

# FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
MAY 2023  
NEWSLETTER



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
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franklin.ca.uky.edu



## Regular physical activity can improve your mental health

Source: Natalie Jones, extension specialist for family health

Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

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

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size.

*(Continued on pg. 2)*

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***(Continued from pg. 1, Regular physical activity can improve your mental health)***

Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep and improved cognitive function.

Improved cognitive function can result in better academic performance for students, including improved test taking skills and higher grades. Research has also shown that regular physical activity reduces the risk of depression and improves the moods of young people between the ages of 6 and 17.

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

reduce the risk of dementia, including Alzheimer's disease.

If you have not worked out in a while and are ready to start adding physical activity into your day, you may want to consult a medical professional before beginning. However, most people can achieve moderate intensity exercise, which would include brisk walking, with few adverse issues.

If 150 minutes each week seems like a lot, you can break up the 150 minutes into segments as small as 10 minutes to help you work physical activity into your day. Normal household chores like mowing the grass and vacuuming count toward your weekly physical activity goals.

More information on the benefits of physical activity, contact the Franklin County office of the University of Kentucky Cooperative Extension Service.

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



@FranklinCountyKyCooperativeExtension

**OLDER  
AMERICANS  
MONTH**



**AGING UNBOUND: MAY 2023**



Carla A. Carter

### From the Desk of Your FCS Agent

This month we observe/celebrate the KY Derby, Mother's Day, graduates, Older Americans, Memorial Day, and raise awareness about mental health.

Whatever you do this month; do it with a cheerful heart!

Being a mother has been one of the greatest blessings, but also one of the most challenging. I am grateful for the opportunity to have birthed three biological children, adore two beautiful granddaughters, and appreciate the others that have been placed throughout the seasons of my life.

This month is also a special occasion for the Franklin County Homemakers as we celebrate 90 years. We have come along way from two-cent dues, domestic lifestyles, and limited agricultural skills. I believe we have the BEST homemakers out of all 120 counties in Kentucky. I am excited to attend my first State Meeting to see the leadership skills of Denise, Elizabeth, and Wanda. **SALUE!**

"To describe my  
mother  
would be to write  
about a hurricane  
in its  
perfect power."

- MAYA ANGELOU



### From your FC Homemaker President, Denise Boebinger

Happy Mother's Day! I hope you get to spend some quality time with your children this month.

Carla, Elizabeth, Wanda and I will soon be traveling to Louisville for the KEHA State Meeting. Along with lessons, crafts and luncheons, Wanda and I will both be teaching workshops.

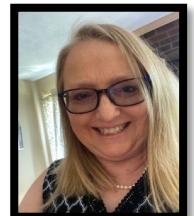
Our County Annual Meeting is May 22<sup>nd</sup>. Registration starts at 5:00p.m. Please bring in your registration and check (\$15.00) before May 12<sup>th</sup>. We ask that each club donate something to be raffled off. The proceeds from the raffle will go towards our scholarship fund.

We are still needing someone to step up and run for County Vice President. Please consider this opportunity to serve. I promise you will have all the support you need to be successful.

I want to thank Elizabeth for handling the Area Cultural Arts. It was definitely a learning experience. We will be in charge again next year. Seven items from Franklin County are going on to the State! I'm so proud of the growth we had in our cultural arts this year.

A reminder to watch out for each other! Recently one of our members locked her keys and phone in her car after an evening meeting. Luckily a couple of ladies were still around to call for help. Make sure all members are in their car and leaving before you drive away.

Blessings,  
*Denise*





# ADULT HEALTH BULLETIN



**MAY 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  
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Frankfort, KY 40601  
(502) 695-9035  
[franklin.ca.uky.edu](http://franklin.ca.uky.edu)

## THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



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Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

## *Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.*

### → Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

### Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

#### REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT**  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

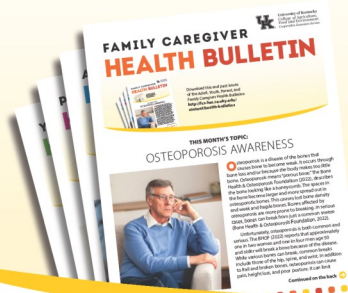
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# FAMILY CAREGIVER HEALTH BULLETIN



**MAY 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  
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## THIS MONTH'S TOPIC:

# PAMPER WITH PAJAMAS



**A**t the end of a long, productive day we can pamper ourselves and take a well-deserved break. Before getting into bed (or maybe right after we get home), most of us change into clothing designated for relaxing and sleeping — affectionately known as pajamas! Putting on comfortable pajamas is a great way to tell our brain that it's time to calm down and focus on our well-being. Research by Adam and Galinsky (2012) indicates that our clothing choices, including the physical experience of wearing them, affect our thought processes. So, let's embrace this connection and choose to pamper ourselves with comfortable pajamas we enjoy. This is a simple way to feel good and remind ourselves that we are important.

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LEXINGTON, KY 40546



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## → Continued from the previous page

In our February 2023 Family Caregiver Health Bulletin, we discussed choosing sheets for restful sleep; we have a physiological need for sleep (and clothing). And just like a satisfying set of sheets can support quality sleep, comfortable pajamas can promote relaxation and a feeling of calm (Kamala, et.al., 2013). The definition of what we perceive as “comfortable” is different for everyone, therefore, don’t settle on pajamas that interfere with your ability to relax. It helps to understand that how pajamas are made, including what they are made of, will affect the way pajamas feel and perform.

### Fiber content of pajama fabrics

Small hair-like fibers create the yarns (or threads) used in the construction of pajama fabric. The comfort and performance of the fabric are determined by using either natural fibers (e.g., cotton) or manufactured fibers (e.g., polyester and rayon). Cotton fabrics are usually soft and breathable; however, if a person sweats at night, they tend to stay damp. Polyester fabrics are durable and easy to care for, and although they typically do not stay damp, they can trap body heat while we are under the covers. If you don’t like to “sleep hot,” then avoid polyester fabrics. Rayon fabrics (sometimes marketed as “bamboo”) have comfort properties similar to cotton, but do not stay damp, thereby making rayon a good choice for those who sweat or get hot while sleeping. In your pursuit to feel pampered and sleep comfortably, check the fiber content label of your pajamas to help you determine your best choice. If you are not feeling good in your pajamas, try some made with different fibers and fabrics.

### Fabric construction and style

Pajamas can be made from woven fabrics or knit fabrics (in general, woven fabrics don’t stretch, knit fabrics do). Choose what is comfortable to you, keeping in mind that some fabrics may feel warmer or cooler. For example, a tightly woven, brushed “flannel” fabric may keep you warmer, whereas a loose-knit, stretchy fabric may keep you cooler. Again, as mentioned in the previous section, the fiber content (cotton, polyester, rayon, etc.) will contribute to the temperature-regulating properties. But how the fibers and yarns are constructed to

make the pajama fabric will impact the overall comfort. Use your personal preferences of “sleeping hot or cold” as a guide to find what you like.

Consider how you would sleep while wearing a nightgown vs. pajama pants vs. pajama shorts. What about long-sleeves vs. short sleeves? Do you like the feel of your sheets on your skin? Or do you prefer having a layer of fabric between you and your bedding? The important thing to know is that there are choices, and you may need to try a few different pajama fabrics and styles before you find what you like best. What is most comfortable to you? Which pajamas make you feel most pampered?

### Caring for pajamas

Wash pajamas after a few sleeps, or more frequently if you tend to sweat at night. If possible, “air out” pajamas during the day by carefully hanging them on a hook or hanger (instead of stuffing them under the pillow). When it’s time to wash pajamas, follow the care label instructions for best laundry results and wash them with other lightly soiled clothing of similar weight and fabrics.

Although it may be tempting to sleep in your regular clothing, or wear your pajamas all day, you’re likely to be more productive if you wear clothing suited to your activity. Plus, when you change into your pajamas before bedtime, you’ll cue your body that it’s time to rest and recharge. Pamper yourself as you do this!

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

**Written by:** Jeanne Badgett,  
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and Household Equipment  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com





2<sup>nd</sup> and 4<sup>th</sup> Tuesday ~ 9:00-10:15am EST

### May 9, 2023: Preparing for Your Next Interview

Presented by Audrey Jones, MSHRMD, SHRM-CP, HR Analyst, Lexington Fayette County Government

### May 23, 2023: LinkedIn or LinkedOUT: How to Build a Knockout Profile & Network Yourself into Your Dream Job

Presented by Amanda Schagane, MEd, CCC, CCSCC, CCTC, Associate Director, Alumni Career Services, UK

#### Here's what you can learn:

- New ideas for a successful interview
- Best practices for improving our resume
- Directives for advancing our career

In-person: Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, KY

Register for the Zoom Webinar: <https://bit.ly/JOBCLUBKY>

View: <https://www.facebook.com/FayetteCoFCS/>





Organized by the  
Franklin County Early  
Childhood Council

A COMMUNITY

Baby  
SHOWER

for pregnant mothers and with babies up to 12 months

Saturday, May 20th, 10a-12p  
St. Paul United Methodist Church  
Frankfort, KY

Local services and resources will assist in sharing information with families. Great prizes will be awarded every fifteen minutes. The first 125 families will receive a goodie bag.

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SUSAN ARVIN-HANVEY

# Saturday Yoga

MAY 27

JUNE 24

JULY 15

AUGUST 26

10-11AM

Suitable for adult beginners.  
Suggested donation: \$5 per class.

FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICES  
101 LAKEVIEW COURT, FRANKFORT, KY

PLEASE CALL 502-695-9035 TO RESERVE YOUR SPOT

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Disabilities accommodated with prior notification.

# Spring Painting Party

Join us on Friday, June 2, 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 June 1, 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



Please call (502) 695-9035 with any questions.

YES! Please register me for the Spring Paint Party,  
June 2, 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.



University of Kentucky  
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 You can shop the Franklin County Farmers Market online or in-person for fresh, locally grown food and more!

[order now](#)

**ONLINE**



[fcmarket.org](http://fcmarket.org)



**IN-PERSON**

Market Pavilion  
 River View Park  
 404 Wilkinson Blvd.  
 Frankfort, KY 40601



**-2023-**

**SHOP IN-PERSON**

**Regular Season**

8:30 AM – 12 Noon  
 Tuesday May 9 – Sept. 26  
 Saturday April 22 – Nov. 18

**Winter Market**

January through April  
 Every other Saturday  
 10:00 AM – 11:30 AM

**SHOP ONLINE**

**Curbside Pickup**

Thursday 9:30 AM – 10:00 AM

**Market Pickup**

Saturday 8:30 AM – 12 Noon

Shop with SNAP? Pregnant & have Medicaid?  
 Get extra money to SHOP at the Market



**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



**Dolly Graham Park**  
 225 River Street  
 Frankfort, KY 40601  
 (502) 382-1254

**JOIN US TO ENJOY**

a box of local produce,  
 cooking demonstrations,  
 free samples & recipes,  
 fun activities, and more!



**LEARN MORE & ORDER AHEAD**  
[fcmarket.org](http://fcmarket.org)

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



**MAY 13**

**8:30AM - NOON**

**Kids  
Day**

**At The Franklin Co. Farmers Market**

**Riverview Park - 404 Wilkinson Blvd - [fcmarket.org](http://fcmarket.org)**



Kids get \$2 in tokens  
**FOR FREE**  
to buy produce or plants

**Fun & Free Activities**

- Paper Pot & Seed Planting +
- Bluegrass Realty & Investments
- Stick Horse Obstacle Course +
- Ivory Creek Farm
- Goats + KSU Research Farm
- Paul Sawyer Library



**BLUEGRASS REALTY**  
AND INVESTMENTS



Thanks To Our May  
Kids Day Sponsor

Area Cultural Arts April 18, 2023 Franklin County Entries			
Name	Description of Item	Category/Subcategory	Place
Debi Newman	Skirt	1. Apparel c. Basic Sewing	Blue
Denise Boebinger	Gnome	4. Art, Recycled c. Other	Red
Beth Gallagher Henninger	Basket, Pink/Blue	5. Basketry b. Dyed	Red
Leah Tupts	Framed Counted Cross Stitch – 14	8. Counted Cross Stitch a. 14 Count	Blue
Betsy Kennedy	Scarf/Shawl	9. Crochet a. Accessories	White
Betsy Kennedy	Sweater – Green	9. Crochet b. Fashion	Red
Betty Acker	Embroidery Book	12. Embroidery i. Miscellaneous	Blue
Betsy Kennedy	Gnome	13. Felting a. Needle	Blue
Ina Munro	Wreath (Truck)	14. Holiday Decoration a. Autumn	
Ina Munro	Rabbit	14. Holiday Decoration b. Spring	
Ina Munro	Camper with Tree	14. Holiday Decoration d. Winter	
Mary Ann Burch	Rainbow Knitted	16. Knitting c. Afghan	Red
Betsy Kennedy	Afghan Waterfall Painting	19. Painting, Art a. Acrylic	White
Denise Boebinger	Mischief Managed	20. Painting, Decorative b. Wood	
Denise Boebinger	Santa Painting, Acrylic	20. Painting, Decorative c. Other	White
Leah Tupts	Quilt, Dogs	22. Quilts e. Machine Applique	Blue
Debbie Newman	Quilt, Batik	22. Quilts g. Machine Pieced	Blue
Betty Acker	Journal, Paper	23. Paper Crafting d. Scrapbooking	Blue
Betty Acker	Wall Hanging, Flowers	25. Wall Hanging a. Fabric	White
Betsy Kennedy	Christmas Wreath	25. Wall Hanging b. Other	Red
Betsy Kennedy	Cardinals	27. Miscellaneous	White



# FRANKLIN COUNTY HOMEMAKERS

# 90<sup>th</sup>

## ANNUAL MEETING

101 Lakeview Court  
Frankfort, KY 40601

May 22, 2023 at 5:30pm

Registration opens at 5pm

*Cheers to 90 Years!*



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

Club: \_\_\_\_\_ Phone: \_\_\_\_\_

Menu:

Roast Beef, grilled chicken, mashed potatoes, green beans, 7 layer salad, and apple cobbler

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 12, 2023



## Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> <b>2 teaspoons</b> black pepper	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>½ teaspoon</b> salt	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>16</b> spears fresh asparagus, trimmed	<b>1 cup</b> panko bread crumbs

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.

**Yield:** 4 servings

**Nutritional Analysis:**

370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.



## Roasted Root Vegetables

<b>6</b> medium beets	<b>1 teaspoon</b> salt
<b>2</b> large sweet potatoes	<b>1 teaspoon</b> black pepper
<b>3</b> parsnips	<b>Dressing</b> (recipe follows)
<b>2 tablespoons</b> olive oil	

**Dressing**

- ⅓ cup** white wine vinegar
- ¼ cup** olive oil
- 2 tablespoons** horseradish
- 1 tablespoon** Dijon mustard
- 2 teaspoons** honey
- ½ teaspoon** salt
- ½ teaspoon** pepper

Stir together and set aside.

**Preheat** oven to 400° F.

**Peel** beets, sweet potatoes and parsnips. Cut into ½ inch thick cubes.

**Toss** vegetables with olive oil and place in a single layer on a greased baking sheet.

**Sprinkle** with salt and pepper.

**Bake** at 400°F for 20 to 25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

**Yield:** 6 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 1.5 g sat fat, 3 g protein, 30 g carbohydrate, 0 mg cholesterol, 750 mg sodium, 7 g fiber.

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



*Carla A. Carter*

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

