.**

at the Estill County Extension Office  
76 Golden Court, Irvine

**\*Margy Cook, retired from Park Community Credit Union,  
will be teaching Credit Ability and Savings Tips.**

**Please call 606-723-4557 to let us  
know you will be attending.**



Judy Vaughn  
County Extension Agent  
for Family & Consumer Sciences



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# BLUEGRASS AREA FCS AGENTS PRESENT: ARE YOU PREPARED?

*in recognition of National Preparedness Month*



## Locations:

- Bourbon County Extension Office: September 12th at Noon
- Clark County Extension Office: September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.

**Estill County's**

**Location: Extension Office**

**Cost: FREE w/ optional  
\$20 emergency kit**

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**AUGUST 2024**  
 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**  
**ADULT DAY CARE PROGRAMS OFFER DIVERSE OPPORTUNITIES FOR CAREGIVERS AND OLDER ADULTS**

**W**hat is Adult Day Care? Adult day care programs serve adults with physical and/or cognitive disabilities who may need additional support and supervision during the day while still living at home. Adult day care programs differ from community or senior centers. Those are typically places where physically and cognitively able older adults take classes, visit with peers, and/or exercise.

**Types of services offered**  
 Adult day care centers vary in specific services. Most will provide some form of support, supervision, activities, and a variety of health and social engagement opportunities for older



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**The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety.**

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 adults who live at home, often with a spouse and/or a family caregiver(s). Some adult day programs offer limited health and preventative services. They might offer basic routine health, vision, and hearing checks, a variety of therapies, support groups, and basic supervision for people living with dementia. Programs often provide meals and/or snacks and will help with basic activities of daily living, such as grooming and using the toilet.

**Respite for caregivers**  
 Adult day programs are often offered during business hours on weekdays. This gives caregivers a break and/or opportunity to work, study, or take care of other family matters. Some programs offer evening and weekend services. Families who rely on adult day care report feeling good about their loved one's safety, social well-being, and quality of life. The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety. Caregivers from a study at St. Catherine University in Minnesota reported that adult day care reduced their sense of "role overload."

**Who qualifies?**  
 Candidates for adult day care might include those who need social and emotional support, are at risk of daytime isolation and/or loneliness, do not have structured hobbies, have dementia or other medical conditions. According to the National Adult Day Services Association, approximately half of adult day care participants live with cognitive impairment. AARP reports that people who attend adult day care have better quality of life.

**Benefits**  
 Adult day care helps keep people engaged and cognitively stimulated. In addition to enhancing social and mental activity, programs also contribute to a sense of purpose and overall quality of life. According to a study in Aging and Mental Health (2021), both caregivers and participants living with dementia slept better on

nights before attending adult day care. Research also supports that adult day care positively impacts mood, health, and caregiver relationships.

**Where to find adult day care**  
 The National Center for Health Statistics reports that half of adult day care centers are nonprofit. Nonprofit operators may include the government, universities, national groups like the Alzheimer's Association, religious organizations, and Native American tribes. Services and certification are regulated by and vary from state to state.

**Cost**  
 Prices vary depending upon location, participant need, range of service, type of care, and insurance benefits. In general, SeniorLiving.org reports that adult day care costs approximately \$85 a day. The 2024 median monthly adult day health care (44 hours per week) estimate for Kentucky is \$1,852. Due to affordability, many families pay by the hour versus paying an all-day fee. Check your insurance coverage to see if services cover adult day care costs. Some families will pay privately. Keep in mind that many adult day care costs are tax deductible. Consult a financial advisor or tax professional to go over the most beneficial claim.

Call your Area Agency on Aging, local Senior Center, or the Kentucky Department for Aging and Independent Living (DAIL) to find an adult day care program near you.

**REFERENCES:**  
 • Caring.com, What is Adult Day Care? Retrieved June 10, 2024 from <https://www.caring.com/senior-living/adult-day-care>  
 • Goldy-Brown, S., & Clem, M. (2024). Adult Day Care Costs 2024. Retrieved June 10, 2024 from <https://www.seniorliving.org/adult-day-care-costs>  
 • Kiger, P. (2012). AARP Adult Day Care: What Family Caregivers Need to Know. Retrieved June 10, 2024 from <https://www.aarp.org/caregiving/home-care/info-2017/adult-day-care.html>

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**Stock images:**  
 Adobe Stock





AUGUST 2024

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THIS MONTH'S TOPIC

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings – even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- [https://www.cdc.gov/healthyschools/families\\_tip\\_sheet.htm](https://www.cdc.gov/healthyschools/families_tip_sheet.htm)
- <https://www.cdc.gov/healthyschools/features/B2S.htm>







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An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?

August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.



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Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search "CDC vaccine schedule" on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/season-to-vaccinate.html>





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Estill County  
76 Golden Court  
Irvine, KY 40336

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# Creamy Cucumber and Chicken Salad

- 1/2 teaspoon sea salt
- 1 teaspoon ground black pepper
- 2 tablespoons fresh chopped dill
- 2 medium cucumbers, chopped
- 1 cup dried cranberries
- 8 lettuce leaves

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold. **Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

- 1/2 pound chicken breast
- 1 tablespoon fresh lemon juice
- 1 cup sliced almonds
- 1/2 cup nonfat plain Greek yogurt
- 3 ounces reduced fat cream cheese
- 2 tablespoons Dijon mustard

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Saute** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** sliced almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/piukp-recipes>