

April & May
2024

Marla Stillwell

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County Extension Agent for Family & Consumer Sciences Education

E-mail: marla.stillwell@uky.edu

Website: <http://larue.ca.uky.edu/>

FamilyConsumerSciences



Gardening Improves the Look of Things

A vegetable garden can improve your health. A beautiful flower garden can improve the look of your home. But the mere act of planting and tending a garden can improve the way you look at things. After a few hours spent planting, weeding or pruning, most people have a more positive outlook, despite suffering a few muscle aches or maybe feeling tired. It's a good tired, after all. A tired born of having accomplished something. A tired born of being in touch with nature.

The benefits of time spent outdoors in a garden are many.

Stress melts away in a garden. Whether it's the fresh air or the sun or the birdsong or just the physical activity, studies have shown that gardening is one of the best ways to reduce stress. Go into a garden feeling a little tense, and a few whacks at a weed or clips to an unruly shrub will take care of any minor aggressions you're feeling. Don't take it out on your family, take it out on a weed, in other words.

Gardening can help overcome loneliness. Being outside in the fresh air, stretching those winter-stiffened muscles behind a rake or shovel, and reconnecting with other gardening neighbors, can make you realize you're not alone.

Gardening makes us feel better, because it can trigger the release of certain "happy" chemicals in our bodies, one of which is serotonin. Serotonin is a neural chemical our bodies produce that affects mood, anxiety levels, digestion, cognition and many other important functions of our bodies. Light exposure is often used as a treatment for seasonal depression, but it also seems to have an effect on other types of depression as well. Being outside in the light, even on a cloudy day, can serve to raise serotonin levels in our bodies.

Exercise, too, can boost serotonin. And researchers have discovered that *Mycobacterium vaccae*, a bacterium that lives in soil, also triggers serotonin release. When we turn over soil in a garden, we breathe in *M. vaccae* spores, which studies have shown can improve mood and cognition in mice.

Think about starting a garden this year. Large or small, in the ground or in a couple of pots, it's hard to hold negative thoughts for too long when you're touching earth and promoting new life.



Homemakers News & Notes

Leader Lesson Training – Understanding and Preventing Suicide:
April 30 at 10:30am at the LaRue Co Extension Office –
Instructor: Dr. Cheryl Witt, Extension Specialist Senior, Ag Nurse

KEHA State Meeting – May 7-9 at Sloan Convention Center/Holiday Inn University Plaza in Bowling Green. Registrations accepted until April 23.



Things to Bring: your device (tablet or laptop) if you want help with social media. For the first time, we'll have a Tech Help Lounge available during KEHA State Meeting! Games or cards to be social in the evenings. Donations (quilt squares for showcase/auction, silent auction item and money to bid. Sweater or light jacket as temperatures can vary. Wear black and white to the opening luncheon.

Quilts for Courageous Kids: The Center for Courageous Kids in Scottsville needs new twin bed quilts. Needed size approximately 66in x 83in and can be homemade or store-bought. Donations to be brought to the KEHA State Meeting or to the LaRue County Extension Office by May 6.

SAVE THE DATE – June 28 at 11:00am – LaRue County Extension Homemakers Annual Meeting

upcoming events *eee*

- April 4 & May 2 at 1:00pm – Friends and Family Homemaker Club
- April 12 & May 10 at 12:00 – *Cooking Through the Calendar*
- April 10 & May 8 – Quilt Club at 10am at the Extension Office
- April 16 & May 21 at 10:30am – South Fork Homemaker Club
- April 17 & May 15 at 9am – Laugh and Learn Playdate Program
- April 22 & May 27 at 10am – Open Sewing at the Extension Office
- April 30 at 10:30am at LaRue County Extension Office – *Understanding & Preventing Suicide*, presented by Dr. Cheryl Witt (also offered virtually, contact Marla for Zoom link)
- May 9 – **Community Baby Shower**
Hardin County Extension Service 4-6:30 pm
- **SAVE THE DATE – Opening Day for Farmer's Market – June 13**
- **SAVE THE DATE – June 28 at 11:00am – LaRue County Extension Homemakers Annual Meeting**

Join LaRue County Extension Homemakers on Facebook!

Homemaker Bazaar



Food Preservation Series

2024 Food PRESERVATION series



LARUE COUNTY EXTENSION SERVICE
807 Old Elizabethtown Road, Hodgenville - (270)358-3401
- Call to register -

FAMILY & CONSUMER SCIENCES



Cooperative Extension Service

5/21
Basics of Food Preservation & Using a Pressure Canner
5:00 pm

6/18
Jams & Jellies
5:30 pm

6/27
Water Bath Canning
5:00 pm

7/16
Freezing & Freeze Drying
5:30 pm

Special Welcome to Summer Intern, Emily Pike



The LaRue County Extension Office would like to welcome Emily Pike as this year's Summer Intern! Emily is originally from Hardin County and will be spending her internship under the supervision of FCS Agent, Marla Stillwell. But don't be surprised if you see her shadowing Misty or Adam too as we hope to give her the full experience of a life in Extension! Emily plans to pursue a career in Family & Consumer Science and is excited about exploring Extension this summer. She says, "Family and Consumer Sciences has helped me in both my professional and personal life. I am also passionate about education. Therefore, choosing Family and Consumer Science Education was an easy decision." We look forward to having Emily as a part of our staff this summer, so please join us in welcoming her! She begins her internship on **May 20th**.

Welcome

Community Baby Shower

ONCE UPON A TIME ...

HARDIN & LARUE COMMUNITY BABY SHOWER

- INFORMATION ON MAKING HEALTHY CHOICES DURING PREGNANCY & SAFE SLEEP RECOMMENDATIONS
- ACCESS TO LOCAL RESOURCES
- DOOR PRIZES & GIVEAWAY ITEMS
- FREE DINNER AND CUPCAKES

THURSDAY, MAY 9, 2024
4:00-6:30 PM
111 OPPORTUNITY WAY, ETOWN

Please let us know if you need a translator or other special accommodations!

TEXT 270-401-1706 TO RSVP BY MONDAY, MAY 6TH
PREGNANT PARTICIPANTS* UP TO 60 DAYS POSTPARTUM
MAY BE ELIGIBLE TO RECEIVE A \$25 WALMART GIFT CARD IF THEY RSVP & STAY FOR THE ENTIRE EVENT!

*SPONSORED BY GMM ASAD, LIVIN' WELL LARUE ASAD, KY MOMS MATR, HANDS, AND HARDIN AND LARUE COUNTY COOPERATIVE EXTENSION SERVICES

Cooking through the Calendar Program

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!

UK Cooperative Extension Service

Join US for a monthly recipe demonstration and sampling on the **second** Friday of each month at noon!

Cooking
through the calendar

Recipe Calendar

NEXT → **5/10**
at noon

2024 1/12 2/9 3/8 4/12 **5/10** 6/14 7/12 8/9 9/13 10/1 11/8 12/1

LaRue County Extension Service - 807 Old Elizabethtown Rd., Hodgenville - (270) 358-3401
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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

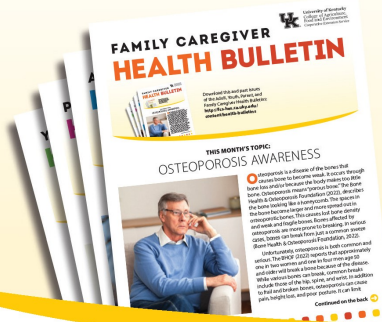
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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

FAMILY CAREGIVER HEALTH BULLETIN



MAY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County Extension Service
807 Old Elizabethtown Road
Hodgenville, KY 42748
270-358-3401

THIS MONTH'S TOPIC

EATING WELL FOR HEALTH



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

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

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Disabilities accommodated with prior notification.

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

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

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

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

Think nutrients

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

Stay hydrated

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

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

Be social

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

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

REFERENCES:

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

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by:
Heather Norman-Burgdolf
and Amy Kostelic
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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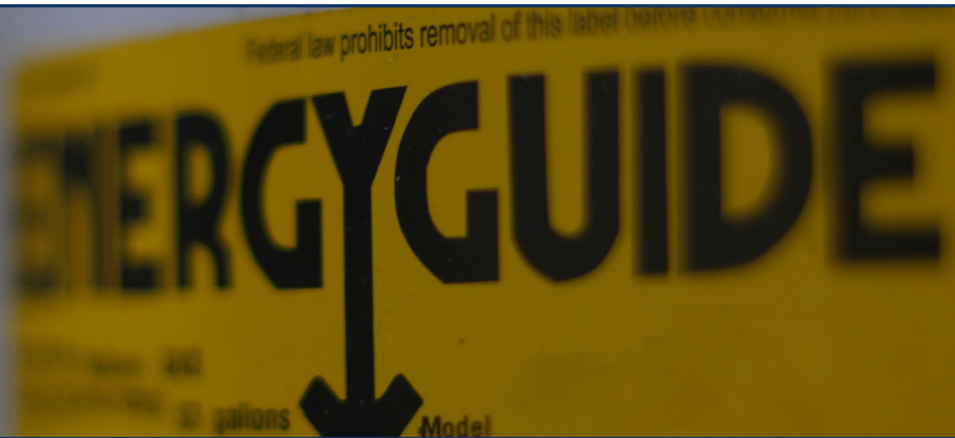
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Disabilities
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with prior notification.

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

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

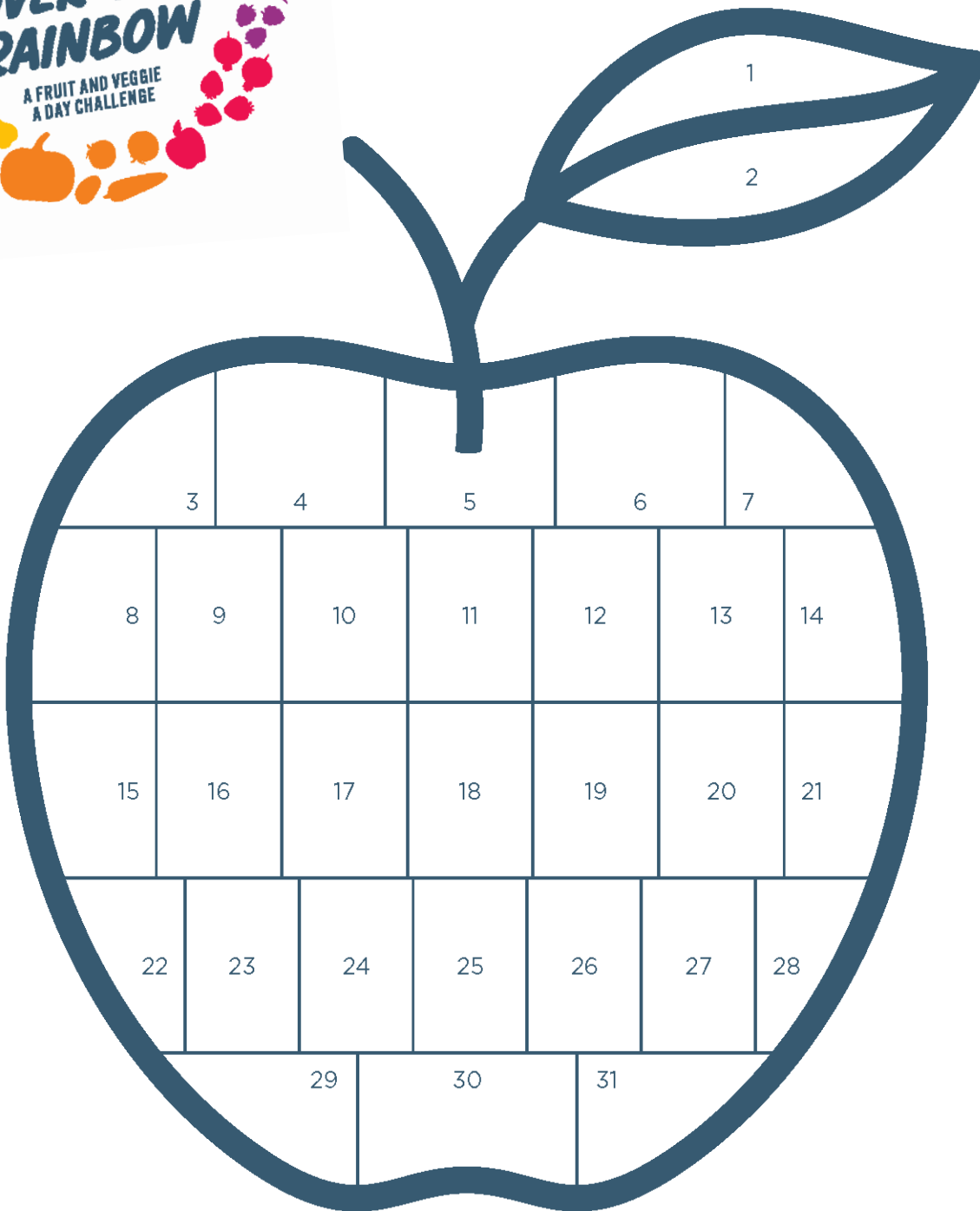


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Fruits

Color in one section of the apple below for each day you eat at least one fruit.



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

RETURN SERVICE REQUESTED



Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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

