

# Nicholas County Family Consumer Science Newsletter

JUNE 2023

It is hard to believe that we are already halfway through the year and welcoming the month of June. My entire life I have heard people say time moves faster the older you get and I'm finding that to be true. I swear there needs to be more hours in the day for me to get my to-do list done each day.

June is recognized as Alzheimer's and Brain Awareness Month, and as we get older, we may not be able to slow down the clock, but we can make changes that can help us slow down the aging process. Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

Physical activity promotes positive changes in your brain including neural growth, reduced inflammation and new activity patterns that promote calmness and improved well-being. During exercise, the brain releases endorphins, which are chemicals that can help improve your mood and raise your spirits. Physical activity can also give you a break from your daily worries, as it allows you to focus on something else.

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size. Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep, and improved cognitive function.

In adults, physical activity can speed up brain processing, improve memory and lead to a higher quality of life. As physical activity becomes a regular part of your daily routine, you can experience long-term mental health benefits including reduced anxiety, lower stress levels, higher self-esteem, deeper sleep, stronger planning and organization skills, and more control over your emotions and behaviors. Harvard University researchers found that when people increase their physical activity to 35 minutes a day, they have a reduced risk of depression, even if they have a genetic predisposition to the condition. Physical activity has also been shown to reduce the risk of dementia, including Alzheimer's disease.

So, while we may not be able to slow the clock, let's keep active and reap the benefits of physical activity that can help our brain function.



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with prior notification.



## PRESIDENT'S CORNER

Happy Summer to all of you! I trust that the weather will begin to cooperate with our swimming and camping activities. At this writing I'm on St. George Island, Florida. It's beautiful here. My vacation is wonderful!

We're still working on our Area Annual Meeting, being held on October 13, 2023. We hope for 150 attendees, so if you collect items for the gift bags, we will need 150 of each!

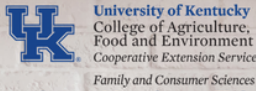
22'-23' season was very successful and I've enjoyed it so much.

Let's make our 23'-24' a super successful year! I'm excited for things to come!

Hope you all stay safe and healthy this summer. Remember those less fortunate and help as you can.

Love ya,

Sandy Hamilton, President



Nicholas, Bourbon, Harrison Tri-County Event

### Food Preservation Pressure & Water Bath Canning Workshop

**Tuesday June 20th 5-8pm**

@ Harrison Co. Extension Office

859-234-5510

-OR-

**Thursday, June 22nd 5-8pm**

@ Bourbon Co. Extension Office

859-987-1895

Call the office for the date you wish to attend to signup.  
Space is limited.



Tickets are on sale now for our Quilt Raffle. All proceeds go to the Nicholas County 4-H Scholarship fund. Quilt will be given away at the Blackberry Festival.



Cooking  
Through the  
Calendar June  
21st at 10 a.m.  
@ Office  
Blueberry  
Cheesecake  
Bars



JUNE 9TH AND 10TH

Livestock Barn

8 a.m.- ????

**YARD  
SALE**

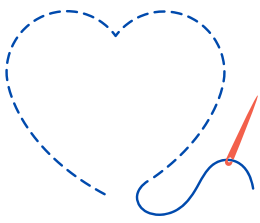
HOUSEWARES  
CRAFTS  
HOLIDAY

NO EARLY BIRDS, NO EARLY BIRDS

CLOTHING  
TOYS  
TOOLS

ELLISVILLE HOMEMAKERS





# Homemaker News

## 2022-23 KEHA State Meeting

On May 9th, myself, Sandy Hamilton, Lois Mitchell, Louise Zachary, Shellia Kinder, and Christy Shelley traveled to Louisville to attend the KEHA State Meeting. Nicholas County was recognized for membership growth. We received 2nd place for largest percentage of growth, 3rd place largest number of new memberships, and received a certificate for adding 25 or more members. Homemakers attended classes on topics like edible flowers, soap making, and leadership. As a first time attendee, I loved being among fellow homemakers and attending all the events, but seeing the talent from across the state was my favorite. I hope you will join us next year for the state meeting which will be held in Bowling Green. I promise you won't regret it.



## 2023 Nicholas County Annual Meeting

We had a wonderful turnout for our Nicholas County Annual Homemaker Meeting. New officers installed by Bluegrass Area President, Connie Vaughn, are Hope Burton as Vice President and Louise Zachary as Treasurer. Members and their spouses enjoyed a wonderful meal and fellowship. We also recognized Ms. Martha Ritchie and Ms. Louise Zachary for being 50 year members, Ms. Lois Hamm as a 60 year member, and Ms. Patsy Smoot as a 65 year member. I think Ms. Patsy said it best when receiving her award, "There's lots of hard work to be done, but there sure is a lot of fun to be had."



## Cultural Arts Winners

We had nearly twice the number of entries as last year's Cultural Arts exhibit. It truly was a wonderful display of Nicholas County Homemaker Talents, as we look ahead to next year, please let me know if there is a category that you would like to work on having an entry for and we can utilize our Knit Wit classes to hone in on some new artwork.

\*Check out page 5 for a list of winners

# Upcoming Events

## Food Preservation Class-June 20th and June 22nd

You have two opportunities to join us for food preservation. I am partnering with Harrison and Bourbon County Extension to host our canning demonstrations due to our facility having a smooth top stove which limits us due to the fluctuation of temperatures and dangers associated with the weight of the canner on a glass top. Please call our office to register.

## June Field Trip- June 21st

Our June Field Trip will happen June 21st. I encourage you to vote for where you would like to go at the QR Code to the left. 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- June 21st- 10 a.m.

Located at the Office

On May 24th 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 @11 am

Nicholas County Homemaker Council will meet on June 12th at 11 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!

## DATA DUE

It's that time! The 2022-23 Homemaker year is closing out and we need the following information from you:

- Volunteer Hours
- Your All Aboard Passport totals
- Club Officer information for 2023-24

## FICTION FOR ENJOYMENT

The Summer Cottage by Viola Shipman (2019). This novel emphasizes the astounding importance of home, and underscores the importance of a loving family and of having a generous heart. Grab a glass of sweet tea and enjoy!

## JUNE AGENT RECOMMENDATION

The Nightingale By Kristen Hannah- I adore this author and this historical fiction has probably made my top 5 now. The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France—a heartbreakingly beautiful novel that celebrates the resilience of the human spirit.

## FCS RECOMMENDATION

It's Always Freezer Season: How to Freeze Like a Chef with 100 Make-Ahead Recipes by Ashley Christensen (2022) Make your freezer work for you by turning it into a fully provisioned pantry stocked with homemade staples. With 100 make-ahead recipes, Ashley Christensen teaches us how to save time and energy creating delicious and seemingly complex meals on even the tightest schedule.



# Cultural Arts Winners



- Category: Art Natural for subcategory Wood Entry **Hope Burton** for her Woodburning of Beauty and the Beast
- Category: Art Natural for subcategory **Sandy Hamilton** for her wood and crystal suncatcher
- Category: Crochet in the subcategory for Accessories Entry #7 **Sharon Helphinstine** for her beautiful blue and yellow blanket
- Category: Art Recycled in the subcategory Other goes to **Cathy Miller** for her book folding art
- Category: Crochet in the subcategory accessories to **Sandy Hamilton** for her mug coaster
- Category: Crochet in the thread subcategory **Sharon Helphinstine** for her elegant table doily
- Category: Doll toy making in the subcategory of cloth goes to **Louise Zachary** for her teddy bear
- Category: Holiday Decorations in the subcategory of Autumn Décor **Hope Burton** for her sunflower wreath
- Category: Holiday Decorations in the subcategory of Spring **Katrina Miller** for her Jockey Silk Door hanger
- Category: Holiday Decorations in the subcategory of Summer **Sharon Helphenstine** for her crochet beehive table sitter
- Category: Jewelry making in the subcategory mixed media **Christy Shelley** for her wired geode pendant.
- Category: Painting in the subcategory Acrylic **Mary Jo McCord** for her Umbrella painting
- Category: Painting Decorative in the subcategory Wood Entry **Christy Shelley** for her painted Gnome
- Category: Painting Decorative in the subcategory other **Sandy Hamilton** for her painted bottle
- Category: Quilt in the subcategory Machine Quilted and Pieced **Lois Mitchell** for her Log Cabin quilt
- Category: Quilt in the subcategory Miscellaneous **Lois Mitchell** for her fall heart pillow
- Category: Weaving in the subcategory Macrame **Christy Shelley** for her macrame pendant
- Category: Miscellaneous **Sandy Hamilton** for painted coasters



# Meal prepping saves time and frustration

Published on May. 11, 2023

Source: Heather Norman-Burgdolf, Assistant Extension Professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.



# MONEYWISE

## VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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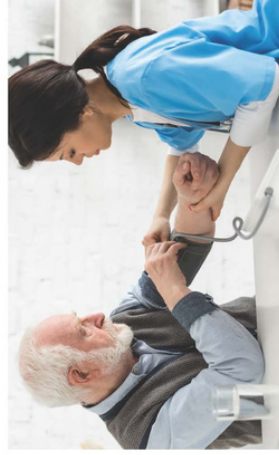
### THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

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>

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# 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>

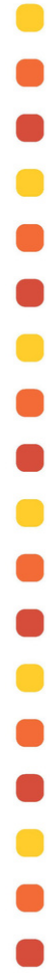
Nicholas County  
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368 East Main Street  
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40311

## THIS MONTH'S TOPIC: EMOTIONAL HEALTH: SEEKING THERAPY FOR OLDER ADULTS

**E**xperiencing 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.



**Continued on the next page** →



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

→ **Continued from the previous page**

According to Matthias 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/plug/resources/guides/psychology-and-aging>
- Matthis, K. (2023, March). Emotional Health. Presentation for the Lexington, Kentucky Aging Consortium, Matthias Kelley, BSN, RN, Program Director Senior Life Solutions at Bluegrass Community Hospital.

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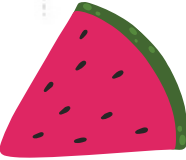
### FAMILY CAREGIVER HEALTH BULLETIN

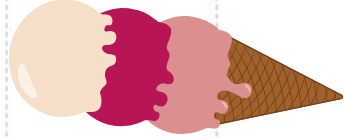




# June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>June is:</p> <p>Alzheimer's and Brain Awareness Month</p> <p>Great Outdoors Month</p> <p>National Iced Tea Month</p>				<p>1 NC Homemaker TSHIRT orders due to club President</p>	<p>2 Bingocize at NC Seni</p>	<p>3 National Bicycle Day</p>
4	5 Hot Air Balloon Day	6	7	8 Best Friends Day	9	10 Iced Tea Day
11 National Corn on the Cob Day	12 Homemaker Council at Extension Office at 11 a.m.	13	14	15	16	17
Ashley gone to 4-H Teen Conference						
18	19 Office Closed for Juneteenth	20 Harrison County Food Preservation 5-8 p.m.	21 Cooking Through Calendar and June Field Trip Day 10 a.m.	22 Bourbon County- Food Preservation 5-8 p.m.	23	24
25	26	27	28	29 National Hand-shake Day	30	





# Big Blue Muffins

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<b>2</b> medium oranges	<b>2</b> eggs	<b>1 cup</b> whole wheat flour	<b>1 teaspoon</b> baking soda
<b>¼ cup</b> olive oil	<b>½ cup</b> low fat, plain Greek yogurt	<b>1½ teaspoons</b> baking powder	<b>¼ teaspoon</b> salt
<b>¼ cup</b> sugar	<b>1 cup</b> all-purpose flour		<b>1½ cups</b> fresh blueberries
<b>¼ cup</b> honey			

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**Preheat** oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

**Add** the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

**Yield:** 12 muffins. Serving size, one muffin.

**Nutritional Analysis:**

190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



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