

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
MAY 2024 NEWSLETTER



Easy tips for packing healthy, yummy lunches for happy, energetic kids

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

Lunch is a nice break from your work and play time for kids. This important meal is also an important time for kids to refuel for the rest of the day. Packing lunches can feel like a chore, but it doesn't have to. In fact, it can be healthy, fun and a learning opportunity all at once.

Here are some tips for packing a delicious, nutritious lunchbox for your kiddos and making it an enjoyable experience:

•**Balance is key.** Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their bellies, fuels their minds and bodies, and helps regulate their energy and emotions. This combination is the recipe for a tasty lunch.

(Continued on pg. 2)

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(Continued from pg. 1, Easy tips for packing healthy, yummy lunches for happy, energetic kids)

•**Protein power.** Protein is key for helping children feel satisfied throughout the day. To meet their protein needs, consider including a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

•**Colorful carbohydrates.** Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized.

•**Flavorful fats.** Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fat.

•**Pull it all together with a fun theme.** Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platters, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter, yogurt, banana and cucumber.

•**Pack at your peak.** Are mornings hectic for you? Consider packing lunches the night

before. Does it work better to do everything at once? Taking extra time on Sundays to pack lunches for the week is a good option. A grab-and-go in the morning saves time for you and starts the morning off more organized.

•**Have children take the lead.** With some guidance about what kinds of food to include, children can pack their own lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of what is for lunch. They can find and put everything together. To give children even more independence, give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children might need some help, but they will definitely enjoy being part of the process.

•**Don't forget the ice.** Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.





From the Fingertips of Your FCS Agent

Happy Mother's Day to all of those who are mothers, grandmothers, great-grandmothers and so on! You are loved and appreciated. Happy Oaks/Derby week.

Thank you to everyone who volunteered to help with the Ft. Harrod Area Cultural Arts, especially Elizabeth Collins and her team. Extension is nothing without the help of our valuable volunteers.

Carla A. Carter

May is Mental Health Awareness and Older Americans Month. Both are near and dear to my heart. Use this month to focus on self-care not only for yourself but also our aging population. Engaging in self-care can help address conditions like mental health challenges, muscle or joint pain, infections, chronic stress, and heart disease. By using self-care, we can take care of ourselves while helping others do the same.



KEHA Annual Meeting is almost here!
I look forward to seeing you May 7-9,
2024 in Bowling Green to celebrate



From your Franklin County Homemaker President, Elizabeth Collins

It's May! I think the warm weather is here to stay!

I want to thank everyone who entered something for the Cultural Arts this year. We had 11 entries, nine of those went to the Area Cultural Arts (which had over 130 entries) and four of those are going to state. Congrats to ALL of you!! Below are the ones going to KEHA May 7th - 9th.

- ◆ **Ina Munro** - Category - 20. Painting, Decorative Subcategory - b. Wood - Tri-fold Winter Scene
- ◆ **Fran Decker** - Category - 24. Rug Making Subcategory - b. Hooked - Ewe & Lamb
- ◆ **Fran Decker** - Category - 24. Rug Making/ Subcategory - c. Punch Needle - Patriotic Mat
- ◆ **Denise Boebinger** - Category - 24. Wall Hanging - b. Other - Cow - Diamond Dotz



We will have all the items on display during our Annual Meeting

Our Annual Meeting will be held on **May 30th** at 5:30 p.m., Registration starts at 5:00 p.m. The Registration forms are available (see pg. 4) and should be completed and returned to the office by **May 20th**. The cost this year is \$15.00. Our food will be catered by Family Affair Catering. Each club is reminded to bring a basket for our raffle. Proceeds from the raffle will be divided up between Ovarian Cancer Research and the Homemaker Scholarship Fund.

Remember to turn in your Volunteer Hours, Books Read (over six) and Perfect Attendance record at your next club meeting. The presidents can put everything in my mail box at the extension office.

Also, we need your nominations for Homemaker of the Year. These need to be turned in to Julie Banks at the extension office by May 20th.

Have a great month!

Elizabeth



Franklin County Homemakers

91st

ANNUAL MEETING

— 30TH OF MAY —

5:30PM

Registration begins at 5pm

**101 Lakeview Court
Frankfort, KY 40601**



Name: _____

Club: _____ Phone: _____

Cost is \$15.00 per person.

Make checks payable to: Franklin County Homemakers.
Mail or drop off the check and this completed registration form at:

101 Lakeview Court, Frankfort, KY 40601.

Registration is due May 20, 2024

ADULT HEALTH BULLETIN



MAY 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>

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601
502-695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

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Disabilities accommodated with prior notification.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time.

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Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

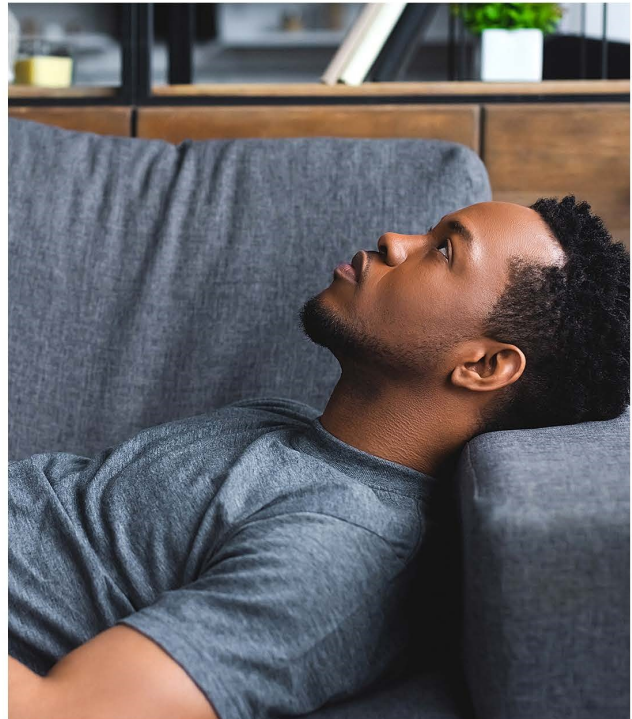
Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**ADULT
HEALTH BULLETIN**

Written by:

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Stock images:
Adobe Stock





FAMILY CAREGIVER HEALTH BULLETIN



MAY 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

EATING WELL FOR HEALTH



Maintaining a healthy diet is important across the life span. As we get older, changes in nutritional needs, health, and life circumstances can challenge healthy eating. It is important to make food choices that optimize health and overall well-being.

A variety of factors may challenge healthy eating when older. For example, medical conditions and medication may make it hard to absorb and efficiently use essential nutrients. Cognitive impairment, oral health problems, and mobility issues create barriers to healthy eating and nutrition. Social factors such as bereavement, loss of independence, and social isolation can influence dietary practices. Older adults are also more likely to become less active. As their metabolism slows and energy decreases, they eat less. As a result, eating healthy and getting the proper nutrients necessary for healthy aging can be tough. Despite these factors, the Cleveland Clinic stresses

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making a conscious effort to eat a well-balanced, nutrient-rich diet. A healthy diet after age 65 is important because it contributes to:

- Cognitive function
- Memory
- Cardiovascular health
- Bone and muscle strength
- Immunity
- Digestion
- Mental health
- Overall well-being

The USDA recommends that a healthy, well-rounded diet after age 65 should limit processed foods and include:

- Variety of lean protein
- Fruits and vegetables
- Whole grains
- Low-fat or fat-free dairy
- Limited sugar, saturated fat, and sodium
- Proper hydration

Think nutrients

The ability to absorb nutrients decreases naturally with age. Sometimes this happens because of medical conditions and/or medication. Micronutrients are all the nutrients found in foods including all of our vitamins and minerals. Our bodies need micronutrients to work right, meaning healthy development, disease prevention, and overall well-being (CDC, 2022). As we age, it is important to get enough iron, vitamin A, vitamin D, iodine, folate, zinc, calcium, potassium, magnesium, fiber, and omega-3 fatty acids. In addition to talking to a health-care provider about proper nutrients, you should read the Nutrition Facts label to understand how much of certain micronutrients are in your food. You can also take dietary supplements, often in the form tablets, capsules, gummies, powders, and drinks, to add to or supplement your diet. Always talk to a health-care provider about whether supplements are necessary for your nutritional needs.

Stay hydrated

Dehydration is a common cause for hospitalization for those 65 and older. A variety of age-related changes in the body, health conditions,

and/or medications may make thirst decline as we get older. But some older adults choose not to drink because of concerns about bladder control. (You do not drink as much so you do not have to “go” as much). Limited mobility may make it difficult to get a drink or use the restroom quickly and/or frequently. Various medications, chronic illnesses, and even a common cold or a sore throat may make people less likely to want to drink. It is important to keep up with your fluids even when you do not feel well. Drinking water prevents dehydration, helps digestion, enhances absorption of some nutrients and can even help us feel more energized and think clearly. Other great sources of fluids include 100% fruit or vegetable juice, low-fat or fat-free milk, fortified soy beverages, and sometimes tea and coffee. Even various foods, such as fruits, vegetables, and soups, help keep up hydration.

Be social

The USDA recognizes that healthier eating occurs when it becomes a social event. From preparing to consuming, sharing food with others helps increase enjoyment and promotes adequacy of dietary intake for older adults. Eating with others can also improve and sustain mental health.

To find out if you or a loved one is making every bite matter, take the USDA MyPlate quiz. This quiz gives you an overview of how you are doing with the recommended food groups, and it gives personalized resources based on your specific results. You can even download a MyPlate app to set daily food group goals based on your quiz results, monitor progress, and earn badges to acknowledge your healthy eating accomplishments. To start the quiz, go to <https://www.myplate.gov/myplate-quiz>.

REFERENCES:

- Cleveland Clinic. (2023). Nutrition for Older Adults: Why Eating Well Matters as You Age. Retrieved March 14, 2015 from <https://health.clevelandclinic.org/how-to-age-better-by-eating-more-healthfully>
- USDA. (2022). Healthy Eating for Older Adults. Retrieved March 14, 2024 from https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_21_HealthyEatingForOlderAdults.pdf

FAMILY CAREGIVER HEALTH BULLETIN

Written by:

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Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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

INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.

DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise



a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse - the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up - from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD, COOK DELICIOUS RECIPES,
AND ENJOY A TASTY MEAL TOGETHER!
EACH PARTICIPANT WILL GET TRANSPLANTS
OR SEEDS TO GROW AT HOME.

- Mar 14** -Potatoes
- April 18** -Broccoli & Cauliflower
- May 16** -Tomato
- June 20** -Pepper
- July 25** -Summer Squash
- Aug 15** -Spinach
- Sept 12** -Radishes
- Oct 10** -Garlic



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ENTER THE LINK TO
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Film Screening

Join us in for an exclusive screening of “After the Flood,” a documentary short centering on Kentuckians of color and their allies who came together in the wake of historic flooding in Eastern Kentucky.



Q&A
with film director,
Ali Gautier

Kentucky State University
Cooperative Extension Building
Frankfort, KY,
May 8, 12:30PM ET



Family and Consumer Sciences
 Franklin County
 101 Lakeview Court
 Frankfort, KY 40601-8750
 502-695-9035
<http://franklin.ca.uky.edu>

Seascape

Join us on Friday, May 17, 2024 at 5:00 p.m. No experience required!
 Marjorie Duncan Doneghy Willis will walk you through the painting process, and you will take home your completed 16"x20" painting at the end of the night.

Cost is \$25 per person, including supplies.
 Space is limited!
 Register by May 13, 2024.
 Refreshments included.

The event will take place at:
 Franklin County
 Cooperative Extension
 101 Lakeview Court
 Frankfort, KY 40601
 (502) 695-9035



YES! Please register me for the Seascape Paint Party.
 May 17, 2024 at 5:00 p.m.
 (Please Print)

NAME: _____
 ADDRESS: _____
 CITY: _____ ST: _____ ZIP: _____
 PHONE: _____ EMAIL: _____

_____ ATTENDING (\$25.00 per person)

Enclose a check or money order made payable to:
 Franklin Co. Cooperative Extension Service or FCCES
 Mail to: FCCES, c/o FCS Painting
 101 Lakeview Ct, Frankfort, KY 40601

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HANDMADE BIRTHDAY CARDS

WITH
MICHELLE
SUTTON



MAY 21, 2024
5:00PM-7:30PM

Call to register:
502-695-9035
101 Lakeview Court
Frankfort, KY 40601

\$12 per person.
All supplies are
included.
Spots are limited.

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KENTUCKY SHEEP & FIBER FESTIVAL

MAY 18, 2024
9-5
MAY 19, 2024
10-4

MASTERTON STATION PARK
LEXINGTON,
KENTUCKY

GATE ADMISSION \$5
KIDS 10 & UNDER ARE FREE

Classes at The Woolery


<https://woolery.com/fiber-arts-classes-at-the-woolery/>

2024 Classes

1-800-441-9665


CLASS	DATE	TIME	INSTRUCTOR	FEES	SKU
Intro to 4 Harness weaving	4/6 - 4/7	9 am - 5:30 pm both days	Amy	\$350 + \$50 materials fee	I4HW-27
Intro to Rigid Heddle weaving	5/11	9 am - 3 pm	Amy	SOLD OUT	IRHW-19
Beginning Punch Needle	6/8	10 am - 1 pm	Amy	\$40 + \$100 materials fee	BPN-6
Intro to 4 Harness weaving	6/29 & 6/30	9 am - 5:30 pm both days	Amy	\$350 + \$50 materials fee	I4HW-28
Beginning Traditional Rug Hooking	7/20	10 am - 1 pm	Lisa Collins	\$40 + \$95 materials fee	BTRH-1
Intro to Rigid Heddle weaving	9/14	9 am - 3 pm	Amy	\$75+ \$20 materials fee	IRHW-20
Intro to 4 Harness weaving	10/5 & 10/6	9 am - 5:30 pm both days	Amy	\$350 + \$50 materials fee	I4HW-29
Beginning Punch Needle	11/2	10 am - 1 pm	Amy	\$40 + \$100 materials fee	BPN-7





WITS WORKOUT

An Interactive Brain Health Program



Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Thursdays, May 23-June 27, 2024

Time: 1:30 - 3:00 p.m.

Where: Capital City Activity Center
202 Medical Heights Dr.
Frankfort, KY 40601

Register: (502) 223-5794

Led By: Carla A. Carter, FCS Agent
Franklin County Cooperative

Wits Workout is a program developed

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FRANKFORT, KENTUCKY
WWW.LOCALSFOODHUB.COM



On Thursday, April 4, 2024, the Fort Harrod Area Homemaker Council voted to cancel the 2024 Heritage Skills Craft Camp that was scheduled to be held in October. Their plan is to create an Area Committee in 2025 focusing on this program. There are many classes being offered in the Fort Harrod Area Extension Offices. Please contact the Franklin County Extension office for upcoming programs.



UK Cooperative Extension Service

COOKING THROUGH THE Calendar

Second Monday
of each month starting
February 12, 2024
5:30pm - 7:30pm

at the
**Franklin County Cooperative
Extension Office**
101 Lakeview Court
Frankfort, KY 40601

For more information on how you can attend these
FREE cooking classes, please contact your local
Nutrition Education Program Assistant:

Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

RSVP Required three days before class

**All 2024
Class
Dates**
Feb 12
March 11
April 8
May 13
June 10
July 8
Aug 12
Sept 9
Oct 14
Nov 11
Dec 9



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

2024 Recipe Calendars are still available at
the Franklin County Extension office!



Join us the 1st
Thursday of every
month



Adult Cooking Club

Franklin County Extension Office
101 Lakeview Court, Frankfort, KY

5:30 - 7:30pm
June 6, 2024

RSVP Required
pamela.holbrook@uky.edu
or call 502-695-9035



FIRST BAPTIST CHURCH

SATURDAY
JUNE 15
10a-4p

Dr. Rosby L. Glover

UNITY in the COMMUNITY

UK HEALTH FAIR
GIVEAWAYS
ENTERTAINMENT
FACE PAINTING
VENDORS
BRING YOUR
LAWN CHAIR

BAKE OFF
CONTEST


GAMES FOOD
**GRILL MASTERS
CONTEST**



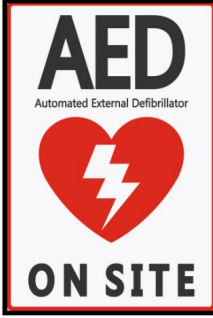


Accepting non-perishable items for **ACCESS** Shelter Food Drive.

100 CLINTON STREET FRANKFORT, KY 40601 | BISHOP TIANGELLO HILL | SENIOR PASTOR

NEW



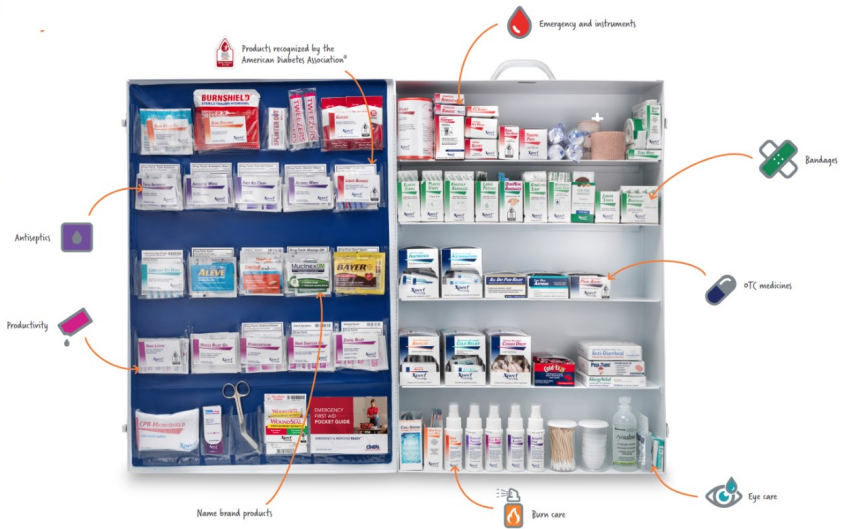
FIRST AID

At the Franklin County Extension Office, we prioritize your safety, which is why we have installed First Aid kits and an AED device on both levels of our facility.

An AED is a portable electronic device that can be used to treat sudden cardiac arrest (SCA) by delivering an electric shock to the heart, helping to restore a normal rhythm. These devices are designed to be used by non-medical personnel, making them accessible to bystanders in case of an emergency.

First aid kits play a crucial role in public safety and can significantly impact outcomes during emergencies, especially when professional medical services are not immediately available.



WHAT IS MENTAL WELLNESS?

Being mentally well is more than just the absence of a diagnosed mental health condition. It includes our overall emotional, psychological, and social well-being.



AND WHY DOES IT MATTER?



Our level of mental wellness impacts our ability to cope with stress, engage in meaningful activities, and build positive relationships.

10 BENEFITS OF MENTAL WELLNESS

1. Reduces risk of physical health problems such as heart disease, stroke, and type 2 diabetes
2. Reduces risk of developing depression and anxiety
3. Increases positive outlook and ability to enjoy life
4. Increases ability to cope with stressful or difficult life events
5. Increases creativity and openness to new experiences
6. Improves relationships with the people in our lives
7. Increases productivity to allow us to reach our potential
8. Enables us to make meaningful contributions to our families, communities, and society
9. Increases ability to think clearly and make healthy decisions
10. Improves mood, self-esteem, and confidence

WHEN SHOULD I SEEK PROFESSIONAL HELP TO SUPPORT MY MENTAL HEALTH?

If you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

If you are in immediate distress or are thinking about hurting yourself, 988 can help



Call-Text-Chat 988



Mental Health America of Kentucky

Access screening, resources, programs, and more
<https://mhaky.org/>



TEAM KENTUCKY

CABINET FOR HEALTH AND FAMILY SERVICES

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH, DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

DIVISION OF MENTAL HEALTH

MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH

RESOURCES

- <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- <https://positivepsychology.com/benefits-of-mental-health/>
- <https://www.cdc.gov/mentalhealth/learn/index.htm>

MIRACLE TREAT DAY
JULY 25, 2024
PORTION OF PROCEEDS SUPPORT
KENTUCKY CHILDREN'S HOSPITAL



UK HealthCare KENTUCKY CHILDREN'S HOSPITAL
Children's Miracle Network Hospitals

*DQ's donate \$1, or more, for every
Blizzard sold to your
local children's
hospital!*

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

FORT HARROD AREA HOMEMAKERS

DAY TRIP

Maysville, KY
September 13th 2024
Details are coming soon!

SAVE THE DATE!!!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are available to those who cannot attend on-campus. Extension programs are available in English, Spanish, and other languages. For more information, contact your local Extension office. Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEKINGTON, KY 40546




Blueberry French Toast Bake

- | | | |
|--------------------------------|---|--------------------------------|
| ¼ cup whole wheat flour | 3 eggs | 1 cup fresh blueberries |
| ¼ cup all-purpose flour | 6 egg whites | ½ cup chopped almonds |
| 1½ cups skim milk | 1 loaf (12 ounces) French bread, cut into 1 inch cubes | Honey, if desired |
| 1 tablespoon sugar | 3 ounces fat free cream cheese, cut into ½ inch cubes | |
| ½ teaspoon vanilla | | |
| ¼ teaspoon salt | | |

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences



 Disabilities accommodated with prior notification.