

FAMILY & CONSUMER SCIENCES

Madison County Extension Homemakers Newsletter

MAKING A DIFFERENCE!



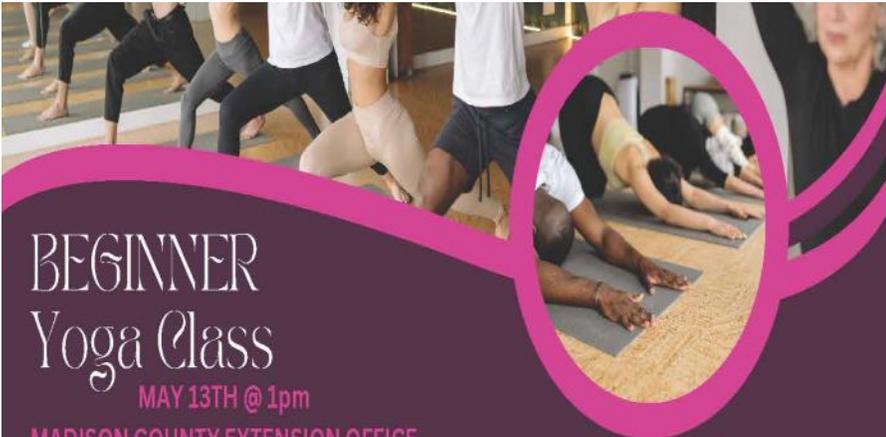
University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service



Cooperative Extension Service

Madison County 230 Duncannon Lane Richmond, KY 40475 (859) 623-4072 Fax: (859) 624-9510 extension.ca.uky.edu

April, 2024



BEGINNER Yoga Class

MAY 13TH @ 1pm

MADISON COUNTY EXTENSION OFFICE

This class will focus on beginners! It is a comfortable space to have fun while learning some invigorating CHAIR YOGA stretches. You are invited to do all movements - and required to do none. We simply appreciate your presence and attention!

\*\*Before taking this class, please talk to your doctor to see if yoga is a good health practice for you at this time.

What you need: comfy clothes, a water bottle, a yoga strap (a scarf, belt, or even a hand towel will work), and an open mind! Chairs will be provided however if you have a non-slip folding chair that you prefer, feel free to bring it along.

This chair yoga class instructed by RYT (registered yoga teacher), TIYT (trauma informed yoga teacher), and LCSW (licensed clinical social worker), Laura Cooper, of Mindsight Behavioral Group. Laura offers a slow, gentle, and mindful approach to each movement. No headstands or pretzel shapes allowed in this class!



For more information contact Jessica Hunley: FCS Agent hunley.jessica@uky.edu

CALL THE MADISON COUNTY EXTENSION OFFICE TO SIGN UP! (859) 623-4072

BIG BLUE BOOK CLUB



Let Your Mind Wander Through Books!

JOIN US FOR WATCH PARTIES HOSTED AT THE EXTENSION OFFICE, FOR THE NEWEST BIG BLUE BOOK CLUB!

HEARTLAND BY SARAH SMARSH

THURSDAYS APRIL 11TH, 18TH, 25TH 11:00 AM

CALL THE OFFICE TO RSVP: (859) 623-4072

Jessica Hunley

Jessica Hunley, Family & Consumer Sciences Agent For Madison County Hunley.jessica@uky.edu

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

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Disabilities accommodated with prior notification.

## SPECIALTY CLUBS & GROUPS

**MONDAY NIGHT SEWING SALON** (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, Room 3. **(NOTE: No meetings April 15, nor May 20, due to conflicts.)** Questions call Judy Fields, (859) 623-6032.

### **JOIN MNSS FOR OUR SPRING FLING LINEUP!**

We're sewing simple projects this spring, something different each meeting! Basic supplies needed include: sewing supplies (scissors, pins, tape measure, sewing machine, etc.) however, fabric and sewing machines can be provided. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.

**SEW MUCH OR SEW LITTLE** (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg.

### **JOIN SM/SL FOR LUNCH MAT ("QUILT AS YOU GO") FOR BEGINNERS!**

With "quilt as you go" technique you can make placemats, runners, purses, and more! Join Sew Much or Sew Little **Tuesday, May 14, 9-noon. Limit 6, call 859-623-4072 to register.**



**BRING:** Sewing machine, general sewing supplies, bobbin, needle, scissors, pins, rotary cutter and quilt ruler, if you have one. **LEARN** to use rotary cutter, "QAYG" techniques, and use of different stitches on your machine.

**GIFTS FROM THE HEART** (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little.

**CREATIVE HANDS** (quilting) **1st and 3rd Thursday @ month, 9-noon**, Room 3, annex bldg. **(NOTE: No meeting May 16 due to Early Voting.)** Bring your sewing machine and a sandwich and quilt along with us. Questions: Linda Calico, 859-582-2252.

**SOUTHSIDE SLOW STITCHING** (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 2-4pm**, at Southside Church on Lancaster Road. Questions: Terri Cooper, 859-866-4380.

**GARDENERS OF MADISON COUNTY** (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. Questions: Kathryn Bowers, 859-619-0166.

**PAPER KUTZ** (paper crafting, cards, etc.) **(NOTE:**

**Paper Kutz will not be meeting at the Extension Office on April 18 due to conflict.)**

Questions: Connie Lawson, 859-582-5505.

**HAPPY SCRAPPERS** (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

**EVONNE KINCER CARD CLASSES: Fun with Foiling Card Class, Monday, April 22.** Learn how



to use foil on any card to add shimmer and elegance to your handmade cards. We'll explore multiple ways to use adhesive and toner foil and we'll discuss the tools that makes foiling

easy. Class fee is \$10. Two sessions available: 10 am - Noon or 5:30-7:30 pm, Room B, main office bldg. To register or questions, email Evonne, [evkaykin@yahoo.com](mailto:evkaykin@yahoo.com). Be sure to mention morning or evening session.

## 4-H Special Request: Sewing Service Project Donations Needed

**Save the Date! On June 1st we will gather for a service project to sew peasant dresses and shorts for Sew Blessed Kentuckiana to be sent to children in Africa. First we need supplies to make them. Please have the items to the Extension Office or Annabelle by May 15th.**

## ITEMS NEEDED

Colorful Cotton Based Fabric

1/4" and 1" Elastic  
Thread

Ribbon or Rick Rack



Thank you, 4Her Annabelle Ramsay

Contact info:

Annabelle's mom: [clarissa.ramsay@gmail.com](mailto:clarissa.ramsay@gmail.com)

or Casey Faulkner, Extension Assistant

[casey.faulkner@uky.edu](mailto:casey.faulkner@uky.edu)

LEADER LESSON

# Savor the Flavor

## BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best — fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

*We look forward to seeing you!*

Join us for this leader lesson:  
**Wednesday, April 24, 2024,  
at 10:00 a.m.**

Call to reserve your space:  
**859-623-4072**

Madison Co. Cooperative Extension  
230 Duncannon Lane  
Richmond, KY 40475



## Let's Cook With Herbs! April 18, 10am-12 noon

*Ever wonder which is the best herb to use or when to add it to a dish? Are there herbs you don't regularly use you'd like to taste? Do you want to know which herbs to buy fresh? Are you interested in growing your own herbs? Would you like some recipes for herbs you already have or are already growing?*

**Victoria Faoro's** presentation will cover everything from shopping for herbs to growing and preserving them to using them in a range of dishes. And you will have a chance to sample some of the results. Full recipes will be provided along with many helpful tips for making the most of herbs. Space is limited, **call for reservation: 859-623-4072.**

**SAVE THE DATE!**  
Madison County Extension Presents:  
**FARM, HOME, & GARDEN EXPO**  
Saturday, September 28th, 2024 from 9-2 at the Madison County Fairgrounds  
Food and Horticulture demonstrations, activities for children, opportunities to meet local farmers, and so much more!

# Laugh & learn Playdates

**FREE**

**APRIL 12TH @ WHITEHALL ELEMENTARY 10 AM**

**APRIL 19TH SJS @ 10:30AM WACO @ 1:30 PM**

**FUN & CREATIVE ACTIVITIES AGES 5 AND UNDER!**

games, music time, story telling, healthy snacks, positive interactions, new friends, lots of fun!

**FAMILY & CONSUMER SCIENCES**  
Creating Healthier & Sustainable Families

hunley.jessica@uky.edu for questions or info



## THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior



Recipes from the 2024 Food and Nutrition

### Recipe Calendar

## Lentil Sloppy Joes



- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**

**Serving size: 1 lentil burger**

**Cost per recipe: \$6.20**

**Cost per serving: \$0.78**

#### Source:

Adapted from  
<https://www.spendwithpennies.com/lentil-sloppy-joes>

## Cook with Cheri

**Next class: Thursday, April 25**

Join Cheri for a **free** monthly lesson and healthy hands-on cooking class, then stay to enjoy your efforts!

**Two sessions available, 4th Thursday of the month (Jan-July): 11am-1pm or 5-7pm, seating is limited.**

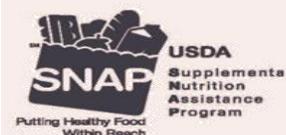
**Registration is a must for setup & supplies: Call 859-623-4072**

**Location:** Madison County Extension Center  
 230 Duncannon Lane, Richmond, KY 40475



#### Nutrition facts per serving:

320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium



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

## PARENTS PLACE

If you are interested in being a part of our group(s) or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or [psfr222@uky.edu](mailto:psfr222@uky.edu).

**GAP - Grandparents As Parents: April 24th at Madison Co. Cooperative Extension, Conf. Room, 11am-1pm.** Following "Mind in the Making" for Grandparents As Parents again. Due to discussions, children do not attend. We share parenting tips, resources and encouragement. Lunch is provided by 'MIND in the Making, but potluck desserts are welcomed. New members are always welcome to join us. \*Next meeting: **May 1, Richmond Library, Room 138, 11am-1pm.** For information, please contact Pam, 859.623.4072.

**SMALL FRIENDS: April 16th at Madison Co. Cooperative Extension, Room 1, 10:30 AM to Noon.** Small Friends is for little ones from ages prenatal through age 5, and those who love and care for them. We share play time, a fun craft, story time, parenting tips, and a healthy snack. In the midst of the fun, there's time for adults to converse and build relationships. \*Next meeting: **May 21.** Questions or to RSVP for set up and supplies contact Pam, 859-623-4072.

### **PARENT MATTER (Parenting Encouragement):**

- **Richmond Library, Room 136 - first Tuesday @ month, 10-11:30 am**
- **Berea Library, Meeting Room - second Tuesday @ month, 10 to 11:30 am**

We use research based curriculum: *Active Parenting*, by Michael H. Popkin, PhD. These are parent only meetings; new members are welcome; coffee and tea provided. Contact Pam for questions and reservations, 859-623-4072.

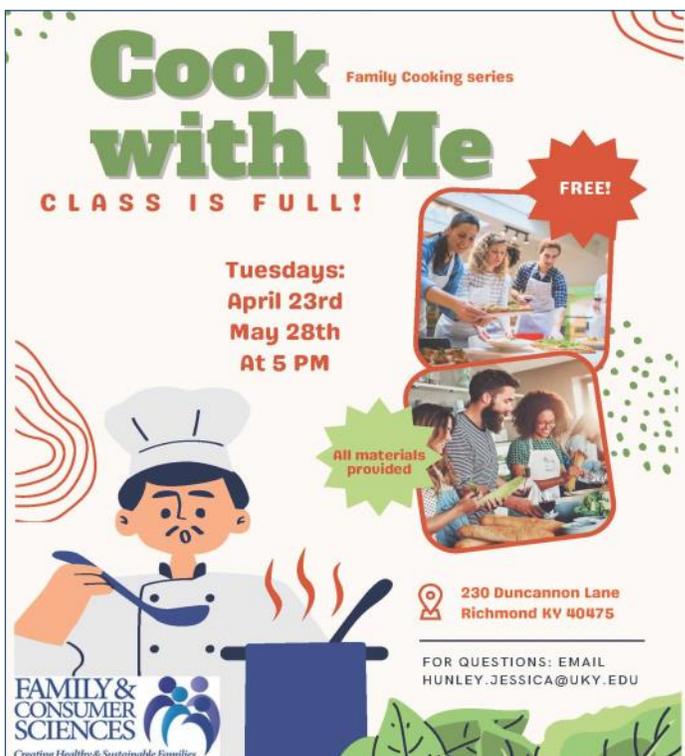
**KEYS TO GREAT PARENTING (KGP):** Keys is an informal a FREE 10-week course designed for all parents, grandparents, to be parents, caregivers, relatives as parents, teen parents, single parents, and foster parents. This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided. If interested or to sign up call Pam Francis, 859-623-4072.



Save the Date!

**SUPER STAR CHEF Camp** July 17-19th  
for students ages 9-12

[hunley.jessica@uky.edu](mailto:hunley.jessica@uky.edu)



**Cook with Me** Family Cooking series

**CLASS IS FULL!** **FREE!**

**Tuesdays:**  
**April 23rd**  
**May 28th**  
**At 5 PM**

All materials provided

230 Duncannon Lane  
Richmond KY 40475

FOR QUESTIONS: EMAIL  
[HUNLEY.JESSICA@UKY.EDU](mailto:HUNLEY.JESSICA@UKY.EDU)

FAMILY & CONSUMER SCIENCES  
Creating Healthy & Sustainable Families



**WHY IS BONE HEALTH SO IMPORTANT FOR KIDS?** Growing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break.

This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics ([www.healthychildren.org](http://www.healthychildren.org))

**UK Cooperative Extension Service**  
**PARENT HEALTH BULLETIN**



**APRIL 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>

Madison County Cooperative Extension Service  
 230 Duncannon Lane  
 Richmond, KY 40475  
 (859) 623-4072  
<http://madison.ca.uky.edu>

**THIS MONTH'S TOPIC**  
**EYE SAFETY FOR EVERYONE**



**Y**our child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

- **Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

Continued on the next page ➔



**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or realization for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 Lexington, KY 40506



**Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.**

➔ Continued from the previous page

- **Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.
- **Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.
- **Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.
- **Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles. If your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.
- **Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.



You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately, for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

**REFERENCE:**  
<https://www.cdc.gov/ncidod/diseases/eyes/features/eye-health-children.html>

**ADULT HEALTH BULLETIN**

Written by: Katherine Jay, MS  
 Edited by: Alyssa Simms  
 Designed by: Rusty Mansour  
 Stock images: Adobe Stock





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

# KIDS CANNING CAMP

July 11th and 12th  
1PM- 3PM  
Madison County Extension Office

**Class is designed for beginners: AGES 12 AND UP!**  
students will be eligible to enter their products in  
the fair!

**SIGN UP NOW! SPACE IS LIMITED**  
(859) 623-4072

for more info email Jessica at [hunley.jessica@uky.edu](mailto:hunley.jessica@uky.edu)

# Save the Date

August 13th @ 5Pm

## FOOD PRESERVATION WORKSHOP

PRESSURE CANNING  
WATER BATH  
FREEZING &  
DEHYDRATING

more info coming soon!



## Homebased Microprocessing Workshop



Wednesday, April 10, 2024

9:30am - 2:30pm

Madison County Cooperative Extension Svc.  
230 Duncannon Lane, Richmond, KY 40475

**UK** University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Join our workshop!  
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

For more information & to register:

[ukfcs.net/HBM](https://ukfcs.net/HBM)

[https://uky.az1.qualtrics.com/jfe/form/SV\\_9Y05F1BUNLHUFF](https://uky.az1.qualtrics.com/jfe/form/SV_9Y05F1BUNLHUFF)

or call 859-257-1812

The Clark County Homemakers  
Invite You to Join us for our  
*International Dinner*

Let's Explore  
**Greece**

Featuring a Night of:

- A Greek Inspired Meal
- A Special Guest Speaker
- Friends, Fun, and More!

**TUESDAY, APRIL 23rd**  
6pm

Clark County Extension Office  
1400 Fortune Drive  
Winchester KY 40391

Cost \$15 per person

Deadline to Register & Pay  
Monday, April 15th

Phone: 859-744-4682  
Email: [linda.winburn@uky.edu](mailto:linda.winburn@uky.edu)



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

## THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

### BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

### WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to

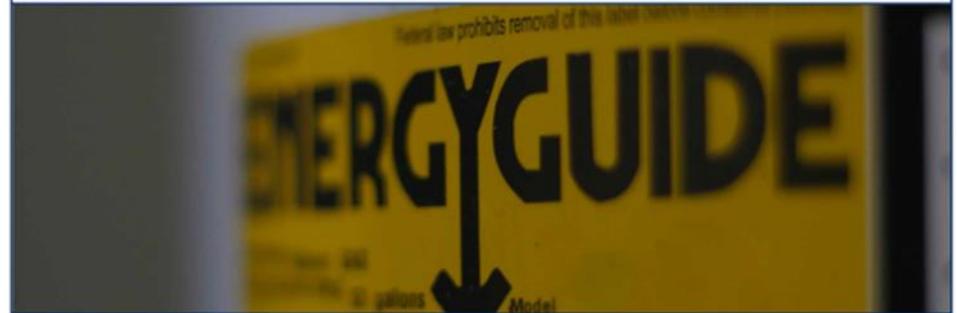


interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

### DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

## DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

### GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

### OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

**efficient appliance may cost more up front, but it should save you money over time with lower utility bills**. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

### WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

### REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



# FAMILY CAREGIVER HEALTH BULLETIN

Cooperative Extension Service



APRIL 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>

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## THIS MONTH'S TOPIC

# SUPPORTING BRAIN HEALTH



If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.

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## Continued from the previous page

The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- **Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes. Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.
- **Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses. The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week. Think about ways you can move more and sit less. You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.
- **Social engagement:** Interact with people. Talk, sing, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.



**Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.**

- **Cognitive challenges:** Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.
- **Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.
- **Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

## Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health, scan the QR code or visit:

<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>



### SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD, associate Extension professor for adult development and aging

### REFERENCES:

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- NIH. (2024). What Happens to the Brain in Alzheimer's Disease?. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

FAMILY CAREGIVER HEALTH BULLETIN

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**TRAILS TO SUCCESS ANNUAL MEETING**

**CULTURAL ARTS**

Please plan to enter your cultural arts projects (completed since May, 2023) in the Madison County Cultural Arts Competition. **You need to bring your item(s) to the Extension Office, Friday, April 26th, 9am-3pm.** The Cultural Arts competition is open to current homemaker members only. The winners are announced at the Annual Meeting on Tuesday, April 30, and the display will be available for viewing during the meeting. If you do not attend the Annual Meeting, please plan to pickup your items starting Wednesday, May 1st. First place winners are eligible for the Blue Grass Area competition which is held during the Area Annual Meeting in October. Categories were listed in the March Newsletter.

MARCH / APRIL 2024

**HEALTHY CHOICES  
FOR HEALTHY FAMILIES**

**BASIC BUDGET BITES**

**Cut convenience,  
cut costs**

Looking to spend less with rising prices at the grocery store? A way to do this without losing quality is to cut the convenience charge. Look at your most recent shopping trip. Did you buy precut fruit, shredded cheese, premade packaged meals, or instant rice? While these items make meal prep faster, it comes at a cost. Making small changes to skip these charges can impact your monthly food cost. Use a grater to shred cheese, cut your produce, and skip prepackaged meals and snacks to start saving.



**TRAILS TO SUCCESS—ANNUAL MEETING**  
**Reservation for Tuesday, April 30, 2024, 10:00 am**  
(Registration starts at 9:00 am)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ City/zip: \_\_\_\_\_

Club Name: \_\_\_\_\_ OR \_\_\_\_\_ Mailbox Member \_\_\_\_\_ Guest

**Select 1 Entrée:**  Pulled Pork  Chicken Salad  Kentucky Hot Brown Sliders  Vegetarian

**Select 1 Dessert:**  Texas Sheet Cake  Chocolate Chip Cookie

**Reservations are \$15 each.** If reserving for more than one, please indicate all entrée selections (with name) for a total of \$\_\_\_\_\_. Please include names of guests, and any special seating requirements.

**Deadline for reservations is April 12th.**

***Note: Check or money order only! No refunds after April 1st.***

Please make checks payable to: **“Madison County Extension Homemakers”**  
Send this form and check to: **Annual Meeting, PO BOX 270, Richmond, KY 40476-0270**