

JULY /AUGUST 2023

Hello JULY! My busiest month of the year. I know in July we celebrate our freedoms, but with it being my busiest I've not had much freedom to get this newsletter out, so I want to apologize for it being late this month. As I type this in Cabin 9 on North Central 4-H Camp grounds, 4-H'ers are in their last class of the week and the humidity is terrible today for our campers. With that said, this week has been amazing for so many of our campers and that is thanks to you and your generosity. Whether you helped with the quilt and being a part of the it's construction, or you purchased a ticket, or sponsored a camper-THANK YOU! I can say with 110% surety that lives have been changed this week. I have had campers come up and say "I'm going to miss this place" and some say "this place is magic." You all always come through for the youth of Nicholas County so THANK YOU again! Congratulations to Ms. Courtney Wills. She was the lucky winner drawn from 1,399 tickets.

As we finish up July and head towards State Fair, the peak of summer vegetables is here. I will be hosting another canning and preservation class in Nicholas County for those of you that missed the tri-county effort with Harrison and Bourbon County. We will be using an electric pressure canner which is now approved by UK after multiple tests done by outside sources (other than Presto) have confirmed their safety. We will also do hot water bath canning. Check this newsletter for registration info and join me!

All reports have been turned in to state level for each of the chairperson's thanks to Sandy Hamilton. As we enter the new homemaker year, and with experience of my first year under my feet, I plan to incorporate each of the plans of work for each area as the year goes on. I also want to be sure that we improve our reporting for each of the areas that we can be recognized in. Lastly, as I type this we are exactly 3 months away from hosting the Bluegrass Area. I look forward to seeing you all soon and working to complete a very important task of hosting our homemakers and friends to our community!

*Ashley H. Vice*

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## Cooperative Extension Service

Agriculture and Natural Resources  
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## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## PRESIDENT'S CORNER

We've been holding periodic planning meetings for our Annual Area Meeting, here in Nicholas County on October 13, 2023. We cannot wait until September to finish planning. We'll meet on July 25th to finalize everything. Mary Jo McCord will get with Mona Vice, our caterer to finalize our menu and price. We will also need a plan from Louise Zachary for Cultural Arts for drop off, pick up and viewing. We have Paula & Randy Hunter as special guests Daniel & Rebecca Boone. It will be a really good meeting and hopefully we will have a large number of attendees.

Summer finally got very hot. The quilting club made and sold raffle tickets to help with camp scholarships. We raised \$1400. This allowed 6 children to attend that otherwise wouldn't have been able to. Pat yourselves on the back!

If anyone wants to donate funds or back to school items in honor and memory of Barbara Bashaw, we're hosting a back to school event on Monday, July 24th at Garrett's on Broadway from 4-8 pm. Barbara and I grew up together and she was dear to my heart. Lance Bashaw is going to donate everything Barbara had at her office for the cause. Contact me with donations!

Homemakers will start back in September, so enjoy your children, grandchildren and the great-grandchildren! Make their summer full of lasting memories, and take many pictures!

Until next time,

Sandy Hamilton, President,

Nicholas County Extension Homemakers-

Sandy Hamilton, President

Cooking  
Through the  
Calendar July  
28th at 10 a.m.  
@ Office  
Blueberry  
Cheesecake  
Bars



**PLANNING  
MEETING FOR  
ANNUAL MEETING  
JOIN US JULY  
25TH AT THE  
OFFICE AT 11 A.M.  
LUNCH WILL BE  
PROVIDED!**



**Kentucky  
STATE FAIR**

If you are interested in a group trip to the Kentucky State Fair one day during the week of August 21-25th, please call the office. I am looking to get a group together to go to the fair and check out all the exhibits!



# Upcoming Events

**Food Preservation Class- August 26th 9am-12pm**  
Join me on August 26th for a hands on class on boiling water bath and pressure canning. Bring those pressure canner lids to be tested too!

## **June Field Trip- RESCHEDULED Friday, July 28th**

*Our June Field Trip is rescheduled for Friday, July 28st. We will be visiting the Underground Museum and stopping to eat the Dinner Bell. We will prepare the June recipe, and while they chill out we will venture out on our field trip then return to dessert from Cooking through the Calendar-Blueberry Cheesecake Bars.*

## **Cooking Through the Calendar- July 28th- 10 a.m.**

**Located at the Office- This is the rescheduled date**

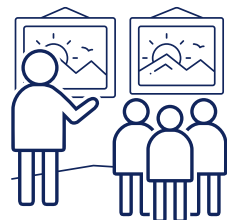
*I will be preparing the June calendar recipe, Blueberry Cheesecake Bars! I hope you will join me as we demo and make this prior to our June Field Trip!*

## **Homemaker Council Meeting July 25th @10 AM**

Nicholas County Homemaker Council will meet on July 25th at 10 a.m. at the Extension Office. If you are able to attend, please join us. The annual meeting is a huge undertaking, and we need all hands on deck to showcase our county! We are less than 3 months away!

## **WE WANT YOUR IDEAS!**

Let us know what you would like to see for Knit Wit meetings? Do you want more art opportunities, do you want floral design, do you want home decor crafts? We want your input as we plan our upcoming year. Scan the QR code to fill out a survey!



## FICTION FOR ENJOYMENT

*A Woman in Time* by Bobi Conn (2022)

The McKenzie women, empowered with a formidable history rooted in the foothills of Appalachia, have passed down their folk-healing wisdom through generations. Rosalee, the last living headstrong daughter in Granny McKenzie's line, soaked up everything she could about the secrets of the forest before a series of tragedies left her alone, without the protection of the women who came before her.

## JULY AGENT RECOMMENDATION

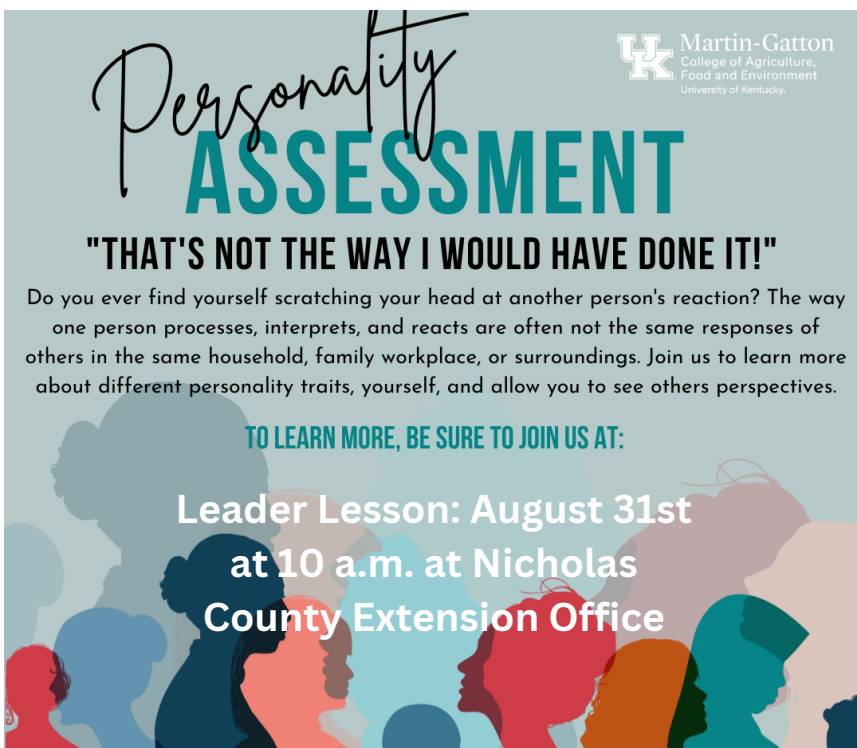
*The Invention of Wings* by Sue Monk Kidd

I love historical fiction and this is truly one of the best that I have read. It is based on the true story of abolitionist and women's rights activist Sarah Grimke. Much of it is fictionalized, but it rotates from the point of view of Sarah and the maid that her parents gifted her as a child, but she refused to accept. The title fits the book as it truly takes you through the journey of these strong women developing their wings in a time where neither had rights.

## KENTUCKY NON-FICTION RECOMMENDATION

*Drowned Town* by Jayne Moore Waldrop (2021)

A fictional narrative of the very real benefits and consequences from the impoundment of the Tennessee and Cumberland Rivers. Ultimately this project was for the public good by providing an inflow of revenue for the economy, as well as flood control and electricity using dams. However, those who moved for the sake of creating these national recreation areas lost a far greater deal than they expected. Following the friendship of two women, it becomes apparent the connection people had between these rivers and the land surrounding them.



*Personality*  
**ASSESSMENT**

**"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. Join us to learn more about different personality traits, yourself, and allow you to see others perspectives.

**TO LEARN MORE, BE SURE TO JOIN US AT:**

**Leader Lesson: August 31st  
at 10 a.m. at Nicholas  
County Extension Office**

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



**YAY!**

**KEEP CALM!**

**Homemaker Clubs start  
back in September!!!**



# Keep cool in the summer heat

Source: Amy Kostelic, associate extension professor

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them. These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke).

Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old, adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning. Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses.

Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.



You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to ensure they stay cool and hydrated and have access to air conditioning and proper clothing. Seek immediate medical attention if someone has signs of a heat-related illness.



### 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, cats, 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

## KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



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/>



# FAMILY CAREGIVER

# HEALTH BULLETIN



**JULY 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>

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## THIS MONTH'S TOPIC:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



**S**ocial 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.



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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 self-worth. Friends are 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.

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

*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.*



- 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.

### REFERENCES:

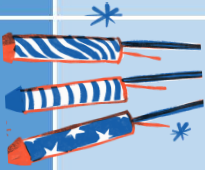
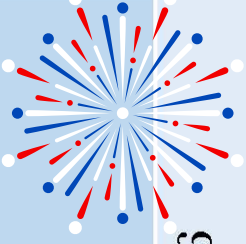
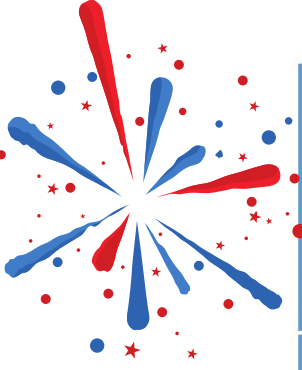



- CDC. (2023). The Power of Connection: How It Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.html>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retrieved May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20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

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## FAMILY CAREGIVER HEALTH BULLETIN



# July 2023

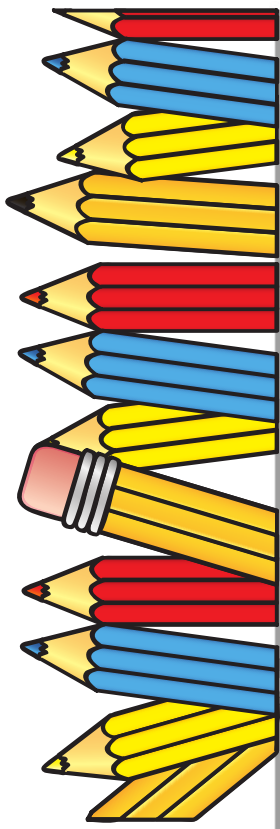
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<b>2</b>	<b>3</b> Air Conditioning Appreciation Day		<b>5</b>	<b>6</b>	<b>7</b> World Chocolate Day	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 	<b>15</b> Harrison Co Fair dates 15-22
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> National Hot Dog Day	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> Homemaker council planning meeting 11 am	<b>26</b>	<b>27</b> National Chili Dog Day	<b>28</b> Cooking Through the Calendar 10am @ Office and Field Trip	<b>29</b> National Chicken Wing Day
<b>30</b> Share A Hug Day	<b>31</b> National Mutt Day					

4-H Camp for Nicholas County





# August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Let me know by today if you want to take a trip to State Fair</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p> <p>Readifest at NCS</p>	<p>9</p> <p>1st Day of School</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Canning Preservation Class 9-12 pm</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p> <p>Leader Lesson 10 a.m. Office</p>	<p>Kentucky State Fair August 17th through the 27th</p>			



# Cucumber, Corn, and Bean Salsa

**2-3** large cucumbers

**2** tomatoes

**1** yellow bell pepper

**1** small red onion

**¼ cup** chopped fresh cilantro

**½ cup** black beans

**½ cup** fresh whole kernel corn,  
cooked

**1 ounce** package dry ranch  
dressing mix

**⅛ cup** cider vinegar

**2 tablespoons** sugar, optional

**Wash** all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro.

**Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

**In a small bowl**, mix together ranch

dressing packet, vinegar, and sugar.

**Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

**Yield:** Makes 20, ½ cup servings.

**Nutrition Analysis:** 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

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



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Return Service Requested