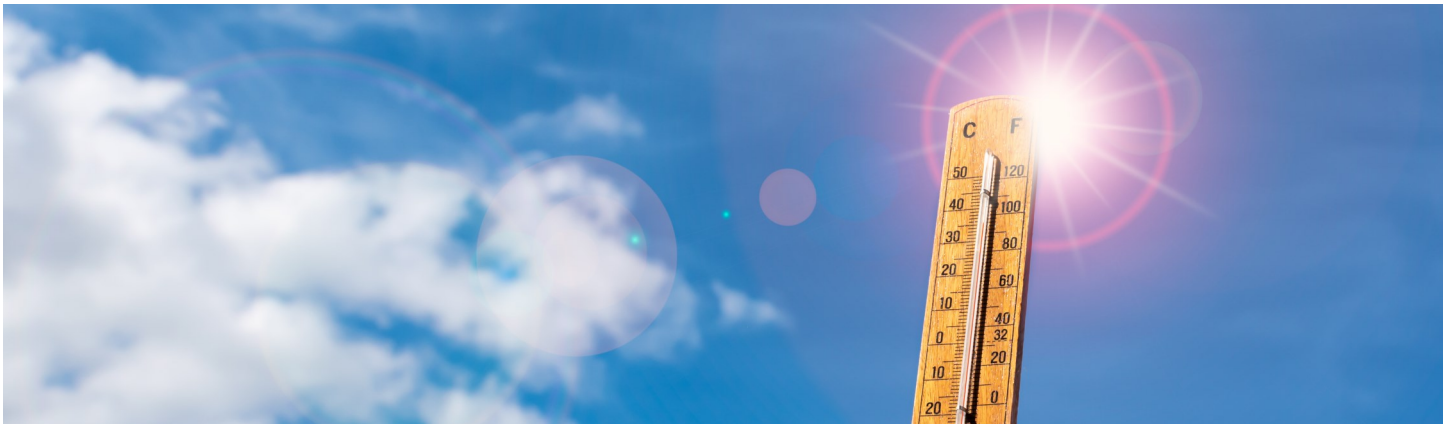


FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
AUGUST 2023

UK Martin-Gatton
College of Agriculture,
Food and Environment

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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franklin.ca.uky.edu



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,

(Continued on pg. 2)

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(Continued from pg. 1, Keep Cool in the Summer Heat)

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:

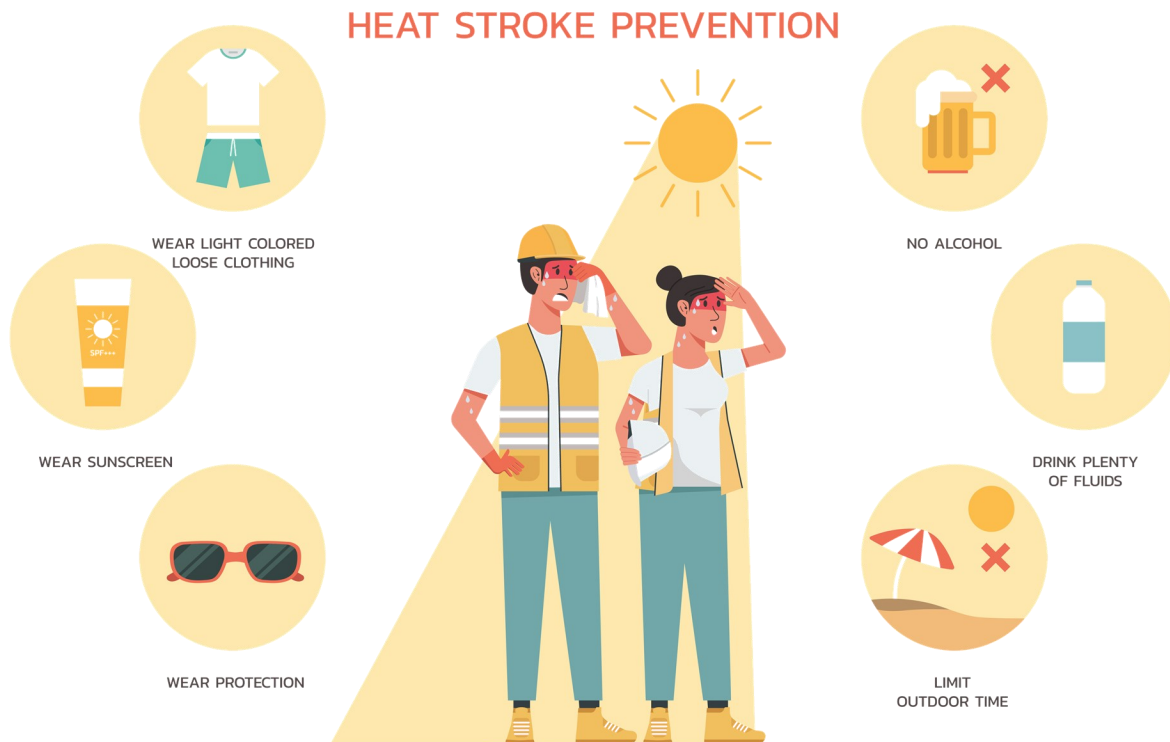
- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest 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.



From the Fingertips of Your FCS Agent

Can you believe it's August? On August 14th, I will have officially served as your FCS agent for one year. This past year has been experiences, new partnerships, and lots of training. I want to thank you all for your support and constant encouragement.



Carla A. Carter

I want to thank everyone who participated in the Franklin County Fair! This was a record year for the Home Division - Quilts with a total of 42 entries. CKHQG set the bar pretty high. I can't wait to see how they will top this next year.

Here are a few events coming down the pipeline for you to put on your calendar -

- Aug. 8th, 5-7pm - South Frankfort Food Share Cooking Demonstration
- Aug. 11th, 5pm - Spellalooza
- Aug. 17th-27th - KY State Fair, Louisville, KY
- Aug. 21st, 11am-12pm - KY Proud Plate It Up Cooking Demonstration
- Aug. 23rd - Area Officer/Chairperson Training, Boyle County
- Aug. 25th, 5:00pm Hydrangea Paint Party

Stay hydrated & see you soon!

From your Franklin County Homemaker President, Elizabeth Collins

Happy August! I'm still trying to figure out all the responsibilities I have as president so be patient.

We have been asked to make/donate items for the bake sale during **Spellalooza** on **August 11th** at the Thornhill Education Center. If anyone would like to make something, please drop it off at the Franklin County Extension Office on August 11th before 3:30 p.m. Denise and I will make sure it gets to the event.

Please put a card or note with your items saying what each item is and if they contain nuts, peanut butter or anything else that may cause an allergic reaction. Please put only **four** cookies or brownies per baggie. They also would accept whole cakes or whole pies. Please no cupcakes, they haven't sold well in the past.

On **August 23rd from 9:30 a.m. to 4:00 p.m.** there will be an **Officer /Chairperson Area Training Meeting** at the Boyle County Extension Office in Danville. All Homemakers are encouraged to attend. If you are interested in attending please let me know. Maybe we can set up some carpooling so people don't have to drive alone.

Enjoy the rest of you summer!

Elizabeth Collins









6th, 7th & 8th grade families:
YOUR CHILD IS ELIGIBLE FOR A YES CARD!

To sign up:



1 FILL OUT THE SIGN-UP FORM

Scan the code to the right or enter bit.ly/requestyescard to access the form.



bit.ly/requestyescard

Questions? Reach out to Just Say Yes Program Coordinator Ellery Denny at ellery.denny@ky.gov.

KENTUCKY  
COOPERATIVE EXTENSION

- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

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Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.

ADULT HEALTH BULLETIN



AUGUST 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>

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

THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page →



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 Disabilities accommodated with prior notification.

Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

→ Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

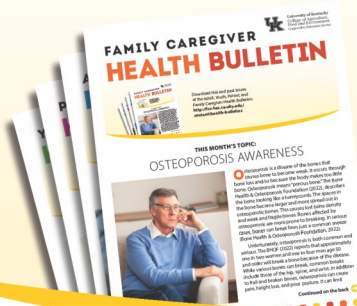
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FAMILY CAREGIVER

HEALTH BULLETIN



AUGUST 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:

USING A STORYBOOK TO TEACH CHILDREN ABOUT ALZHEIMER'S DISEASE



More than 6 million Americans live with Alzheimer's disease. This disease hits close to home for many families, including those with children. Have you ever talked to your children or grandchildren about Alzheimer's disease? Dr. Laurie Zelinger is a board-certified psychologist who has focused her career on childhood issues. She has written a variety of books that explain difficult topics to children, including, "Please Explain 'Terrorism' to Me" and "Please Explain 'Anxiety' to Me." Now she has written, "Please Explain 'Alzheimer's Disease' to Me."

Zelinger wrote this book to help children understand the changes

Continued on the next page →



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Disabilities accommodated with prior notification.

➔ Continued from the previous page

Alzheimer's disease causes. The story provides a way for parents and children to talk about how or why an adult, like a grandparent, could become increasingly forgetful or may need help with day-to-day activities. Experts agree that giving children developmentally appropriate explanations helps decrease anxiety. Zelinger stresses that ignoring an issue does not make a child's concern go away or the problem less worrisome. In fact, Zelinger reinforces that children can become more upset when they do not understand, when they do not know what they are experiencing, or do not know what to expect.

"Please Explain 'Alzheimer's Disease' to Me" features two children, Seth and Shepard, who notice changes in their grandmother's memory and behavior. Zelinger highlights situations that may seem all too familiar:

"Grandma's refrigerator started to ring!... We saw Grandma's phone in there, right next to the cream cheese! We laughed so hard that I got a pain in my side. ...[Mom] didn't think it was so funny. ...I saw her whispering to my aunt. They both looked worried."

The children know something is different, but they are too scared to talk about it.

Recognizing their worry, the mom in the story begins to ask the children questions and talks to them about their grandma's "special kind of forgetting." The mom then talks about changes in the brain that cause these behaviors. The children learn that doctors cannot make Alzheimer's disease go away. They talk about the ways in which family and professionals can help, including the prospect of moving grandma to a special place that can help her. The dialogue also includes ideas for the kids to change activities they like to do with their grandma, how to help her, and how to better communicate with her.

In the second half of the book, Zelinger gives parents background information on Alzheimer's disease, suggestions for talking to kids about dementia, tips for families with loved ones who have Alzheimer's disease, and a question-and-answer section that offers a variety of scenarios a family may encounter. Zelinger ends the book with references and resources.

This book helps parents better understand

the disease and how to talk about it at different developmental levels. Zelinger believes that parental teaching is crucial to a child's understanding and development.

Zelinger's books create opportunities for important conversations and serve as a creative outlet for processing feelings and emotions.

Montana State University Cooperative Extension received a National Extension Association of Family and Consumer Sciences grant to highlight Zelinger's book and other select storybooks for children to help them learn about Alzheimer's disease and aging issues. It is their goal to "positively influence the social-emotional well-being of children who may be experiencing a loved one with Alzheimer's by providing age-appropriate information and positive modeling to children through storybooks." To learn more about increasing parent/caregiver confidence to talk to children about Alzheimer's, increase positive family interaction when faced with challenging circumstances, and to enhance positive child and grandparent interactions, contact your local FCS Extension agent, Montana State Cooperative Extension, or your local Alzheimer's Association.

RESOURCES:

- Marsha A. Goetting, Ph.D., CFP®, CFCS Extension Family Economics Specialist, Montana State University Extension. phone: (406) 994-5695 fax: (406) 994-4838; E-mail: goetting@montana.edu
- Jennifer Munter, Program Manager, Montana State University Extension. jennifermunter@montana.edu
- Using Storybooks to Teach Children and Adults About Alzheimer's Disease. NEAFCS Endowment Grant Online Training; May 10, 2023. <https://apps.montana.edu/extension/alzheimers/neafcstraining/handouts/recommendedpractices.pdf>
- Alzheimer's Association. <https://www.alz.org/>

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FAMILY CAREGIVER HEALTH BULLETIN

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Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock image:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

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

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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Lexington, KY 40506



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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

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National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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2023 FRANKLIN COUNTY FAIR ENTRY RESULTS HOME DIVISION-QUILTS

1st	2nd	3rd	Name
3	4	2	Debbie Ball
3	-	-	Debbie Poole
-	2	-	Terry Sullivan
2	-	-	Mary Ann Burch
-	-	2	Sarah Wilding
-	2	-	Toni Lewis
-	-	2	Nicole Gwishiri
2	-	-	Cindy Murphy
-	1	1	Debra Miller
1	-	-	Mary Quinan
1	-	-	Carol Wilson
2	3	-	Katie Daugherty
-	-	1	Debbie Brown
1	2	1	Nadine Cox

CONGRATULATIONS!

2023-2024 FT. HARROD AREA LEADER LESSONS

Agents Teach	August	September	October	November
<i>Clubs Teach</i>	September	October	November	January
Instructor	TEAM	Alethea Bruzek	Kayla Lunsford	Tara Duty
Club Leader				
Club Hostess				
Lesson Title	Area Chair/Officer Training in Boyle	Mindfulness	Cast Iron Cooking	Makeup Basics
Description	<p>New to KEHA? Or are you taking on new leadership roles for your club or county? This seminar will help you transition into your position with ease. Open to all Ft. Harrod Area Homemakers- officer or not- to learn essential skills for a successful KEHA year.</p>	<p>No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.</p>	<p>Learn the basics about cooking outdoors (and indoors) with cast iron! This session will focus on learning techniques for enjoying outdoor cooking in a safe and healthy way. Learn more about a basic outdoor cooking kit as well as improvised low-cost cooking methods. Outdoor cooking is great for recreation but is also useful in emergency preparedness situations such as the recent floods in eastern Kentucky and tornados in west Kentucky.</p>	<p>Confused on how to apply makeup the right way? Or are you unsure what products will work best for you? This lesson will help you identify your skin type and what products will work best for you! Plus, you will learn professional application tips for a flawless finish that will last all day!</p>

	January <i>February</i>	February <i>March</i>	March <i>April</i>	April <i>May</i>
Agents Teach				
Clubs Teach				
Instructor	Karli Giles	TEAM	Carla Carter	TEAM
Club Leader				
Club Hostess				
Lesson Title	Transferring Cherished Possessions	Savor the Flavor and Breadmaking	Basic Technology	First Aid in Franklin Co
Description	Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.	Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already in your cupboard! Making your bread at home can save you money AND it tastes better because it is fresh! This lesson will focus on sourdough and whole-grain recipes from artisan bakers!	Mobile apps, podcast, social media, and smart devices are advances in 21 st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology.	Are you ready for an emergency? Having first aid skills can be extremely helpful in a variety of situations one may find themselves in. This lesson will provide participants with some skills, tools, and knowledge about providing first aid.

The Many Colors of Hydrangea

Join us on Friday, August 25, 2023 at 5:30 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. Light refreshments will be provided.

Cost is \$25 per person, includes supplies. Space is limited! Register by August 24, 2023. Refreshments at 5 p.m. Painting at 5:30 p.m.

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 Hydrangea Paint Party,
August 25, 2023 at 5:30 p.m.
(Please Print)

NAME: _____
 ADDRESS: _____
 CITY: _____ ST: _____ ZIP: _____
 PHONE: _____ EMAIL: _____
 _____ ATTENDING (\$25.00 per person)

For special requirements, please contact the FCCES at (502) 695-9035.

Enclose a check or money order made payable to Franklin Co. Cooperative Extension Service or FCCES before June 1, 2023.

Mail to: FCCES, c/o FCS Painting
101 Lakeview Ct, Frankfort, KY 40601.



Family and Consumer Sciences
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<http://franklin.ca.uky.edu>

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Farm City Field Day was held on July 13th, 2023, at the Harrod Family Farm and Firmly Rooted Flower Farm. To make this a great event, the Farm City Field Day Committee had a goal to have 0% of the waste created enter the landfill. This was done in part by using recyclable and compostable products, such as the plates, forks and napkins. This year, we were able to recycle and compost 119 pounds of waste!

Farm City Field Day
A Waste Free Event
Recycling: 60 Pounds
Compost: 59 Pounds
Trash: 24 Pounds
83 % of WASTE
Diverted from the landfill!

Enjoy a food demonstration on August 8th with our FCS Agent, Carla A. Carter and KSU's nutrition chef, Robin Westrick.

SOUTH FRANKFORT FOOD SHARE

-DATES-

EVERY OTHER TUESDAY
 5:00 PM – 7:00 PM

- MAY 30
- JUNE 13 · 27
- JULY 11 · 25
- AUG. 8 · 22
- SEPT. 5 · 19
- OCT. 3 · 17



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SLIDING SCALE PRICING **\$6** – SNAP/EBT **\$30** – Market Value
 \$12 – Limited Income **\$40** – Food Justice

Mrs. Carla
says:

Have a
great
School
&
year!



Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1 1/4 cup all-purpose flour	1 large egg
1/3 cup brown sugar	1 1/2 teaspoons baking powder	3/4 teaspoon vanilla extract
1 1/2 teaspoons grated lemon peel	1/4 teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	2/3 cup sugar	1/2 cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40 minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers	1/2 cup fresh whole kernel corn, cooked
2 tomatoes	1 ounce package dry ranch dressing mix
1 yellow bell pepper	1/8 cup cider vinegar
1 small red onion	2 tablespoons sugar, optional
1/4 cup chopped fresh cilantro	
1/2 cup black beans	

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, 1/2 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

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