

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



March 2024

Estill County Extension Homemakers

Hi everyone,

Spring is getting closer and closer. I don't know about you all but I'm ready for it.

Extension Homemaker planning for next year is taking place and we have the ballots for the potential lessons for next year in this newsletter. Make your voices heard by voting for the lessons that interest you.

We have had a lot of exciting things going on in the office. We have hired a facilities manager that is taking care of the building. The office, conference rooms, and the hallway will be getting a fresh coat of paint soon. He is working on quoting new flooring, as well as taking care of the regular maintenance. A new 4-H agent has been hired. It is Erin Leach. She is a familiar face around here already, because she has worked as a 4-H volunteer.

Emma and I have had some fun and informative classes going on. We try to advertise them in the newsletters, but occasionally we will throw an extra one in. The best way to keep up with these is to follow our Facebook pages. We have a general Estill County Extension page and then one for each of the program areas.

I hope everyone has a wonderful March.

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

Dates of Interest

- ◇ **March 12th—Meal Planning Leader Lesson at 4:00 p.m.**
- ◇ **March 27th—Laugh and Learn at the Library at 10:30 a.m.**
- ◇ **April 24th—Laugh and Learn at the Library at 1:30 a.m.**
- ◇ **April 30th—May 2nd—Homemakers' Cultural Arts Fair**
- ◇ **May 2nd—Estill County Homemakers' Annual Meeting**
- ◇ **May 8th-10th KEHA Annual Meeting**
- ◇ **May 16th—Food Preservation**
- ◇ **May 21st—Alternative Cooking Methods: Small Appliances**
- ◇ **May 22nd—Laugh and Learn at the Library at 10:30**
- ◇ **June 4th - Alzheimer's Awareness Lunch and Learn 11:30-1:00**

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

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Homemaker's News

Hello Estill Homemakers,

Hope everyone is looking forward to spring.

Not Your Momma's group met in February and assembled Birthday kits to help a 4-H youth with a service project. We also had breakfast themed food in honor of the "Breakfast at Tiffany's" memorial day of giving that Erin Leach does each year in the memory of a classmate. We had a short business meeting and discussed upcoming meetings and service projects for this year.

For their March meeting (Thursday, March 7 at 4:45p.m. at the Estill County Extension Office) Not Your Momma's Homemaker members will be bringing bingo prizes for the Irvine Nursing / Rehabilitation Center.

The Homemaker plant group met in February and had a lesson. If anyone has an interest in plants it is a very interesting group to join. They meet on the 2nd Tuesday evening of the month.

Bluegrass area is working on items for KEHA state

conference. The state conference in May will be held in Bowling Green this year. Hopefully some of you will be able to attend. More details in the coming months.

Our county meeting is scheduled for May 2nd. We will be discussing the details and planning during the Not Your Momma's March meeting. We are thinking of Appalachian/ Kentucky Proud theme. Any homemaker that wants to help please join us in that meeting.

We will also have the cultural arts fair April 30th – May 2nd.

There is a trip planned to Wilson Greenhouse in Frankfort for July 9th. If you would like to join us please call the office to sign up once it has been advertised.

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

Rebecca Lamb,
Estill County Homemaker -
President

**Make plans to attend the 2024 KEHA State Meeting
at Sloan Convention Center
and Holiday Inn University Plaza in Bowling Green!**



MAY 7-9, 2024



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.

Return to the Extension Office no later than March 29, 2024.

Inspiring Grandchildren to Become Grand Cooks

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

Creating Welcoming Communities

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

Gardening Safely

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. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

Composition in Photography

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

Savvy Online Grocery

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 online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

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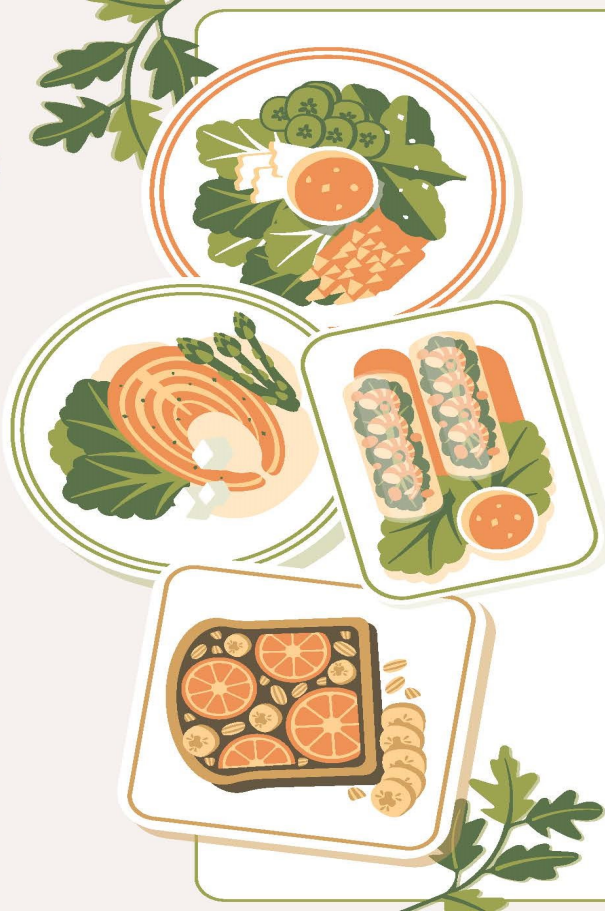
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A beginner's guide to Meal Prepping and Meal Planning



Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

When: March 12, 2024 at 4:00

Where: Estill County Extension Office

Call Judy Vaughn at 606-723-4557 for additional information



FOOD PRESERVATION

Thursday, May 16th

at the Estill County Extension Office, 76 Golden Court, Irvine

CLASS 1 - FOOD PRESERVATION

During this class we will discuss overall Food Preservation.

TIME: 10:00A.M. TO 12:00 NOON

CLASS 2: CANNING TOMATOES

During this class we will be learning how to can tomatoes.

TIME: 1:00 P.M. TO 3:30 P.M.

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. "Do I buy what I can afford today, or do I wait and save more money for the nicer option?" This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child's understanding of others' needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? *University of Minnesota*.
- Trautner, T. (2017). The benefits of chores for your child. *Michigan State University Extension*.

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THIS MONTH'S TOPIC

HEADS UP! CONCUSSION AWARENESS



Kids and adults alike should enjoy playing sports and being active! Unfortunately, sometimes injuries can occur. One type of injury that parents should watch out for is concussions. A concussion is a kind of brain injury that alters how the brain works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a hit to the body that causes the brain to move back and forth inside the skull. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain. They need to be addressed quickly.

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If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering.

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events before the hit, bump, or fall
- Can't recall events after hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or big assignments

Children and teens with a suspected concussion should NEVER return to sports or other physical activities on the same day the injury occurred. They should delay returning to their activities until a health-care provider experienced in evaluating for concussion says it's OK to return to play.

If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering. Exercise or other activities that involve a lot of concentration, like studying, computer work, or playing video games may cause headaches or other concussion symptoms to reappear or get worse. Be sure to follow up with your child's health-care provider periodically about their symptoms and discuss a timeline to help your child ease back into normal activities and their typical schedule.

Your child may feel frustrated, sad, or upset if they cannot return to sports and other activities right away or cannot keep up with schoolwork. Your child may also feel isolated from teammates and friends, if they cannot participate in activities that they normally look forward to. Talk with your child about these issues. Creative problem-solving can help your child still feel a part of their team and school group while resting and recuperating from their injury.

REFERENCE:

https://www.wcd.gov/heads-up/pdfs/schools/TBI_Factsheets_PARENTS-508-a.pdf

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One reason that concussions can go undetected is that you cannot see the damage to the brain on the outside of the body. There may not be a large bruise, bump or cut on your child's head, but their brain may still have been damaged and need medical attention. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.

It is important to watch for changes in how your child is feeling and acting. If their symptoms are getting worse, or if they just don't "feel right." Most concussions occur without losing consciousness. If your child or teen has had even a minor incident and reports one or more of the symptoms of concussion listed below, seek medical attention:





FAMILY CAREGIVER

HEALTH BULLETIN



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THIS MONTH'S TOPIC

LEARN MORE ABOUT UK'S SANDERS-BROWN CENTER ON AGING



The University of Kentucky's Sanders-Brown Center on Aging was established in 1979. The world-class center hosts a wide variety of laboratories and scientists dedicated to research, education, and outreach. It also provides clinical opportunities for people to learn more about and advance research in healthy brain aging and age-related neurodegenerative disorders, including Alzheimer's disease and related dementias.

In 1985, Sanders-Brown became one the original 10 Alzheimer's disease research centers federally supported by the National Institute

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To learn more about UK's Sanders-Brown Center on Aging, visit <https://medicine.uky.edu/centers/sbcoa> or call (859) 323-5550.



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on Aging. Today the UK Alzheimer's Disease Research Center (UK ADRC) is one of the nation's leading centers on aging. In addition to its focus on the pathologic transition from brain health to cognitive impairment, the UK ADRC also provides clinical and neuropathological diagnoses, care of patients with cognitive impairment, and offers clinical trials so researchers can better understand disease processes and test new therapies. Scientists at the ADRC are often seeking volunteers to help them find ways to slow, prevent, and someday, cure Alzheimer's disease and related dementias.

Director Linda J. Van Eldik has served as director of Sanders-Brown since 2010. She was recently honored with an appointment to the National Advisory Council on Aging to work with notable leaders and researchers in the field. During her four-year term, Dr. Van Eldik is helping advise the director of the U.S. Department of Health and Human Services, the director of the National Institutes of Health, and the director of the National Institute on Aging. In Kentucky and across the country, Dr. Van Eldik helps champion aging research and initiatives that encourage the health and overall well-being of aging adults. In addition to Dr. Van Eldik's leadership, several Sanders-Brown Center on Aging researchers serve on national boards including the Alzheimer's Association and Alzheimer's Foundation of America, guiding the direction of future treatments.

To learn more about Sanders-Brown, the ADRC's core components; ongoing research, educational outreach, caregiver support, donor opportunities, and clinical trials in which you or a family member could participate, visit the Sanders-Brown website at <https://medicine.uky.edu/centers/sbcoa> or call Sanders-Brown Center on Aging at (859) 323-5550.

Be sure to also ask for information about the Sanders-Brown Annual Mind Matters Health Fair, the Mind Matters Sanders-Brown Publication on Aging, Family Caregiver Workshops, and the annual Markesbery Symposium on Aging and Dementia.

SOURCE:

April Stauffer, Sanders-Brown Program Coordinator, Tel.: (859) 323-6316; Email: alprocc@uky.edu

REFERENCES:

- UK Research. Feb. 2022. UK Sanders-Brown Center on Aging Director Appointed to National Council. Retrieved January 18, 2024 from <https://www.research.uky.edu/news/uk-sanders-brown-center-aging-director-appointed-national-council>
- UK Sanders-Brown Center on Aging Website. <https://medicine.uky.edu/centers/sbcoa>

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FAMILY CAREGIVER HEALTH BULLETIN



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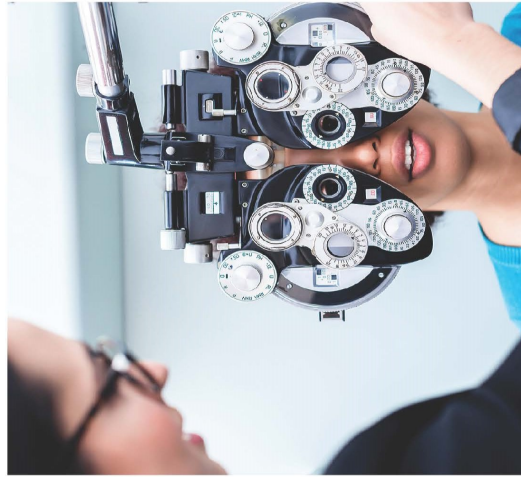
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THIS MONTH'S TOPIC SAVE YOUR VISION

March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed



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If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



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by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
 - Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
 - Quit smoking or don't start.
 - Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.
- If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:
<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

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ADULT HEALTH BULLETIN





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RETURN SERVICE REQUESTED

Spinach Slaw

- 2 cups chopped iceberg lettuce
- 2 cups chopped red cabbage
- 2 cups chopped green cabbage
- 1 1/2 cups fresh spinach
- 1/4 cup canola mayonnaise
- 1/4 cup hummus, original flavor
- 2 tablespoons local honey
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Yield: 8, 1 cup servings.
Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.



- 1. Wash, quarter, and core** lettuce, red cabbage and green cabbage.
- 2. Thinly slice** lettuce and cabbage quarters; chop slices into small pieces.
- 3. Wash and tear** spinach thoroughly. **Refrigerate** vegetables until coated for 30 minutes before serving.
- 4. Whisk** together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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