

Newsletter

FAMILY & CONSUMER SCIENCES



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Food and Environment
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Boyle County Homemakers



Kentucky Extension
Homemakers Association

June 2023

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Just a Note from your Agent



Hey everyone! I can't believe it's already June 2023! This year is flying by! Please pay special attention to the upcoming dates listed in the newsletter this month. We have some things coming up this summer that you won't want to miss out on. As we draw the 2022-2023 year to a close, we are now looking into planning the next year's events. Join us on June 26th at 1pm to help plan all the fun activities and outreach for the coming year. If you have ideas on programs, short trips, craft classes, fundraisers and/or outreach opportunities that you think Boyle County Extension Homemakers should be doing, come and share them. We want to hear from you!

Alethea Bruzek

Boyle County Extension Agent
for Family and Consumer Sciences

Upcoming Programs & Events

- Lunch and Learn FREE nutrition and cooking class on June 2nd at 12pm at the Boyle County Extension Office. Call 236-4484 to register.
- Boyle County Extension Homemakers Planning Meeting- June 26th at 1pm at the Boyle County Extension Office. Come prepared to share ideas for programs, short trips, fundraisers and activities. All members are encouraged to attend.
- Boyle County Executive Board Meeting on July 17th at 12pm at the Boyle County Extension Office.
- Boyle County Council Meeting on July 17th at 1pm at the Boyle County Extension Office.
- Floral Hall Open Division 2023 will be held at the Boyle County Extension Office. Entry check-in will be on Monday, July 24th from 10am-3pm. All items, perishable AND/OR non-perishable, will be entered at this time. All entries will be picked up on Friday, July 28th from 10am-3pm. Viewing hours for Floral Hall will be Tuesday, July 25th from 1pm-6:30pm, Wednesday, July 26th from 8am-6:30pm, and Thursday, July 27th from 8am-6:30pm. It is free to enter items. It is free to come view the display.
- Kick Off Picnic on August 11th at 11am, lunch is provided. Call 236-4484 to sign up by August 7th.

Announcements

✦ Newsletters- As we continue to make the transition to e-newsletters, please be aware of the following tips to ensure you are receiving your newsletter. If you are receiving your newsletter by email, check your spam or junk folder to make sure it isn't being sent there. Your newsletter may be missed if you don't check your spam or junk folder. If you are receiving your newsletter through traditional snail mail OR by email and you are not receiving your newsletter, call 236-4484 to confirm your mailing address OR email address. If you have called to confirm your mailing address and are still not receiving the newsletter by snail mail you will need to call the post office at 800-275-8777 or 859-236-6334. As always, paper copies of the monthly newsletter are available at the BCEO after they have been mailed/emailed out.

✦ Recipe Club- Recipe Club has been postponed until July 2023. Sorry for the inconvenience. If you have recipe needs, feel free to call 236-4484 or stop by the Boyle County Extension Office to pick up some FREE recipe cards. You can also find a nice variety of recipes at <https://www.planeatmove.com/>.

Announcements (continued)

‡ The Housing Authority of Danville is hosting a back to school clothes drive this summer. They are asking for children's clothes, specifically boy clothes since they have already received so many clothes for girls. If you would like to donate clothes to the school clothes drive, feel free to bring them to the Boyle County Extension Office anytime between now and the first day of school in August.

‡ Volunteer Service Units- the deadline to turn in volunteer service units (volunteer hours) is July 15th. Please turn in your volunteer hours to Teresa Goggin or at the Extension Office by July 15th.

‡ Passports- the deadline to turn in passports for the passport contest is July 15th. Please turn in your passports to Thelma Mills or at the Extension Office by July 15th.

‡ 2023 Floral Hall Volunteers Needed- Floral Hall Open Division 2023 will be held at the Boyle County Extension Office. Entry check-in will be on Monday, July 24th from 10am-3pm. All items, perishable AND/OR non-perishable, will be entered at this time. All entries will be picked up on Friday, July 28th from 10am-3pm. Viewing hours for Floral Hall will be Tuesday, July 25th from 1pm-6:30pm, Wednesday, July 26th from 8am-6:30pm, and Thursday, July 27th from 8am-6:30pm. It is free to enter items. It is free to come view the display. We will need volunteers each day for different shifts. If you would like to volunteer to help with Floral Hall please call Alethea at 236-4484 to get signed up.

Club and Chairperson News

Lancaster Road -Lancaster Road Homemakers Club met on May 3rd. We had 14 members present. We were excited to have two visitors join us! Our president, Teresa Goggin was unable to attend. Fortunately, our very capable vice president, Isabelle Carter stepped in to take the meeting. We had no committee reports. All members of Boyle County Homemakers were encouraged to consider teaching a class at the upcoming craft event in Oct.. Application forms can be picked up at the extension office. The application must be turned in by June 2. These craft events help to make the Homemaker Clubs known to the community, to pass a rich heritage of knowledge to others and are FUN!

The group discussed plans for making baskets for the County Annual Meeting, the County Fair and a variety of other summer business. Although the Lancaster Road Club will not be meeting through the summer months, the workdays will continue. These Workdays are on Tuesdays from 10:00-2:00. The third Tuesday of every month several of the Lancaster Road Club members dedicate to making bags, pillowcases and fidget quilts. These projects are donated to various groups supported by Boyle County Homemakers. Anyone is welcome (and encouraged to bring friends)! You can bring your own projects, just sit and chat, join in helping with a group project, and/or ask for help with a variety of sewing, crocheting, knitting, quilling, cross-stitching, or needlepointing etc questions. The group enjoys a break from their handcrafting with a sack lunch.

After enjoying lunch together, Thelma Mills presented the lesson on Living with Loss. Thelma had assembled a "Self-care survival kit" for each of us. The kit contained 14 items to help each recipient. My personal favorite was: A candle: to remind you to share your light with others. Thank you, Thelma. Your thoughtfulness brings a smile to our hearts!

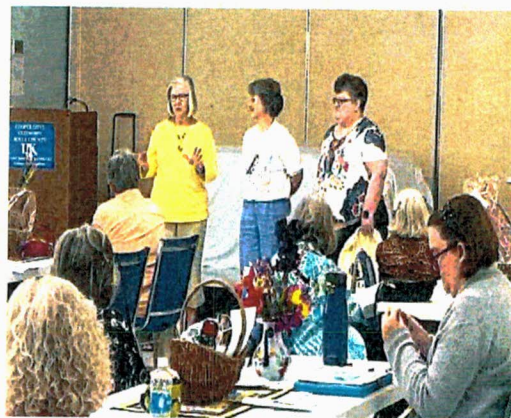
On behalf of Lancaster Road Homemakers Club I would like to wish all homemakers a truly wonderful summer
Be safe!

Photo Gallery

KEHA State Meeting 2023 in Louisville, KY



Boyle County Annual Meeting 2023 with a quilt turning presentation by Charlotte Hammond



Recipe Corner

Apple and Chicken Salad



Ingredients:

- 2 red apples • 2 stalks celery • 1/2 cup raisins • 1/4 cup plain non-fat Greek yogurt
- 1/4 cup light mayonnaise • 1/4 teaspoon salt • 1/8 teaspoon ground black pepper
- 2 cups cooked chicken, chopped • 18 lettuce leaves

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If needed, cook chicken using the [How to Cook Chicken](#) recipe.
3. Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.
4. Using the cutting board and knife, dice 2 stalks of celery.
5. Chop 2 red apples, remove the core and seeds.
6. Combine chopped apples, celery, and 2 cups diced chicken in a bowl.
7. Add 1/4 cup Greek yogurt, 1/2 cup raisins, 1/4 cup light mayonnaise, 1/4 teaspoon salt and 1/8 teaspoon pepper to bowl.
8. Stir all ingredients together.
9. Arrange 3 lettuce leaves on a plate and top with 1 cup of apple and chicken salad mixture.
10. Store leftovers in bowl with a lid in refrigerator for 3-4 days.



Pasta Primavera

Ingredients:

- 3 tablespoons olive oil
- 4 cups assorted vegetables (use any combination of fresh or frozen you have on hand)
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 5-ounce can skim evaporated milk
- 3 tablespoons parmesan cheese
- 4 cups whole grain pasta, cooked

Directions:

1. In a large skillet, heat the olive oil over medium-high heat.
2. Add vegetables, garlic powder and Italian seasoning; saute for 7- 10 minutes or until vegetables are crisp-tender.
3. Add salt, black pepper, evaporated milk and parmesan cheese; cook 2 minutes.
4. Gently toss in pasta.
5. Serve immediately.

**MARTIN TOURS, INC.
224 LOGAN AVE.
STANFORD, KENTUCKY 40484
866-346-8687**

TOUR: CANDLELIGHT CHRISTMAS AT THE BILTMORE

GROUP: FT. HARROD AREA HOMEMAKERS

DATE: DECEMBER 6-7, 2023

**COST: \$509.00 PER PERSON Double Occupancy
\$502.00 PER PERSON Triple Occupancy
\$495.00 PER PERSON Quad Occupancy
\$50.00 secures your seat.
Balance due October 15, 2023**

**PRICE INCLUDES: Transportation by motor coach; rooms,
luggage handling, all items in bold print.**

Let's get an early start on Christmas with a **Candlelight Evening at the Biltmore House**. We will enjoy dinner at the **Stable Cafe**, plus a **Candlelight tour of the Biltmore House**, built by **George Vanderbilt, grandson of "Commodore" Vanderbilt**. This stately old mansion will be decorated with ribbons, evergreen garlands, flowers and the Christmas aroma will be ever present. This will be an evening you will always remember. **Included is one breakfast.**

Please mail checks to:

Martin Tours

PO Box 230

Gladeville, TN 37071

Include the trip name and your roommate(s) name(s)

THANKS FOR TRAVELING WITH MARTIN TOURS!!!!!!

.....

April 20 through June 15 open to Fort Harrod Area Homemakers
June 16 through August 14 open to any Kentucky Homemaker
After August 15 open to the public

For questions contact Wendy Hood, Fort Harrod Area Homemaker President
859-613-2575 wendy7hood@icloud.com



FAMILY CAREGIVER HEALTH BULLETIN



JUNE 2023

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

Boyle County Extension Office
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THIS MONTH'S TOPIC:

EMOTIONAL HEALTH: SEEKING THERAPY FOR OLDER ADULTS



Experiencing anxiety and depression related to life changes and transitions associated with aging can be heartbreaking for many older adults and their family members. If such issues have you or a loved one feeling down for an extended period, there may be something more serious going on. Taking care of emotional health is important. When ignored or left untreated, poor mental health can lead to confusion, decreased concentration, cognitive and physical decline, heart disease, issues with sleep and nutrition, noncompliance with medications, increased risk of infection, and increased risk of suicide.

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Depression and anxiety are not a normal part of aging. Mental health services can enhance life quality and independence.

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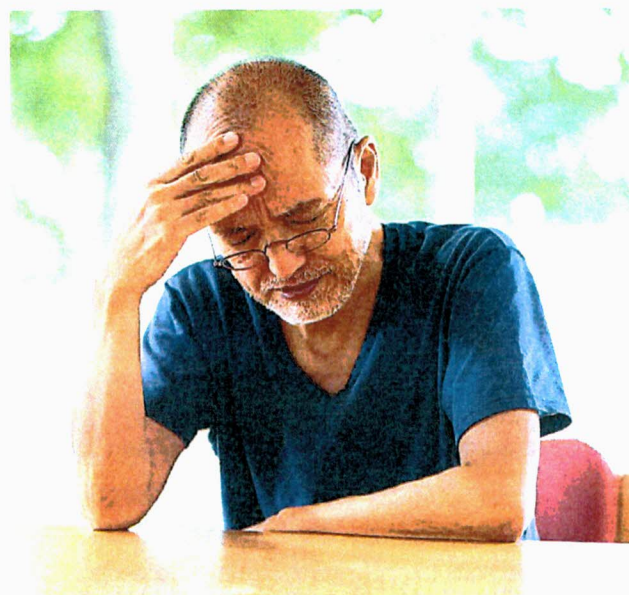
According to Matthia Kelley, a registered nurse and director of Senior Life Solutions at Bluegrass Community Hospital, risk factors for being emotionally frail include:

- Physical limitations
- Social isolation
- Fear of leaving home
- Traumatic events
- Loss of loved ones
- Family stress
- Chronic health issues
- Lacking self-worth and/or purpose
- Feeling hopeless
- Anxiety
- Feeling sad or blue for more than two weeks
- Changes in appetite
- Loss of energy
- Adjusting to a new environment
- Feeling fearful
- Loss of independence
- Difficulty sleeping
- Loss of interest in activities you normally enjoy

According to the American Psychological Association, acknowledging and addressing mental health issues can enhance overall health and well-being. Accessing mental health services can lower the number of doctor visits, medical procedures, and medication use.

Therapy services specific to older adults are provided in a variety of settings including health-care facilities, community-based organizations, long-term care facilities, hospice, private practice, and telehealth. Therapists may work independently or as part of a team to be sure the most comprehensive care is provided.

If encouraging a loved one to seek therapy, Kelley reminds family members to be patient, non-judgmental, and supportive. It is important to let a struggling family member know that you recognize their struggles and that you care. To discuss therapy with a loved one, Kelley has the following recommendations:



- Pick a private place.
- Choose a time that your family member might be more receptive to talking.
- Listen to your family member.
- Understand potential fear and/or resistance.
- Recognize that you cannot force someone to go to therapy.

Most older adults experience positive emotional well-being and mental health. But it is an important reminder that depression and anxiety are not a normal part of aging. Accessing mental health services can enhance life quality and independence.

REFERENCES:

- American Psychological Association. (2023). Psychology and Aging. Retrieved 4/14/23 from <https://www.apa.org/pi/aging/resources/guides/psychology-and-aging>
- Matthia, K. (2023, March). Emotional Health. Presentation for the Lexington, Kentucky Aging Consortium. Matthia Kelley, BSN, RN, Program Director Senior Life Solutions at Bluegrass Community Hospital.

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
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University of Kentucky
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

Written by: Nichole Huff and David McIver | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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