

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

July/August 2023

Estill County Extension Homemakers

Hi everyone,

I hope everyone is have a wonderful summer. My family had a wonderful vacation to Ireland. My kids, who are adults, went with my husband and I for a week and then we had an extra week without them. It was so wonderful having family time with them.

The Estill County Homemakers' Annual Meeting was held on May 4th. We had a wonderful time and delicious food. The Homemakers' new year will start in September and Leader Lesson's will start in August. If you would like to come to one of the Leader Lesson's and take it back to your club, call the office and sign-up. I have the schedule in this newsletter. We provide everything you need to teach the lesson.

Canning season is coming up and I want to remind you to have your pressure canner with a dial gauge tested here at the office. Pressure canners should be checked every year. Check the rubber seal on your pressure canners also. High acid foods can be processed in a water canner but low acid foods must be canned in a pressure canner. Tomatoes are in the middle so you should add lemon juice or citric acid. Always follow the recipe for safety. If you have any questions about proper canning methods, you can contact me at the office.

Have a great July and August.

Dates of Interest

- ◇ July 4—Office closed
- ◇ July 7—Read and Walk
- ◇ July 8—Rather Bee Quilting
- ◇ July 11, 12, 13—Superstar Chef Camp
- ◇ July 19—Laugh and Learn 10:30 at the Library
- ◇ July 17 and 18—Homemaker's Cultural Arts Fair
- ◇ July 19—Laugh and Learn 10:30 at the library
- ◇ August 16—Laugh and Learn 10:30 at the library
- ◇ August 24—Homemaker Trip to State Fair
- ◇ October 13th—Bluegrass Area Annual Homemaker Meeting



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Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

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Homemakers News

Hello Estill Homemakers,

May was an exciting month for our homemakers. We held our annual county meeting on May 4th and the theme was Garden Tea Party. There were several county homemakers there and we had a great time and plenty of awesome food. It was exciting to come together with people from all the clubs and mailbox members.

KEHA State Meeting was held May 9-11 in Louisville. Judy and I had the chance to attend and connect with other members from all over the state. I learned new things and hope to get the chance to attend again next year.

Also, on May 12th we toured Casey County where we visited Amish stores and Bread of Life Café. There were several pretty flowers purchased and a variety of other items too. The food at the café was wonderful and we enjoyed the visit. Hopefully we will be able to get some more exciting trips in this coming year!

Summer is busy with 4-H camp, fair, state fair, summer vacations, and family. Have fun, keep enjoying the summer, and remember that regular meetings will start in August/September. Planning has started for another exciting year. Let us know if you have any trip ideas or service project ideas.

We hope to see you at the next meeting.

Rebecca Lamb
Estill County Homemakers

UPCOMING EVENTS

ESTILL COUNTY HOMEMAKER TRIP
TO LOUISVILLE FOR THE



THURSDAY, AUG. 24

Departure Time: 8:00 a.m.

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

**To RSVP your spot, call the Estill County Extension
Office at 606-723-4557 no later than August 1st.**

**Please remember we have a limited number of seats available
so call now to RSVP your seat! If you have any questions,
please contact Judy Vaughn, FCS Agent at 606-723-4557.**

Estill County Homemaker's Cultural Fair

The Estill County Homemakers Cultural Fair will be held July 17th and the 18th. Items need to be dropped off on Monday, July 17th. Judging will take place from 8:30 a.m. to 11:30 a.m. on Tuesday the 18th. Items can be observed from 12:00 p.m. until 3:00 p.m. and picked up after 3:00 p.m. on the 18th. The categories were included in the previous newsletter. If you need a copy, you can stop by the office and pick one up.

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits. Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

Copycat Chicken Salad Chick Pimento Cheese

If you love the delicious pimento cheese from Chicken Salad Chick, then you'll love this easy copycat recipe.

Ingredients:

- 4 oz Medium Cheddar Cheese (*I recommend grating a block of cheese yourself*)
- 4 oz Pepper Jack Cheese (*I recommend grating a block of cheese yourself*)
- 1 small jar diced pimentos (about 4 ounces)
- 1/4 cup mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon Worcestershire sauce
- Salt & Pepper to taste



Directions:

1. Using the large setting on your cheese grater, grate four ounces of medium cheddar cheese and four ounces of pepper jack cheese.
2. In a medium bowl combine the mayonnaise, Worcestershire sauce, onion powder, garlic powder, salt and pepper. Mix well with a whisk or spoon.
3. Drain your pimentos.
4. Add in your cheese and pimentos then stir well.
5. Serve with crackers, toast, or use as sandwich filling.

Recipe from TwoPinkPeonies.com

Fancy Nancy Chicken Salad (Chicken Salad Chick Copycat)

This chicken salad is filled with grapes, apples, pecans, and shredded chicken! It's identical to the Fancy Nancy Chicken Salad from Chicken Salad Chick!

Prep Time: 10 minutes **Refrigerate:** 30 minutes **Total Time:** 40 minutes
Servings: 4 servings **Calories:** 461 calories

Ingredients:

- 4 cups shredded chicken
- 1/2 cup chopped fuji or honey crisp apples
- 1/2 cup red seedless grapes
- 1/2 cup chopped celery
- 2 tablespoons chopped pecans
- 1 cup mayonnaise
- 1 1/2 teaspoons ranch seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

1. Using a medium/large bowl, add the chicken, apples, grapes, celery, pecans, mayonnaise, salt, pepper, and ranch seasoning. Stir gently to combine everything and mix well.
2. Cover and place in refrigerator for at least 30 minutes to let the flavors meld together.
3. Serve and refrigerate when not serving. Will keep in fridge for up to one week.

Recipe from <https://domesticsuperhero.com/fancy-nancy-chicken-salad/>

Homemaker Leader Lessons 2023/2024

August 22, 2023 4:00 p.m.	September lesson: "Personality Assessments" Ashley Vice
	That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This lesson will shed light on different personality traits, help you learn more about yourself and allow you to see other perspectives.
September 19, 2023 4:00 p.m.	October Lesson: "Lead Your Team - Health Literacy for the Win" Shonda Johnston
	Have you ever been confused by the words your doctor is using during an appointment or maybe you were unsure when and how often to take prescription medication. Maybe you want to be informed when you take a loved one the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health care team in reaching your overall health goals.
October 24, 2023 4:00 p.m.	November Lesson: "Healthy Holiday Meals" Maranda Brooks
	Lesson focuses on healthy meal planning , staying within budget, kitchen time management strategies, preparing low cost, and delicious recipes, food safety tips, and maximize leftovers to avoid waste.
November 21, 2023 4:00 p.m.	January Lesson: "Savor the Flavor-Spices" Caroline McMahan
	Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use <u>spices</u> to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.
January 27, 2024 4:00 p.m.	February Lesson: "Recognizing and Coping with Trauma After Disaster" Aliva Faris
	This lesson will focus on coping with trauma that may occur after a natural disaster or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.
February 27, 2024 4:00 p.m.	March Lesson - "Self-Care & Pampering" Jessica Hunley
	Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you to take control of your own well-being beyond the basic self-care recommendations.
March 26, 2024 4:00 p.m.	April Lesson - "A guide to Beginner Meal Planning & Meal Prepping" Kendyl Redding
	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.
April 23, 2024 4:00 p.m.	May Lesson - "Savor the Flavor -Herbs" Judy Vaughn
	Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use <u>herbs</u> to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking.



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Pressure Canning Class and Demonstration

Tuesday, August 1st at 1:00 p.m.
at the Estill County Extension Office
76 Golden Court, Irvine



During this class FCS Agent Judy Vaughn will go over safe and proper methods of pressure canning vegetables and give a demonstration. This class is free and open to the public. Please call 606-723-4557 to let us know you will be attending no later than Friday, July 28th.

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences



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Safe Food to Go



Celebrations away from home, such as potlucks, family reunions, picnics, or tailgating often offer a challenge to even the accomplished cook. Following safe food handling practices will allow guests at the celebration to take home good memories instead of a case of foodborne illness.

Planning

Plan the menu around safe food handling. Remember, perishable foods such as meat, poultry, fish, eggs, dairy products, and combination salads must be kept cold. Even fresh fruits and vegetables must be handled with care. Cooked foods should be kept hot. If you are planning to purchase take-out foods, such as fried chicken or barbecued beef, eat them within two hours of pickup. Otherwise, buy cooked foods ahead of time to chill before packing them appropriately in the cooler.

Cleanliness

Hand washing is the single most effective action in preventing the spread of disease-causing bacteria.

Wash your hands thoroughly before handling food and between jobs. Use soap and water. Scrub for at least 30 seconds. The same technique is required if you use disposable towelettes or instant antibacterial hand gels.



A hand washing station can be set up at a picnic site by placing water in an unplugged coffee urn or a large insulated drink container with a spigot. You will need liquid soap, paper towels, a container to catch the wastewater, and a proper place for used paper towels. Dirty utensils, dishware, and cooking equipment should be stored in a large, covered container to prevent the attraction of flies and other insects. The use of paper products may be an easier option.

When you get home, wash, rinse, and sanitize all equipment and utensils. Use two tablespoons of bleach per gallon of warm water to sanitize. To clean food preparation surfaces, clean the surface first with warm, soapy water. Then spray the surface with sanitizing solution, spread the solution over the surface with a clean paper towel, and air-dry.

Besides washing hands, practice other good personal hygiene such as:

- wearing clean clothing and a clean apron
- keeping hair tied back and covered with a head covering
- not chewing tobacco, smoking, eating or drinking while working with food
- not serving food when ill
- not coughing or sneezing on food.

To prevent contamination, cover all food with plastic wrap, aluminum foil, or lids, or keep foods and supplies in their original packaging. Garbage cans with plastic liners and lids should be available.

Safe Food Handling Practices

- Use only food from approved sources. Never use home-canned foods.
- Do not thaw foods at room temperature. Thaw in the refrigerator or in cool running water changed every 30 minutes, or defrost in the microwave and cook immediately.
- Do not partially cook or microwave meat for later grilling. When you must cook ahead, cook the food completely and refrigerate immediately. Then, pack in a cooler with ice. Reheat quickly to 165°F on the grill.
- Improper cooling is one of the most common causes of foodborne illness. If your group is preparing large quantities of food, such as lasagna, barbecue, or roasts in advance, cool the food rapidly in small, shallow containers. Slice roasts and whole turkeys into portion sizes and refrigerate or freeze in pans or platters. Items such as barbecue, chili, or stews should be cooled in shallow pans.
- Marinate food in the refrigerator. Do not re-use the marinade. Instead, prepare a new recipe for basting or use as a dipping sauce.
- Cook food thoroughly to destroy bacteria that might be present. The color of cooked meat and poultry is not a sign of its safety. The use of a thermometer is the only way to accurately determine that meat or poultry has reached a safe, minimum internal temperature of 165°F. The pink color in safely cooked meat and poultry may be due to a change in hemoglobin in tissues, when it is heated.
- Thoroughly wash or scrub produce in running water before cutting or eating.

Keeping Food Hot or Cold

There are limits to how long hot or cold food can be transported or held safely in coolers. Use a sturdy, insulated cooler or thermos. Pack cold food with plenty of ice or frozen gel packs. To avoid cross-contamination, wrap foods well and store raw food separately from ready-to-eat foods. Perishable foods should not be kept at temperatures above 40°F for more than two hours. When the outside temperature is 90°F or higher, food should be discarded after one hour. Delivered food should be kept hot or cold.

Hot food should be kept at 140°F or hotter until served. If an oven or stove is not available, keep food hot with a camping stove, propane gas grill, canned heat fuel surrounded by a strip of foil to act as a windbreak, or a charcoal grill. Have an easily cleanable thermometer handy — and use it!



Cold food should be kept 40°F or colder until served. If a refrigerator or refrigerated truck that will keep the air temperature at 40°F or colder is not available, use commercially-prepared ice. Have an adequate supply of ice on hand. Use separate insulated coolers for holding raw foods, cooked foods, prepared chilled foods, or beverages. Cover coolers with blankets and place them in the shade to help hold the cold temperature.

References

- USDA Food Safety and Inspection Service (August 2006). *How Temperatures Affect Foods*.
- USDA Food Safety and Inspection Service (May 2007). *Safe Food Handling on the Road*.
- USDA Food Safety and Inspection Service (April 2006). *Focus On Chicken*.

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Extension Food and Nutrition Specialist

April 1995; Revised June 2007

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MONEYWISE

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VOLUME 14 • ISSUE 7

THIS MONTH'S TOPIC:

SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the

cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully

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think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around — whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget. 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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PARENT

HEALTH BULLETIN



JULY 2023

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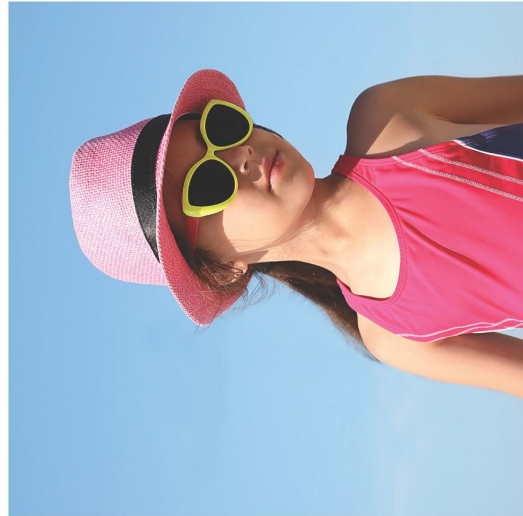
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THIS MONTH'S TOPIC: PREVENT SUNBURNS THIS SUMMER

Spending time outside is good for kids and adults alike! There are many fun outdoor activities to do in the summer and many of these activities promote exercise and spending quality time together.

When planning summer fun outdoors, it is important to remember to include sun protection, to prevent overexposure to the sun and sunburns. Over time, too much exposure to the sun's ultraviolet rays (UV rays) can lead to skin cancer, skin damage and aging, and eye injury.

Sunburns occur when UV rays react with a chemical called melanin (MEL-eh-nun) in the skin. The lighter a person's natural skin color, the less melanin it has to absorb UV rays and protect itself. People with darker skin generally have



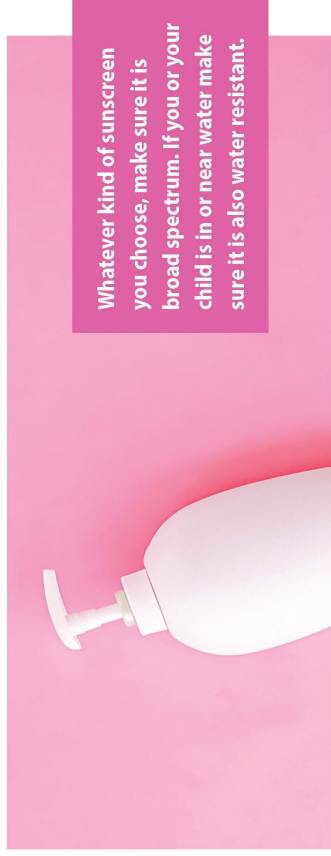
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Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher.



Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant.

Continued from the previous page

more melanin. Regardless of skin tone though, everyone needs protection from UV rays because they cause damage over time to all skin types.

A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.

Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher. Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant. Apply a generous amount and reapply often.

One of the best ways to protect skin is to cover it up. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels on swimwear and rash guards. To see if shirts and cover-ups offer enough protection, put your hand inside the clothes to make sure you cannot see it through them.

Babies' skin burns more easily, so keep them out of the sun whenever possible. If your baby must be in the sun, dress them in lightweight clothing that covers the body, including hats with wide brims to shade the face.

Try to stay in the shade when the sun is at its strongest, usually from 11 a.m. to 3 p.m. in the northern hemisphere. If kids are in the sun during this time, apply and reapply sunscreen — even if they are just playing in the backyard. Most sun damage happens during day-to-day activities because it is easy to overlook using sunscreen then. Encourage kids to rest in the shade when taking breaks from summer fun.

The sun's rays can damage your eyes too. Sun exposure over time can cause cataracts (clouding of the eye, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair. There are many fun options with colored frames, shapes, and characters.

Do not avoid outside fun this summer because of the sun. Plan ahead to protect your and your family's skin and enjoy being active and making memories outdoors together!

REFERENCE:
<https://kidshealth.org/en/parents/sun-safety.html>

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ADULT
HEALTH BULLETIN





FAMILY CAREGIVER

HEALTH BULLETIN



JULY 2023

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THIS MONTH'S TOPIC: THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



Social connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

→ **Continued from the previous page**

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected

- Consider this list of behavior changes:
- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance self-confidence and

there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

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- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic. (2022). Friendships: Enrich your life and improve your health. Retrieved May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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FAMILY CAREGIVER HEALTH BULLETIN





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Farmers Market Squash Sauté

- 2 cups whole grain rotini pasta
- 3 boneless chicken breasts
- 1 tablespoon olive oil
- 2 medium zucchini, diced
- 4 medium carrots, peeled and diced
- 2 medium yellow squash, diced
- 2 garlic cloves, minced
- 2 tablespoons fresh chopped basil
- ¾ cup light Alfredo sauce
- 2 tablespoons shredded Parmesan cheese

Cook pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.

Yield: 8, 1 cup servings

Nutritional Analysis: 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.



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