

Marion County FCS Extension

Newsletter

Wow! How is it already August? Children are preparing to go back to school. This means no more lazy summer days and with work schedules there might be little time for family meals. However, family mealtimes are routines you should try hard to keep. Many people do better when they have routines in place. Research has shown that family mealtimes help children perform better in school and keep a healthy weight when they are part of their routine.

Routine meals can be quick and healthy if you plan and keep key ingredients in your freezer and pantry. Use the weekend to check grocery store specials and plan weekly menus. Keep the following items on hand: frozen or canned vegetables, whole grain pastas, beans, and peanut butter. Add fresh vegetables and fruits when possible. Using equipment such as a crockpot, blender, microwave, and a food processor can speed the family mealtime process along.

Rachel Mattingly
Family & Consumer Science Agent



Important Dates:

August 15

Basket Making Class

9am-4pm

August 16

**Deadline to Register for
Homemaker Kickoff**

August 20

Homemaker Kickoff

August 22

Homemaker Meeting

September 7

**Overdose Awareness in the
Park**

September 10

CEC Field Day @ Russell Barn

September 23

Homemaker Leader Lesson

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Science
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 race, color, or social status and will not discriminate on the basis of race, color, ethnic or national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or retention for prior civil rights acts. Reasonable accommodations 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 Council on Postsecondary Education, Lexington, KY 40546



Disabilities
accommodated
with prior notification.

Dani Sue from Dani Sue Creations will join the Marion County Homemakers for a Basket Making Workshop

**Thursday, August 15th
9:00 am - 4:00 pm**

**Marion County Extension Office
406 Fairgrounds Rd. Lebanon KY 40038
Call to RSVP: 270-692-2421**

**Cooperative
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Lincoln Trail Area

HOMEMAKER KICK OFF

Kick off the 2024–2025 Homemaker year with your friends from the Lincoln Trail Area!

-  *morning refreshments*
-  *creating a welcoming community*
-  *running effective meetings*

Please register to **your** County Extension Office by August 16



AUGUST 20

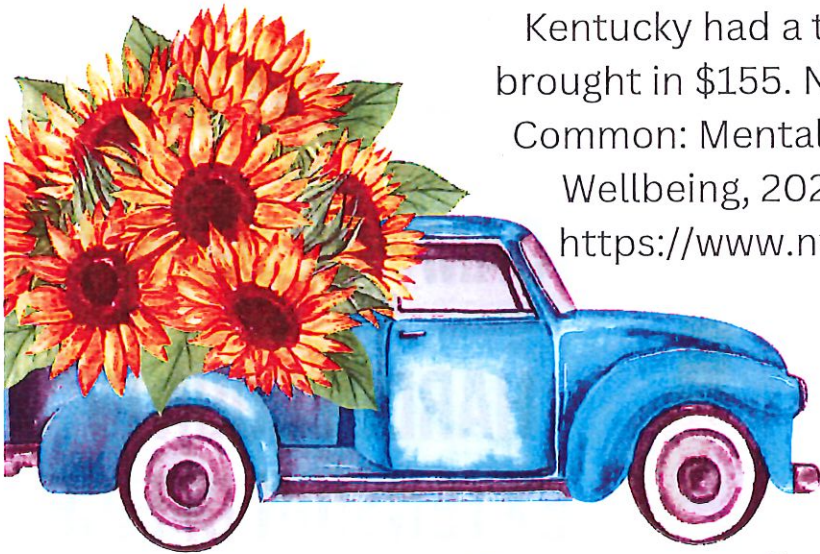
10AM - 12:30PM ET

**HARDIN COUNTY
EXTENSION OFFICE**



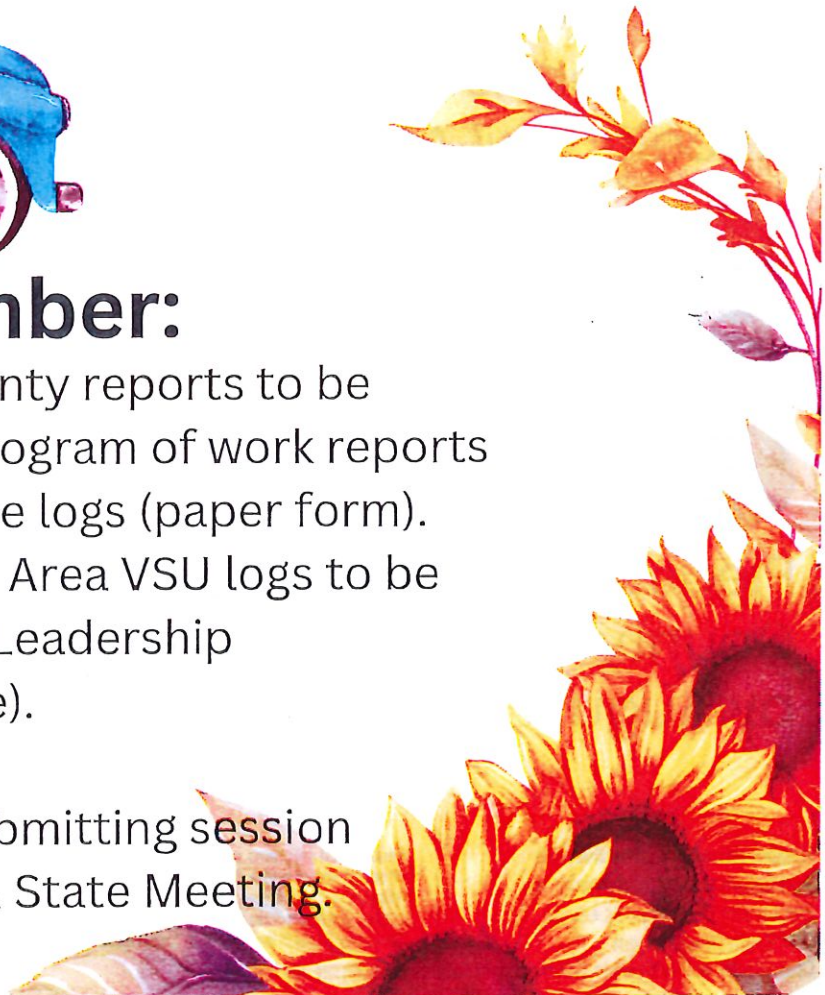
KEHA Updates:

- **2025 KEHA State Meeting Room Block Open Now** - Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.
- **Present at 2025 State Meeting** - Homemakers who wish to present at State Meeting are encouraged to submit a session proposal. The form is due Oct. 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.
 - **NVON Recap** - Kentucky was well represented with 17 attendees. They enjoyed classes, speakers, and entertainment in Asheville, NC, from July 16-18, 2024. Kentucky had a tabletop display and the raffle basket brought in \$155. NVON announced the newest Project in Common: Mental Health Awareness and Mental Health Wellbeing, 2025-2027. For more information, visit <https://www.nvon.org/mental-health-awareness/>.



Dates to Remember:

- **August 15** - Due date for county reports to be submitted, including both program of work reports (online) and volunteer service logs (paper form).
- **September 15** - Due date for Area VSU logs to be submitted to state chair for Leadership Development (Nancy Snouse).
- **October 13-19** - KEHA Week
- **October 15** - Deadline for submitting session proposals for the 2025 KEHA State Meeting.



ADULT HEALTH BULLETIN



AUGUST 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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Disabilities accommodated with prior notification.

An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



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Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search "CDC vaccine schedule" on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

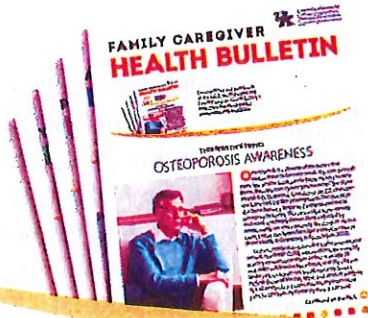
<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



AUGUST 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>

NAME County
Extension Office
000 Street Road
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THIS MONTH'S TOPIC

ADULT DAY CARE PROGRAMS OFFER DIVERSE OPPORTUNITIES FOR CAREGIVERS AND OLDER ADULTS



What is Adult Day Care? Adult day care programs serve adults with physical and/or cognitive disabilities who may need additional support and supervision during the day while still living at home. Adult day care programs differ from community or senior centers. Those are typically places where physically and cognitively able older adults take classes, visit with peers, and/or exercise.

Types of service offered

Adult day care centers vary in specific services. Most will provide some form of support, supervision, activities, and a variety of health and social engagement opportunities for older

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The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety.

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adults who live at home, often with a spouse and/or a family caregiver(s). Some adult day programs offer limited health and preventative services. They might offer basic routine health, vision, and hearing checks, a variety of therapies, support groups, and basic supervision for people living with dementia. Programs often provide meals and/or snacks and will help with basic activities of daily living, such as grooming and using the toilet.

Respite for caregivers

Adult day programs are often offered during business hours on weekdays. This gives caregivers a break and/or opportunity to work, study, or take care of other family matters. Some programs offer evening and weekend service. Families who rely on adult day care report feeling good about their loved one's safety, social well-being, and quality of life. The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety. Caregivers from a study at St. Catherine University in Minnesota reported that adult day care reduced their sense of "role overload."

Who qualifies?

Candidates for adult day care might include those who need social and emotional support, are at risk of daytime isolation and/or loneliness, do not have structured hobbies, have dementia or other medical conditions. According to the National Adult Day Services Association, approximately half of adult day care participants live with cognitive impairment. AARP reports that people who attend adult day care have better quality of life.

Benefits

Adult day care helps keep people engaged and cognitively stimulated. In addition to enhancing social and mental activity, programs also contribute to a sense of purpose and overall quality of life. According to a study in *Aging and Mental Health* (2021), both caregivers and participants living with dementia slept better on

nights before attending adult day care. Research also supports that adult day care positively impacts mood, health, and caregiver relationships.

Where to find adult day care

The National Center for Health Statistics reports that half of adult day care centers are nonprofit. Nonprofit operators may include the government, universities, national groups like the Alzheimer's Association, religious organizations, and Native American tribes. Services and certification are regulated by and vary from state to state.

Cost

Prices vary depending upon location, participant need, range of service, type of care, and insurance benefits. In general, SeniorLiving.org reports that adult day care costs approximately \$85 a day. The 2024 median monthly adult day health care (44 hours per week) estimate for Kentucky is \$1,852. Due to affordability, many families pay by the hour versus paying an all-day fee. Check your insurance coverage to see if services cover adult day care costs. Some families will pay privately. Keep in mind that many adult day care costs are tax deductible. Consult a financial advisor or tax professional to go over the most beneficial claim.

Call your Area Agency on Aging, local Senior Center, or the Kentucky Department for Aging and Independent Living (DAIL) to find an adult day care program near you.

REFERENCES:

- Caring.com. What is Adult Day Care? Retrieved June 10, 2024 from <https://www.caring.com/senior-living/adult-day-care>
- Goldy-Brown, S., & Clem, M. (2024). Adult Day Care Costs 2024. Retrieved June 10, 2024 from <https://www.seniorliving.org/adult-day-care/costs>
- Kiger, P. (2012). AARP. Adult Day Care: What Family Caregivers Need to Know. Retrieved June 10, 2024 from <https://www.aarp.org/caregiving/home-care/info-2017/adult-day-care.html>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MONEYWISE

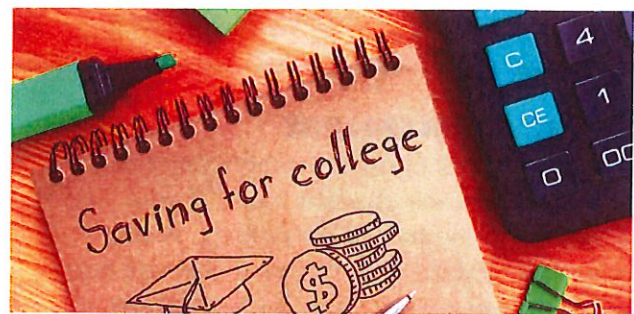
VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 8

[NAME] County Extension Office | 222 Street Road | City, KY | Zip | (859) xxx-xxxx

THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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Disabilities accommodated with prior notification.

MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

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

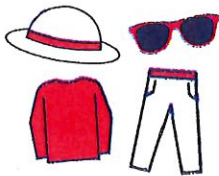
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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A GUIDE TO HEAT SAFETY

How Can I Prevent Heat-Related Illnesses?



Wear clothing to cover skin exposed to the sun.



Stay hydrated.

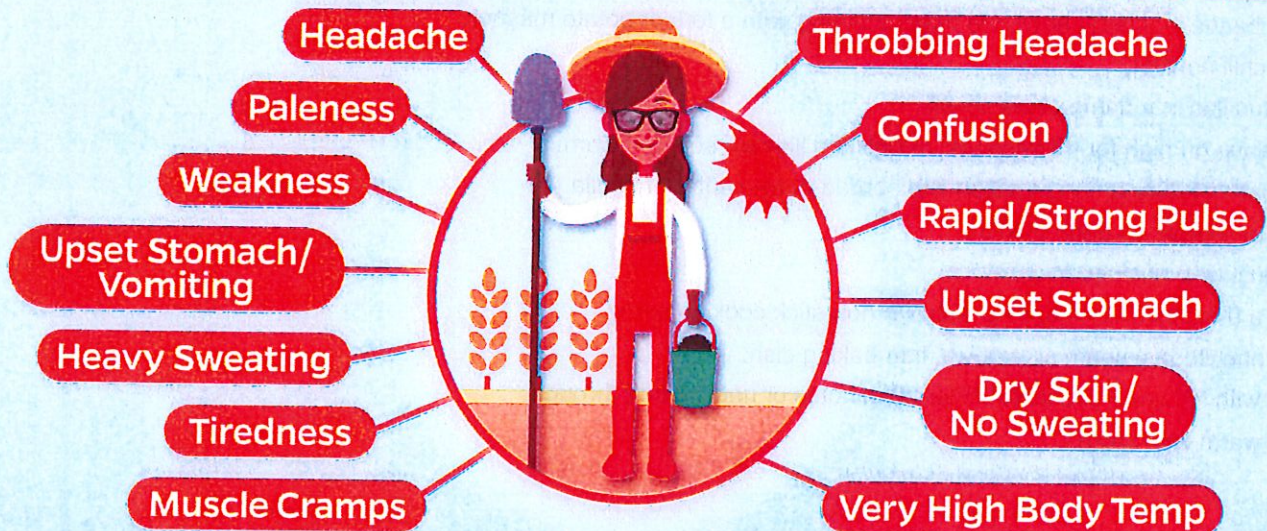


Avoid dehydrating liquids.



Take frequent breaks in a cool area.

HEAT STRESS VS HEAT STROKE



In Case of Emergency:

Call 911 and seek medical attention right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than one hour
- You believe you are experiencing a heat stroke

Bean Enchiladas

Servings: 4 Serving Size: 2 6-inch enchiladas Recipe Cost: \$2.08 Cost per Serving: \$.52



Ingredients:

- 3 ½ cups cooked pinto beans or 2 (15 ounce) low sodium cans, drained
- 1 tablespoon chili powder
- 8 6-inch flour tortillas
- ½ cup cheese, reduced fat Monterey Jack
- Salsa (optional)
- Cooking spray

Directions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher.
2. Stir in chili powder.
3. Wrap tortillas in a damp paper towel.
4. Microwave on high for 45 seconds, or until tortillas are soft and warm.
5. Split bean mixture among tortillas and spread down center of tortilla.
6. Sprinkle cheese on bean mixture.
7. Roll tortillas to enclose mixture.
8. Spray a 9-inch x13-inch baking dish with non-stick cooking spray.
9. Place enchiladas, seam side down, into baking dish.
10. Cover with foil and bake at 350°F for 20 minutes or until heated through.
11. Serve warm with salsa.

Notes

Option: Add diced vegetables of your choice to the enchiladas.

Make it a Meal

- Bean Enchiladas
- Tossed salad
- Sliced strawberries
- Low-fat milk

Source: Eat Smart to Play Hard: USDA Recipe Finder

Tips

1. Keep raw meat, poultry, seafood, and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator.
2. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

Nutrition facts per serving: 460 calories; 9 g total fat; 3 g saturated fat; 0 g trans fat; 10 mg cholesterol; 540 mg sodium; 74 g total carbohydrate; 16 g dietary fiber; 2 g sugars; 23 g protein; 15% Daily Value of vitamin A; 4% Daily Value of vitamin C; 35% Daily Value of calcium; 30% Daily Value of iron



Sponsored by
Marion County Heartland Coalition

SEPTEMBER 7TH 2024

Food Trucks

DJ/Music

Inflatables

Guest Speakers

Reading of Names

FREE EVENT
T-SHIRTS FOR
THE FIRST 50
ATTENDEES!

Overdose Awareness Night

Honorary Luminaries

\$5.00 Cash ONLY

Purchase at event OR
at an Advance Purchase location:

Communicare

Marion Co. Extension Office

Marion Co. Public Library

AT THE PARK

Graham

Memorial Park

6pm - 10pm

Reflections of RECOVERY

An Art Exhibit to Celebrate
Recovery Month



Searching for artists to highlight the impact of art on mental health and substance use recovery!

Submission Information :

Who can enter: Anyone impacted by mental health or substance use disorder

How to enter: Free canvas can be picked up at the Marion County Public Library from July 15 - Aug 15

Submit your artwork to the Marion County Public County no later than 4:00pm August 30, 2024.

Rules:

- Must be original artwork on a 16 x 20 canvas.
- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mixed media, collage, graphic design, or similar 2D media.
- Artwork cannot show depictions of nudity, blood, suicide, violence, hate, racism, homophobia, or be political in nature. We reserve the right to exclude pieces that do not comply with our guidelines.
- Artwork cannot be created using generative artificial intelligence (AI) tools or digital graphic design elements.
- Complete entry form and return it with your submission. One piece per artist.

Questions?

Contact;

mcheartlandcoalition@gmail.com



Showcase:

Artwork that meets criteria will be displayed at events throughout Marion County during the month of September. People's Choice Award will be awarded by popular vote at the Overdose Awareness Walk on September 7th; winner for receive \$100. The Marion County Arts and Humanities Council will judge submissions based on originality, creativity, and the extent to which the art expresses recovery. Cash awards of \$150, \$100, \$50 will be awarded to the top three artists on September 20, 2024. Project sponsored by the Marion County Heartland Coalition.



Reflections of RECOVERY

ENTRY FORM & RELEASE OF INFORMATION

Submission Information :

Name: _____

Can we use your first and last name with your artwork display? Yes or No

If no, what name or initials would you like displayed with your art? _____

Mailing Address: _____

Phone number: _____

Email address: _____

Please write a brief description of the inspiration behind your artwork (please keep in mind the rules of the project).

Release of Information Form for the Reflections of Recovery Art Project

I, _____, authorize the Marion County Heartland Coalition to release my name as I designated on the Reflections of Recovery Entry Form. I also authorize Heartland to share my description of the inspiration behind my artwork, as well as any photos that may be taken with my knowledge if I choose to be present at any of the events, or if I am chosen as a top three finalist.

The Heartland Coalition will use the above to highlight recovery, encourage others on their journey to recovery, and to help to reduce the stigma that is associated with mental illness and/or substance use. This information may appear on Heartland Coalition's Facebook page or in our quarterly newsletter.

By signing below, I:

- Allow Heartland Coalition to display my artwork and description at the Overdose Awareness event to the public, as well as at other locations throughout the month of September.
- Allow Heartland Coalition to reproduce my artwork (royalty-free) to help to support the Coalition's mission.
- Affirm that I am the original artist of the artwork submitted.
- Affirm that I have been impacted by mental health or substance use disorder.

By signing here, I agree and acknowledge that I have read the above, as well as the rules of the Reflections of Recovery Art Project, and that all of the above is true.

Printed Name: _____

Signature: _____

Parent/Guardian Signature (if minor): _____

Date: _____



CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources in addition to finding specialized mental health resources available in Marion, Nelson, and Washington Counties.

CredibleMind covers over 200 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Substance Use
- Aging
- Self-Care

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- Is Your Substance Use Harmful?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Visit heartlandtrail.crediblemind.com to get started.



SCAN ME

Medication Safety in the Home: Protect Your Children & Prevent Accidental Ingestions

6 Tips to Safely Store Medicine

In ER visits for medicine poisonings, parents often say that they only turned their back for **ONE MINUTE**.

Up and Away

Keep prescriptions and over-the-counter medications up and away, in a locked container or medication safe.

Out of Reach of Curious Climbers

In about half of over-the-counter poisoning cases, the child climbed on a chair, toy, or other object to reach medicine.

Know What's in the House

Ask family and guests if they have medication in their purse or luggage so you can put it away safely while at your home.

LESS THAN 1 IN 4 caregivers use safe storage practices for medication at home.¹

NEARLY 1 IN 6 of all child fatalities and near fatalities in Kentucky were related to the ingestion of substances.²

800-222-1222

Program the Poison Control Center Number in your phone and keep it posted on your refrigerator.



Keep Track

of the number of pills/strips you have in your medication bottle so you can know how many a child may have ingested.

Child-Resistant ≠ Childproof

Research suggests about half of accidental poisonings involved child-resistant packaging.

EVERY 9 MINUTES, a young child goes to the ER because they got into medicine.

Scan the QR code for more resources and supplies!



Founded By



Thank you to Safe Kids Worldwide and the Centers for Disease Control and Prevention (CDC) for providing content.

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¹ Salzman, M, Cruz, L., Nairn, S., Bechmann, S., Karmakar, R. & Baumann, B.M. (2019). The prevalence of modifiable parental behaviors associated with inadvertent pediatric medication ingestions. *Western Journal of Emergency Medicine*, 20(2), 269-277.

² Kentucky Child Fatality and Near Fatality External Review Panel 2020 Annual Report