

Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers



Kentucky Extension
Homemakers Association



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Food and Environment
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February 2024

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Just a Note from your Agent



Hey Everyone! It's February which means there are lots of things going on that you should know about. Check out the upcoming events section to make sure you've got your calendar marked for some pretty interesting programming coming up. Speaking of getting info into the newsletter, don't forget that the deadline to enter things you want printed in the newsletter is the Monday of the last full week of each month. This gives us time to get your information entered and get the newsletter emailed/mailed by the 1st of the month. Also, it is your responsibility to call the Extension Office to reserve a room for your club meetings. You may only schedule up to 3 months in advance. We strongly encourage you to call and cancel a room reservation if your plans change. These are not new rules. Thanks for your cooperation. If you have any issues with the FCS Program, Extension Office and/or it's policies please contact me or Rita Stewart, Area Extension Director C3 and C4 rstewart@email.uky.edu or 859-510-3675.

Alethea Bruzek
Boyle County Extension Agent
for Family and Consumer Sciences

Upcoming Programs & Events

- Homemaker Council Meeting- February 19th at 1pm at the Boyle County Extension Office
- Lunch and Learn- FREE nutrition and cooking class on February 2nd at 12pm at the BCEO
- Pathways to Wellness- Free health and wellness class on Thursdays at 6pm at the BCEO
- Tranquility Tuesday- Free mindfulness class on February 20th at 6pm at the Boyle County Public Library
- Leader Lesson- Savor the Flavor on Friday March 1st at the BCEO

Club & Chairperson News

Wilderness Trail held its first meeting of 2024 on Thursday, January 4, at 10:30 AM at the Extension Office. We agreed that our club's Christmas Luncheon at Beaumont Inn and the County Christmas Party on December 8 were very good times. Members volunteered for the International Dinner and the Annual Meeting county committees. Becky Justice presented an outstanding Leader Lesson on "Make Up Basics." Becky has a background in cosmetology, and she shared a lot of her wisdom, as well as several skin care products that she made herself. Our February meeting will be on Thursday, February 2 (Groundhog Day), at which we'll all show up with multiple rolls of toilet paper (!) -- our February contribution for Lattimer Heights.

Club & Chairperson News

Lancaster Road

Lancaster Road had our first meeting of 2024 on Wednesday January 3rd with 15 members in attendance. A nominating committee was formed to seek possible candidates for the office of Vice President and Secretary. Other volunteers agreed to begin work on the Cultural Arts and International Dinner event to be held in March. And, Lancaster Road representation for the Boyle County Scholarship committee was determined. Our club is off to a productive year! Our Clothing Committee Chairperson, Jan Bradshaw shared information about a shoe retail website, Marylandsquare.com. Maryland Square is a company that carries a wide variety of well-known brand shoes in sizes ranging from 4-13. Additionally, the company carries shoes in extra slim, slim, medium, wide, extra wide and extra, extra wide widths. The various classes being taught in the upcoming months were reviewed and members were encouraged to participate. From our club, Thelma Mills will be teaching how to make pillowcases and Nancy Lyndsey will be teaching how to make quilted make-up sized zipper bags. We are fortunate to have so many talented folks willing to share their skill and knowledge! Thanks to all the ladies who have taught and will be teaching classes and those that are so willing to make themselves available to help others learn.



We were pleased to learn that the Salvation Army was able to distribute the toys that were donated at the Boyle County Homemaker Christmas party. A BIG thank you to Thelma Mills for delivering the toys to the Salvation Army and the food donation to the Food Pantry. The gift bags that were sewn by various members and filled with toiletries and other items that had been collected over the course of the year were also distributed. The Boyle County Homemakers brought 2023 to a close in a way that truly showed community spirit! In true homemaker fashion, work has already begun on sewing next year's bags! And, our club collected another impressive amount of non-perishable food for the Food Pantry! Our meeting culminated with a brunch consisting of numerous "yum"-worthy dishes and lots of conversation.

Educational Chairperson Reports

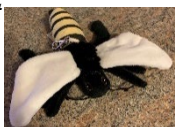
Management and Safety-Do not vacuum up any hazardous material especially not liquid. (From firemen as this has happened in a nearby town) -*Joyce Zinner, Management and Safety Chair*

History and Scrapbooking-Homemakers, if you have any pictures of any places, meetings, outings you have done with your club I would like to put them in our scrapbook, like the Annual meeting, the Christmas party, and the picnic.

Family and Involvement-for 2024, we will be learning to Pamper ourselves, if you are anything like me it hard to think about doing something for yourself, but it needs to be done, because if we get down who is going to take care of us. One way to pamper ourselves is to take a nice bubble bath or a nice steamy aromatic shower, enjoy pampering yourselves this month.

Environment

December)
forget about
example of



This cute little bee (which I picked up at a State Park in Nebraska while traveling in does "double duty" in the Environment category. First, he (she?) reminds us not to bees and their importance in our world. Second, this particular little bee is an good environmental practices. The bee was produced by a company called "Eco Pals," whose motto is "Choose Planet Over Plastic." Eco Pals are doing their part to reduce the amount of plastic litter in our lands and oceans. This bee contains materials made from 100% recycled plastic bottles; it has stitched eyes and whiskers; it contains no plastic beans, whiskers, glitter or sequins, and the uncoated hangtag is attached with a natural cloth cord. The back of the price tag lists four things that we can do to reduce plastic and help save wildlife and sea life: 1. Say "no" to plastic straws. 2. Pack a "litterless lunch", use reusable containers for food and thermoses for drinks. Put it all in a reusable lunch box. 3. Bring reusable bags to the store. 4. Spread the word, tell your friends! As it says on the bee's tag, "Less Plastic is Fantastic!" Eliminate-Replace-Recycle. -*Rita Bloom*



76er's-The 76ers met with some friends before our regular meeting. One of the activities was making these donut snowmen. It was yummy & fun !! 76ers met Tuesday, Jan 9th at 1:30 Teresa did the lesson on makeup basics. Thank you, Teresa. We may need a field trip to Merle Normans. 🤝 The County Council are planning for many events for this Spring:

- March 26- International Dinner & Cultural Arts
- May 7,8,9- State Meeting
- County Meeting- (possibly in June)

The suggestion was made for the Secretary notes from County Council be sent out in an email to all homemakers to keep us informed. County Council meetings are the 3rd Monday of each month, all homemakers are welcome to attend!! Our 76er's group also welcomes newcomers. We meet at 1:30 the 2nd Tuesday of each month at the Extension office. Happy New Years to all our Homemaker sisters! Hope you have a blessed 2024.



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Lunch and Learn

Join us at the Boyle County Extension Office on the first Friday of each month for this FREE event! Each session we will sample a recipe from the 2024 Food and Nutrition Calendar, while discussing current nutrition and food trends.

Dates:

- January 5th
- February 2nd
- March 1st
- April 5th
- May 3rd
- June 7th
- July 5th
- August 2nd
- September 6th
- October 4th
- November 1st
- December 6th

When: The first Friday of every month

Time: 12pm

Where: Boyle County
Extension Office
99 Corporate Drive
Danville, Ky 40422

Cost: FREE!

**Call 859-236-4484 to
sign up!**



The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!

Fee: \$5
Payable via
Cash or
Check

March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
Lunch and taste testing will be provided.

Call BCCES at (859) 236-4484 to
register by Feb. 26th!

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
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BASIC TECHNOLOGY

at the Boyle County Extension Office

Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology. This class is a homemaker leader lesson, but you do not have to be a homemaker member to attend. it is open to the public!

FIND MORE LEARNING LESSONS BY CLICKING ON OUR YOUTUBE!





Martin-Gatton College of Agriculture, Food and Environment

ONLY \$10

BOYLE COUNTY COOPERATIVE EXTENSION
Instructor: Nancy Lindsay

ZIPPER BAG CLASS

**FEBRUARY 3
SATURDAY
1:30-3:30 PM**

**LIMITED SPACE
REGISTER
TODAY!**

99 CORPORATE DR., DANVILLE, KY

ALL AGES ARE WELCOME

You will learn basic quilting, and how to install a zipper! Class will take place at the Boyle County Extension office, 99 Corporate Dr., Danville, KY. Please bring your sewing machine, zipper foot, and basic sewing notions; i.e., thread, snips, etc. All other supplies including fabric will be provided. Cost is \$10 to attend.



Please register via Eventbrite, by scanning QR code. Questions? (859) 236-4484. Finished size is 5" x 8".

You must be able to operate a sewing machine in order to take class.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

ALL DAY QUILT CLASSES MARCH 2, 2024

Martin-Gatton College of Agriculture, Food and Environment



CLICK ON QR CODE TO REGISTER

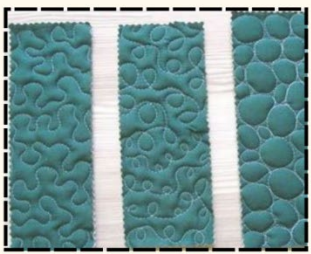
On Saturday, March 2, the Boyle County Extension office will be offering two quilt class opportunities! You can sign up for one or both depending on your preference. Simply scan the QR code above or call us at (859) 236-4484 for assistance in registering. We hope to see you there!

CRUMB QUILTING 10:00 a.m.-1:00 p.m.



Don't know what to do with all your fabric scraps laying around? Like to create your own look and not adhere to strict quilting rules? This is the class for you!!! We will be combining scrap pieces of fabric to create scrappy blocks that will become an amazing quilt! You can use your own scraps to create your quilt, or add to our community pile and trade scraps. This quilt is SO EASY and FUN!
Cost: \$25. Instructor: Jennifer Walker

FREE MOTION QUILTING 2:00-5:00 p.m.



Learn how to set up your sewing machine to Free Motion Quilt. Basic designs will be taught and plenty of time to practice. Beginners are encouraged. Designs taught include stipple, loops, L&E, wishbones, etc.
Cost is \$30. Instructor: Jennifer Walker

Location: Boyle County Extension
99 Corporate Dr., Danville, KY
More info: (859) 236-4484
Ages 18+ ONLY
Must know how to operate sewing machine.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

T-Shirt Quilt Class



MARCH 23 & 24

Bring all those t-shirts you've been saving and let's make a quilt! This is a 2 part series that will end with you learning all the steps necessary to make a t-shirt quilt top!—What a great way to preserve your precious memories! Step-by-step instructions will be provided in this 2-day weekend class. Some basic sewing/quilting experience recommended, but beginners are welcome! Cost: \$60.

Price includes instructor provided interfacing and additional fabric for finishing. Instructor: Jennifer Walker

SAT, MARCH 23	10:00 AM-2:00 PM Discuss process of making a t-shirt quilt, interfacing, cutting and layout. We will start adding interfacing and cutting the t-shirts based on your chosen layout.
SUN, MARCH 24	1:00 PM-4:00 PM Adding sashing and/or cornerstones. Learning how to add borders and working on the quilt top.

Register online by clicking the QR Code. Call (859) 236-4484 for assistance.

\$60



**Location: Boyle County Extension
99 Corporate Dr., Danville**

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

SOCIAL MIXER & POTLUCK



CHOCOLATE

LOCATION: COMMUNITY ROOM | AGES 18+

THURS, FEB 8 • 6 PM

Share your favorite recipes and learn some new ones in the best way possible -- by eating them! The Boyle County Extension office will get things started with some dishes of their own, but we encourage everyone cook up a favorite dish and bring it in. This is a social event with food to share, friends to be made, and fun to be had!



This month's theme is **CHOCOLATE**.

Supplies are limited and available on a first-come, first-served basis.



307 W. Broadway • Danville, KY • (859) 238-7323 • BoylePubLib.org

Cooperative Extension Service



SIMPLE SOLUTIONS TO EAT BETTER FOR LESS



The Kentucky Nutrition Education Program (KYNEP) helps individuals and families learn how to cook and eat healthy on a budget, with delicious recipes and great money-saving tips!

JOIN US!

Date: Feb 2nd, March 1st, April 5th, May 3rd, June 7th, July 5th, August 2nd
Time: 1-2 p.m.
Location: Boyle County Extension Office

KYNEP offers a FREE series of lessons focused on cooking skills and stretching your food dollars.



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Martin-Gatton College of Agriculture, Food and Environment

Instructor: D.J. Smith

4 Hour Class!

OUTLAW CUTTING FOR BEGINNERS

**MONDAY, FEBRUARY 26TH
10:00 A.M.-2:00 P.M.**

Learn how to properly use your rotary cutter. We will cover the following and much more:
Fabric Management –How we fold, stack and handle our fabric is 60 % of the process
Using the correct tools
Don't buy that!
Handle it as if it were made of spider webs.
Reading our rulers
Quilt math for cutting
Rotary V/S Template cutting
Practice!
Storing our parts.

\$25
Scan QR Code to Register
Questions?
Call (859) 236-4484



*supply list will be emailed upon registering

LOCATION:
Boyle County Extension Office
99 Corporate Dr.
Danville, KY 40422



Apple Crumb Dessert

Servings: 4 Serving Size: 1/4 of recipe

Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice

Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350° F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

Source: LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fat-free-apple-crumb-dessert>.

Tips

A baking apple holds its shape and does not breakdown into puree when heated in an oven. Braeburn, Cortland, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jonagold, Jonathan, Pink Lady, Rome and Winesap are good apple varieties for baking.



Nutrition Facts Per Serving: 130 calories; 0.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Baked Egg Cups

Receta en Español

Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50



Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

Make it a Meal

- Baked Egg Cup
- Toast
- Fresh fruit
- Low-fat milk

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

ADULT HEALTH BULLETIN



FEBRUARY 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>

Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

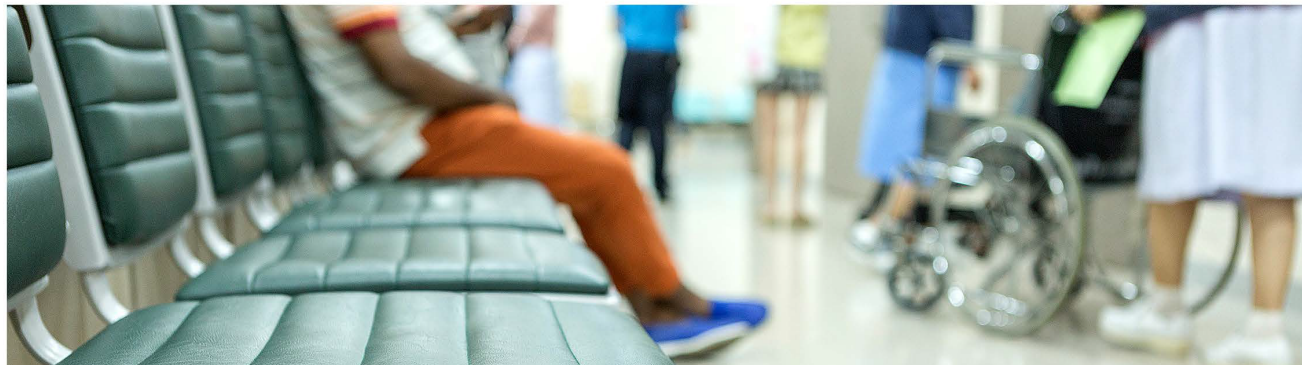
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Disabilities accommodated with prior notification.

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



→ **Continued from the previous page**

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

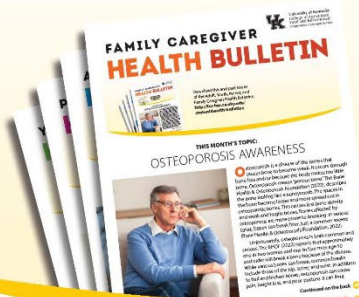
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FAMILY CAREGIVER

HEALTH BULLETIN



FEBRUARY 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>

Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC

FAMILY CAREGIVERS AND SLEEP



Family caregivers support the health and well-being of family members with chronic conditions and illness. Although caregiving can be a rewarding experience, it can also take a toll on a caregiver's physical and emotional health, including sleep. It is common for caregivers to experience poor sleep quality, such as short sleep duration, frequent night awakenings, and increased time to fall asleep. Figuring out what's causing poor sleep and changing it can improve a caregiver's quality of life.

Caregivers may struggle with sleep because of chronic worry, hypervigilance, listening for a family member while in bed, and attending to overnight caregiver needs (toileting, medication, re-settling, etc.). Types of caregiving also affect caregiver sleep quality. For example, nighttime dementia-related behaviors, including sundowning and agitation, can often disrupt quality sleep.

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Disabilities accommodated with prior notification.

If you are struggling with sleep, be sure to talk with a health-care provider.

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Various cancer treatments, conditions associated with pain, and hospice care are also associated with increased caregiver sleep disturbances.

One study says caregivers living with a care recipient report worse sleep than those who live apart.

The negative effects of poor sleep can last a lifetime. Poor sleep is associated with:

- Daytime sleepiness
- Impairment in daily function
- Depression
- Anxiety
- Fatigue (physical and mental)
- Health problems (increased risk of stroke, obesity, diabetes, hypertension cardiovascular disease)
- Increased negative affect (negative emotions and expression, like sadness, disgust, lethargy, fear, and distress)
- Burden
- Distress
- Lack of focus or concentration
- Decreased reaction time
- Emotional instability
- Napping
- Cognitive problems
- Medication mismanagement
- Caregiver safety concerns (driving, operating equipment, mistakes at work)
- Caregiver errors (forgetting to administer medication, missing an appointment)

To improve sleep, some studies suggest trying meditation or yoga. Others recommend stress management, relaxation, and massages. Some caregivers find it helpful to work with a health-care professional to learn behavioral interventions like learning how to re-establish the relationship with sleep and the bed environment.

It is important for family caregivers to fall asleep and stay asleep. AARP suggests these five tips for better sleep:

- Create a sleep sanctuary that is dark, cool, quiet, and free from stressful paperwork and thoughts.

- Sleep in a separate room from the person for whom you provide care.
- Get a baby monitor to keep from straining your ears to hear your family member.
- Train yourself to worry during the day. Create to-do lists and note concerns you can put away until the next day.
- Establish proper sleep routines and sleep hygiene. In addition to maintaining regular sleep cycles, this may also include nightly relaxation, meditation, gentle stretching, and deep breathing exercises.

The Centers for Disease Control and Prevention recommends these general tips for better sleep:

- Go to bed and get up at the same time.
- Sleep in a dark, quiet, relaxing space.
- Set the thermostat at a comfortable temperature.
- No electronic devices in bed.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Engage in physical activity throughout the day.

Sleep is restorative. Caregivers need sleep to maintain their own health and well-being as well as the health and well-being of their loved one. If you are struggling with sleep, be sure to talk with a health-care provider.

REFERENCES:

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**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot _____ Club Ballot, please name club _____

Scan the QR Code below
to fill out the survey via
the online survey option.

Please choose the **top 8** lessons you would like taught in the 2024-2025
Extension Homemaker year.

Return your ballot to your County Extension Office no later than April 30, 2024.



_____ Elements and Principles of Art

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

_____ Healthy Eating Around the World

We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.

_____ Strong Bones for Life: Prevent Osteoporosis

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces and an evaluation.

_____ KEHA Plays Pickleball

In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America’s fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Understanding and Preventing Suicide

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

Mindful Eating

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.

Move Your Way: Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

People Learn with a Purpose: Understanding Learning Styles

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

Communication Essentials for Good Impressions

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Lesson materials include a publication, facilitator guide, and evaluation.

Handy to Have: Emergency Health Information Cards

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

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. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

02 FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • Pathways to Wellness-6:00p	2 • Lunch & Learn - 12:00 Noon • Healthy Choices 1:00p	3 • Zipper Bag 1:30-3:30
4	5	6	7 • Lancaster Rd.- 10:30a	8 • Wilderness Trail 10:30a • Pathways to Wellness-6:00p • Social Mixer/Potluck Boyle Cty Lib-6:00p	9	10
11	12	13 • 76'ers-1:30p	14	15 • Pathways to Wellness-6:00p	16	17
18	19 • Homemaker Council Meeting- 1:00p	20 • Pieceable Friends-6:00p • Tranquility Tue Boyle Cty. Pub Lib-6p	21	22 • Pathways to Wellness-6:00p	23	24
25 • Outlaw Cutting- 10:00a-2:00p	26	27	28	29	Leader Lesson "Savor the Flavor"-Friday March 1	