

NEWSLETTER

August 2024



Sleep and Older Adults

Get enough sleep! Get good sleep! We know it is important, but many of us don't do it. Yet unhealthy sleep or lack of sleep can interfere with daily living and negatively impact quality of life. Good sleep is important for mental and physical health, a healthy immune system, and for regulating emotions and mood. Good sleep can positively impact overall health and well-being. The National Council on Aging suggests the following tips to create healthy sleep habits:

Maintain a sleep schedule that includes going to bed and waking up at the same time every day.

Choose a comfortable mattress that is right for your body, sleep habits, and sleep positions.

Avoid heavy meals, exercise, alcohol, nicotine, and caffeine before bedtime.

Limit daytime napping to no more than an hour. If you do nap, nap earlier in the day.

Take time to wind down before going to bed. Calm your mind and body with a warm shower or bath, meditation, or a good book.

Avoid screen time, blue light, smartphones, TVs, and computers at least an hour before bedtime.

Keep the room cool (60-70 degrees).

Minimize noise with noise machines or ear plugs. Turn off televisions and radios.

Block out excess light, but keep a soft nightlight on and a flashlight in your nightstand.

Declutter your space to make it less stressful and less dangerous if you have to get up in the night.

If you have trouble sleeping, see a health-care provider to help identify the reasons for poor sleep. Sometimes it could be medical, physical, or due to bad sleep habits. Medical professionals can help recommend a variety of treatments and/or lifestyle changes to improve sleep.

Reference:

National Council on Aging (NCOA) (2023). Sleep for Older Adults: 6 Sensible Sleep Tips for Older Adults. Retrieved January 22 from <https://www.ncoa.org/article/6-sensible-sleep-tips-for-older-adults>

Source: Amy Kostelic, associate Extension professor for adult development and aging



A Note from the President

The Floral Hall looks great! The LaRue County Homemakers are grateful for the \$10,000 matching grant we received. Special thanks to the businesses and individuals who donated for the Floral Hall's new roof, doors and windows. We are continuing to seek donations for the painting of the exterior and upcoming improvement projects for the interior of the Floral Hall. All donations are appreciated.

Our County Meeting/International Day was very successful. Homemakers and guests had an enjoyable time learning about the cultures and sampling foods from Canada, Mexico, Italy, Great Britain and India. Thanks to the homemakers who gave presentations about these countries.

With our new homemaker club year beginning in September, I challenge each of you to seek out one person to join. Also, continue to log your volunteer hours.

I look forward to seeing each of you soon and appreciate your efforts to make our 2024-2025 Homemaker year great.

LaRue County Extension Homemaker President,
Betsy Tucker



Homemakers Julia Devore & Doris Jean Holleran presented the Mother of the Year award to Winnie Shive.

Marla Stillwell

Marla Stillwell
County Extension Agent for Family & Consumer Sciences Education
E-mail: marla.stillwell@uky.edu
Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>

2024 Floral Hall - There were 243 exhibits entered this year. Congratulations to Katie Holt. She was the Floral Hall Grand Champion with 17 blue ribbons.



Homemakers News & Notes

- **Floral Hall Project Update** – Donations are still being accepted for continued improvements to the Floral Hall Building at the Fairgrounds. Lots of work has been completed including a new roof, new windows and doors and fresh paint on the exterior!
- **SAVE THE DATE!!** LTA Homemaker Kick-Off Event “Creating Welcoming Communities” PLUS Leadership Training for Officers and Educational Chairmen – **August 20** at 10:00am at the Hardin County Extension Office – open to ALL Homemaker members!
- **County Homemaker Leadership Training** – **August 30** from 10-12 at Extension Office
- **County Cultural Arts Contest** – **September 26** – Contest entries due to Extension Office by 4:30pm (list of updated categories on the website https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/CAH_Exhibit_Categories_Rules_24-25.pdf)
- **Lincoln Days** – **Oct 5-6** – Will need homemaker volunteers for Quilt Show; contact Marla if you can help
- **Lincoln Trail Area Annual Homemakers Meeting** – **October 25** at Marion County Extension Office hosted by Marion County Homemakers.



Cooperative Extension Service
KEHA
Home-makers

Lincoln Trail Area
HOMEMAKER KICK OFF

AUGUST 20
10AM - 12:30PM ET
HARDIN COUNTY EXTENSION OFFICE

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

The poster features a collage of colorful paper strips with the word 'Welcome' in various languages: Karşilama, Velkommen, Benvenuto, Bienvenue, and Welcome. The design includes yellow and blue stripes and a yellow circle containing the event details.



Martin-Gatton
College of Agriculture,
Food and Environment

Save the Date
Fall in Love with Homemakers
Area Annual Meeting
Friday
October 25th, 2024
Marion County Extension Office
416 Fairgrounds Rd, Lebanon KY 40033

The poster has a background of vibrant autumn leaves in shades of orange, yellow, and red. The text is overlaid in various colors and fonts, with 'Save the Date' in large, bold, blue letters at the top.



upcoming

FCSE Extension Events

- **August 8** – “Basics of Canning & Food Preservation” **5:00pm** at the LaRue County Public Library (please call the library to register)
- **August 9** at 12:00 – Cooking Through the Calendar “Peanut Butter Oatmeal Bites”
- **August 14** – Quilt Club at 10am at the Extension Office
- **August 26** at 10am – Open Sewing at the Extension Office
- **September 3** from 9am-3pm – Women’s Health Fair & Mobile Mammography Unit at Extension Office

Women’s Health Fair

NEW this year, in addition to the Brown Cancer Center’s Mobile Mammography Unit that comes annually, we will be hosting a Women’s Health Fair on **Tuesday, September 3 from 9am-3pm**. Several community organizations will be in attendance with helpful and healthful information regarding women’s health including *self-care, mental health, nutrition education, blood pressure checks and more!* Anyone is welcome! Free to attend! *If you wish to receive a mammogram, please call us to schedule your appointment time at 270-358-3401. The rest of the health fair is come and go. If you have any questions, please contact Marla at the Extension Office.

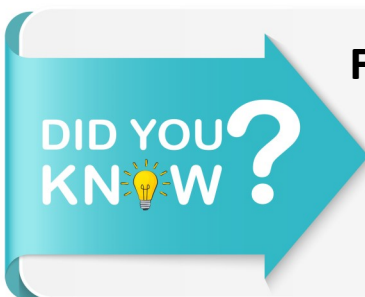
Cooking through the Calendar

Don’t forget to join us for our monthly Cooking through the Calendar program NOW on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

We still have plenty 2024 KYNEP Calendars! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service Facebook page for more info and to view the demonstrations LIVE!

The graphic features the Cooperative Extension Service logo at the top right. The main text reads "Cooking through the calendar" in a large, bold font. Below this, it says "Join -US- for a monthly recipe demonstration and sampling on the **second** Friday of each month at noon!". There is a drawing of an apron with the UK logo and a hand holding a pencil. A calendar for 2024 shows dates from 1/12 to 12/1, with 8/9 highlighted in a yellow circle. A red arrow points to "NEXT → 8/9 at noon". A "Recipe Calendar" is also shown. At the bottom, contact information for LaRue County Extension Service is provided: 807 Old Elizabethtown Rd., Hodgenville - (270) 358-3401, An Equal Opportunity Organization.



FREE Dial-Gauge Pressure Canner Testing

Did you know that its recommended to have your dial-gauge pressure canner tested every year for accuracy? The Extension Office offers this service for FREE! Just bring your dial-gauge pressure canner **LID ONLY** to the Extension Office. **Call us for more information 270-358-3401.**

2024-2025 CULTURAL ARTS *categories*

Homemakers: Bring your items to the Extension Office by 4:30pm on 9/26. Have items labeled with your name, address, LaRue County and the corresponding category or sub-category from below. Please submit "original" items for competition. Each article must be the work of a homemaker member and must have been completed during the past two years.

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

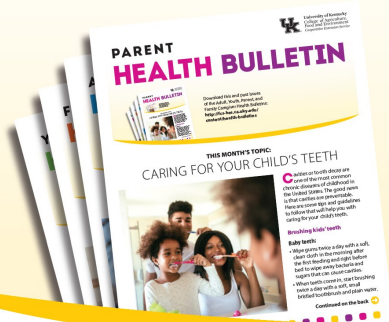
** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

PARENT

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>

LaRue County Extension Office
807 Old Elizabethtown Rd.
Hodgenville, KY 42748
(270) 358-3401

THIS MONTH'S TOPIC

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

Continued on the next page 



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.

➔ Continued from the previous page

to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B2S.htm>

ADULT
HEALTH BULLETIN

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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

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.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.

Lexington, KY 40506

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



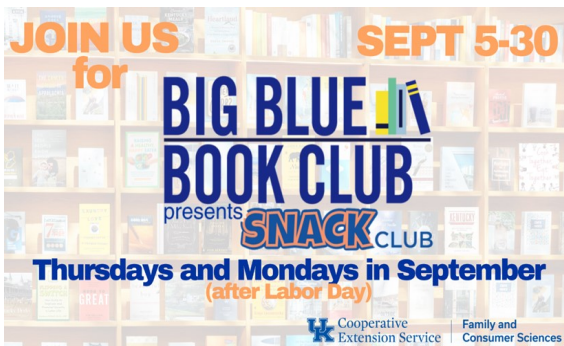
Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Big Blue Book Club

Books are great sources of information, but we understand that the reality of caring for children may leave little time to read a

book or participate in a traditional book club. Therefore, Big Blue Book Club presents SNACK Club, which stands for Supporting Nourished, Active Children in Kentucky. We welcome you to read along but are happy to do the reading for you! Our Extension specialists in child nutrition will share bite-sized amounts of information about feeding children of all ages in a conversational format that you can digest through podcasts or videos at your convenience.

We have a limited number of books available. Don't be discouraged if you don't get a copy. With or without a book, we encourage you to follow along with the discussions to give this format of book club a taste! Use this link to register, www.ukfcs.net/BBBCsnack.



LaRue County Farmers Market

We have extended our Farmer's Market season by moving locations to the Extension Office through the remainder of August! Please come see us on Thursdays from 9-1 (or sellout)! We will also be available on Saturday, August 17 and August 31. Thank you for your support of the LaRue County Farmer's Market this season!

WE'VE MOVED

LaRue County Farmers Market



20
24

9A-1P

EXTENDED
Market **-AT THE-**
EXTENSION
Office

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville
An Equal Opportunity Organization



KIDS KORNER

BACKPACK SMOOTHIE

INGREDIENTS:



**1 INDIVIDUAL CONTAINER
FRUIT, FROZEN**

**1 INDIVIDUAL CONTAINER
100% FRUIT JUICE, CHILLED**
**1/2 CUP VANILLA LOW-FAT
YOGURT**

DIRECTIONS:

- 1. PLACE ALL INGREDIENTS
IN A BLENDER.**
- 2. BLEND UNTIL SMOOTH.**

Enjoy!



Nutrition facts per serving: 140 calories; 1g total fat; 0.5g total saturated fat; 0g trans fat; 5mg cholesterol; 40mg sodium; 30g carbohydrate; 1g fiber; 25g total sugar; 0g added sugar; 3g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium.

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

Sweet End-of-Summer Pasta

Ingredients:

- 12 cherry tomatoes, cut in half
- 1 cup bowtie or macaroni pasta, cooked and set aside
- ¾ cup fresh corn (1 ear)
- 1 garlic clove, chopped
- 1 Tbsp olive oil
- ½ Tbsp of butter
- ¼ tsp salt
- ¼ tsp pepper

Directions:

1. Heat olive oil in a skillet over med-high heat.
2. Add garlic and tomatoes and let cook for 3 minutes.
3. Add corn and let cook another 3 minutes.
4. Place cooked pasta in a bowl. Add vegetables, butter, salt and pepper.
5. Stir together and enjoy!

Nutrition facts per serving: 240 calories; 11g total fat; 2.5g saturated fat; 0g trans fat; 5mg cholesterol; 240mg sodium; 17g carbohydrate; 1g fiber; 5g sugar; 8g protein; 2% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium; 0% Daily Value Vitamin D

Source: University of Kentucky Nutrition Education Program: Eat Smart to Play Hard: Chop Chop Fall 2017



PLAN.
EAT.
MOVE.