



June 2024

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

Cooperative Extension Service

Estill County

76 Golden Court

Irvine, KY 40336-6917

Phone: (606)723-4557

www.estill.ca.uky.edu

Hi everyone,

Do you realize that after June we will be half way through the year? I don't know where the time goes. June is Alzheimer's Awareness Month. I am offering a Brain Health Lunch and Learn this month and we will be discussing Alzheimer's and Dementia.

Canning season will be starting soon, so bring your dial pressure canner lid in for inspection and testing. If you have any questions about canning, call me or come by the office. We have publications that cover any type of canning that you can do. We want to make sure you use education/scientific based canning practices.

This month I am excited to team up with the Estill County Farmer's Market to offer a kid's day. It will be held Saturday, June 22nd. Jessica Webb, NEP Assistant, and I will be there with demonstrations, games, and other activities. If schedules allow, other agents from our office may be there as well.

Check the Dates of Interest on this page for other upcoming events within the next few months.

Have a great June.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

DATES OF INTEREST

- June 1st - Opening day of Farmers' Market
- June 4th - Brain Health Lunch & Learn 11:30 - 1:00
- June 8th - I'd Rather Bee Quilting 1:00 at the Extension Office
- June 11th - Bluegrass Homemaker Meeting
- June 19th - Extension Office Closed in observance of Juneteenth
- June 21st - Tomato Canning at 10:00 a.m.
- June 22nd - Kid's Day at the Farmers' Market from 9:00-1:00
- June 26th - Laugh & Learn at 10:30a.m. at the Library
- July 9th - Homemaker trip to Wilson's Greenhouse and Sage Restaurant. Leaving at 8:00 a.m.
- July 12th - Fall Prevention Lunch and Learn from 12:00 - 1:00
- July 15th - July 18th - Superstar Chef Camp (Youth 9-12)
- July 25th - Homemaker Officer Training
- August 8th - Financial Education Class at 5:00

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Homemakers News



Homemaker Trip



Join us for a trip to Wilson Greenhouse
and
Sage Café for lunch

July 9, 2024
8:00 a.m.

Call the office at 606-723-4557 to sign up.
Space is limited.

If you would like to visit the Butterfly
Greenhouse, it is \$10.00.

Harrison County
Homemakers' are
taking a trip to
Savannah, GA.

DATES:

September 30 through
October 5th.

They have some spots
available if you would
like to go along.

The cost is \$800.00.

You can call the
Harrison County
Extension Office for
more details at
859-234-5510.



Bluegrass Annual Meeting will be held
on October 11, 2024 in Powell County.
We will take the van or vans. Put it on
your calendar and watch for sign-ups
coming in the near future.

BRAIN HEALTH LUNCH & LEARN

Learn ways to keep your brain healthy and improve memory. Discussions about Alzheimer and Dementia as well.



**Tuesday, June 4th
11:30 a.m. - 1:00 p.m.**
at the Estill County Extension Office
76 Golden Court, Irvine

This lunch and learn is free and open to the public.
Please call 606-723-4557 to sign up no later than June 3rd for this lunch and learn.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Are you interested in learning about canning tomatoes? Then join Estill County FCS Agent, Judy Vaughn for

CANNING TOMATOES Friday, June 21st at 10a.m.

This class will be held at the Estill County Extension Office, 76 Golden Court, Irvine

HANDS ON DEMONSTRATION.

During this class we will be learning how to can tomatoes.
NOTE: Class size for canning tomatoes is limited.
Call 606-723-4557 to sign up for this class.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506





**KID'S DAY AT THE
ESTILL COUNTY
FARMER'S
MARKET**



JUNE 22ND 9:00 TO 1:00

A farmers market is a fantastic place to learn about your community's food system, give local companies your support, and enjoy fresh, healthful food.

Join us for food demonstrations and games.

Call Judy Vaughn at the Estill County Extension office (606-723-4557) if you have any questions.

Farmer's Market is located
at 50 River Drive.



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

LUNCH & LEARN: FALL PREVENTION

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

During this Lunch & Learn guest speaker Samantha, from Apexnetwork Physical Therapy, will be speaking about fall prevention.



Wednesday, July 12th
Beginning at 12:00 noon
at the Estill County Extension Office
76 Golden Court, Irvine

This lunch and learn is free and open to the public.
Please call 606-723-4557 to sign up.

SIGN UP BY JULY 8TH



Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



4-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking **camp for participants ages 9 to 12**. No previous cooking experience required for this **FREE** program, where you will receive cooking tools and learn how to:



- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!

WHEN: July 15th - July 18th Signups will begin **June 3rd**.

TIME: 9:00 a.m. - 1:00 p.m.

WHERE: Estill County Extension Office, 76 Golden Court, Irvine

Signups will begin June 3rd. Call 606-723-4557 to sign up. Spots are limited. Parent/guardian will have to fill out a form prior to the camp.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



JUNE 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>

NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



School is ending, and many family's schedules are finally slowing down from the seemingly never-ending barrage of concerts, ball games, plays, and awards ceremonies that occur at the close of the school year. As you and your kids begin to find gaps in your schedule and down time during longer summer days, lean into the opportunity to spend time outside together.

The warm weather and extra hours of sunshine during the summer provide time and motivation to enjoy the great outdoors. Being outside is important for kids, for their health and well-being, as well as providing opportunities to be creative, explore, and engage their senses. Kids need to be physically active to grow and develop strong muscles and bones.

Continued on the next page →



Disabilities accommodated with prior notification.

Kids need to be physically active to grow and develop strong muscles and bones. Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!



Continued from the previous page

Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!

Kids have lots of energy, and playing outside is the perfect outlet for using up energy in healthy ways. Also, when kids spend time outside being active, they are then better able to pay attention, stay focused on tasks, and follow directions. Active play outdoors can also help with impulse control and curb disruptive behaviors. Consider how you can build regular time outdoors into your daily and weekly routines as a family, and specifically for your kids.

As you think about outdoor opportunities in your area, whether urban or rural, consider reaching out to your local parks and recreation department. Many communities have walking trails, group hikes, parks, pools, and nature reserves within close proximity. You may be surprised by the offerings available!

Here are some additional ideas of ways to spend time as a family outside this summer:

- **Organize a nature scavenger hunt:** Look for certain kinds of plants, trees, animals, and birds. See how many items children can find on a list, or that match a certain description. There are many templates available online to give you ideas.
- **Start a nature collection:** Is your child particularly interested in a certain item in nature? Encourage them to look for different or unique kinds of rocks, acorns, leaves, or pinecones to collect and display.
- **Have a ball:** Kicking a soccer ball, throwing a frisbee, jumping rope, or playing any sport you all enjoy can keep the outdoors fun as children get older. Invite neighbors or friends to join in and organize a full-fledged game of kickball or volleyball.
- **Pack a picnic or plan a barbecue outside.** Share a meal, take a walk, or play a game together

while you enjoy the outdoors. It does not have to be fancy to be enjoyable. A simple salad or sandwiches, or even leftovers can be more enjoyable when you eat them in a new atmosphere.

While being outside has many benefits, it is important to protect yourself and your kids from too much sun exposure. Remember things like protective clothing and sunscreen, sunglasses, a hat, and insect repellent. It may be helpful to keep a basket with these items by your door, to make it easy to grab before heading outside to play, hike, bike, or swim this summer!

REFERENCE:

<https://www.healthychildren.org/English/Family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



JUNE 2024

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

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE FOR SELF-CARE

Most caregivers are aware that self-care is important. Yet, many caregivers struggle to find or make time for it. Did you know that exposure to the outdoors can reduce feelings of stress and anxiety in as few as five minutes? We often take nature for granted, but stepping into nature has the power to heal. If you do not have time to walk in the woods, garden, or take a weekend camping trip, just spending time outside can be restorative and invigorating — even if it is in the backyard or standing under a tree in a parking lot at work. Purposeful time spent in nature helps direct your mind to the present and helps you feel alive. Stepping into nature on a regular basis may help prevent the negative effects of stress. When you properly manage stress, you are better able to lower the risks of chronic disease, illness, and mortality.



Continued on the next page →



Disabilities
accommodated
with prior notification.

One of the best things about a prescription for nature is that it is free! This makes putting down your electronics to soak in the June sun easy, affordable, and accessible.

→ Continued from the previous page

According to the Mayo Clinic (2024), some of the mental health benefits of nature include:

- Improves mood
- Lowers anxiety
- Alleviates stress
- Improves cognition and memory
- Builds resiliency
- Promotes self-care
- Helps manage emotions
- Improves sleep quality
- Enhances creativity
- Reduces irritability
- Clears the mind

You can also incorporate the benefits of nature and sensory activity into your caregiving role. According to Dr. Elizabeth Rhodes from the University of Kentucky Sanders-Brown Center on

Aging, stimulating the sensory system can help engage the brain and support brain health. In the spring, walking or sitting in the sun can help your loved one feel more alert during the day and sleep better at night. Improve their mood by taking a drive with the windows down or by sitting outside. Embrace the spring and feed ducks at a local pond, get dirty in the garden, or skip rocks at a nearby pond.

"In every walk with nature one receives far more than he seeks." —John Muir

If your loved one is unable to step into nature, make it a goal to bring the outside inside through open windows and a fresh cross-breeze, plants, animals, and seasonal natural materials, like arranging local wildflowers or cooking with vegetables from the garden. Soak their feet in a



tub with cool water and blow bubbles outside. Build a birdhouse together or ask your loved one to watch if they are unable to be hands-on. An enriching environment and hands-on exposure can help heal, stimulate, and create joy.

One of the best things about a prescription for nature is that it is free! This makes putting down your electronics to soak in the June sun easy, affordable, and accessible. June in Kentucky means getting outside. The spring weather brings fresh rain, warmer temperatures, flowers, and an abundance of plant and animal life. In June, listen to the birds, feel the cool Bluegrass on your bare feet, sense the breeze on your face, and look for fireflies.

REFERENCES:

- Mayo Clinic. (2024). The mental health benefits of nature: Spending time outdoors to refresh your mind. Retrieved April 26, 2024 from <https://mcpres.mayoclinic.org/mental-health/the-mental-health-benefits-of-nature-spending-time-outdoors-to-refresh-your-mind/>
- Rhodus, E. (2024). Supporting Brain Connections Through Everyday Engagement. UK Older Lifelong Learning Donor Forum. February 15, 2024.

Estill County
 76 Golden Court
 Irvine, KY 40336

RETURN SERVICE REQUESTED

Balsamic Veggie Pasta

4 tablespoons olive oil, divided	2 cloves garlic, minced	1 small zucchini, chopped	1 small yellow squash, chopped
2 tomatoes , chopped	½ cup green onions, chopped	Salt and pepper to taste	2 tablespoons balsamic vinegar
1 teaspoon dried basil	8 ounces whole wheat pasta	1 tablespoon Parmesan, grated	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain**. **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

Yield: 4, 2-cup servings
Nutritional Analysis: 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein



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