



# Marion County FCS Extension Newsletter

## Important Dates:

**July 12th: Food Preservation  
Class 10am - 2pm**

**July 29th - 31st: Super Star  
Chef for Ages 9-18 9am - 1pm**

**August 9th, 16th, 23rd & 30th:  
Babysitting Class @ Marion  
County Public Library at 6pm  
for Ages 9-16**

**August 15th: Basket Making  
Class 9am - 4pm**

**August 20th: Homemaker  
Kickoff at Hardin County  
Extension Office 10am**

**August 22nd: Homemaker  
Monthly Meeting 3pm**



Hello,

I hope everyone is having a great summer and trying to stay cool! It is hard to believe we are already halfway through the year. In just a few short weeks, the kiddos will be returning to school.

Hopefully, before the cooler months set in you will have time to soak up the sun and enjoy the summer days! Maybe you are going to enjoy summer by having a cookout for the Fourth of July! If you are having a cookout this summer here are a few safety tips:

- Wash hands with soap and warm water for at least 20 seconds
- Do not cross-contaminate raw and cooked foods
- Safely defrost foods in the refrigerator, microwave, or cold water
- Use a meat thermometer to make sure the meat is cooked to high enough temperature to kill any bacteria

If you are going to use fireworks this holiday here are some safety tips for using fireworks:

- Young children should not handle fireworks
- Never light fireworks indoors
- Only use fireworks away from people, houses, and flammable materials
- Do not try to re-ignite a firework
- Keep a bucket or water nearby
- Soak used fireworks in water for a few hours before throwing away
- Remember sparklers are dangerous

**Rachel Mattingly  
FCS Agent**

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# 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  
416 Fairgrounds Rd, Lebanon KY 40063  
Call to RSVP: 270-692-2421**

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# LESSONS FOR 2024-2025 YEAR

**September 2024 - August 20, 10 a.m., E.T., Hardin County Extension Office**

- **Creating Welcoming Communities**

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth. This lesson is part of the International Program of Work for 2022-2025.

**October 2024 - September 23, 10:00 a.m., E.T., Marion County Extension Office**

- **Lead Your Team: Health Literacy for the Win!**

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

**November 2024 - October 22, 10:00 a.m., E.T., Marion County Extension Office**

- **Planning Thrifty and Healthy Holiday Meals**

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

**December 2024 - November 15, 10:30 a.m., E.T., Marion County Extension Office**

- **No Sew Quilted Star Ornament**

Join us for a quick, easy, and fun crafting project this holiday season, no-sew quilted star ornaments. These festive ornaments capture the style of a classic star quilt pattern without requiring any prior quilting skills. Despite using the name "quilted," nothing is quilted for this ornament, it is a no-sew project.



## **January 2025 - January 22, 10:30 a.m., E.T., Marion County Extension Office**

- **Strong Bones for Life: Prevent Osteoporosis**

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

## **February 2025 - January 30, 10:30 a.m., E.T., Marion County Extension Office**

- **Inspiring Grandchildren to become Grand Cooks**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

## **March 2025 - February 28, 10:30 a.m., E.T., Marion County Extension Office**

- **Pathways to Wellness: Navigating the people, places, and spaces that influence health**

Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we explore how the people, places, and spaces in which we live, learn, work, and play influence health.

## **April 2025 - March 25, 10:30 a.m., E.T., Marion County Extension Office**

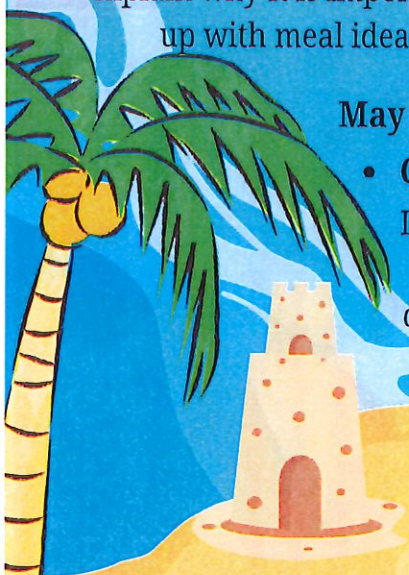
- **How to Get Out of a Mealtime Rut**

When you or a family member find out what is on the menu for dinner, is the typical reponse "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

## **May 2025 - April 22, 10:30 a.m., E.T., Marion County Extension Office**

- **Composition in Photography**

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.



# **LEBANON KY FARMERS MARKET 2024 SEASON**

**OPEN EVERY WEDNESDAY & SATURDAY**

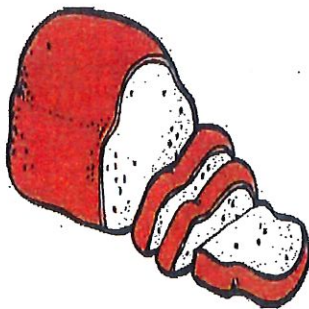
**8:00 AM — 12:30 PM**

**STARTING MAY 1ST THRU OCTOBER 30TH**



**WE'RE NOT JUST A PRODUCE MARKET WE ALSO OFFER  
HONEY, BAKE GOODS, CANDLES, LEATHER GOODS,  
CROCHET & QUILTED ITEMS, SOAPS, LOTIONS, HERBAL  
TEAS AND MORE!!**

**WE GLADLY ACCEPT WIC/SENIOR CARDS, CASH, CHECKS  
AND SOME VENDORS ACCEPT VENMO, CREDIT/DEBIT  
CARDS.**



# Spring Harvest Salad

Servings: Makes 8 servings Serving Size: 1 cup



## Ingredients:

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- \*4 teaspoons lemon juice
- \*2 1/2 tablespoons olive oil
- \*1 tablespoon balsamic vinegar
- \*1 1/2 teaspoons Dijon mustard
- \*2 teaspoons Kentucky honey
- \*1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds

## Directions:

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.

Source: *Plate it up! Kentucky Proud Project.*

- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).
- ID- 128- Home Vegetable Gardening in Kentucky, Cooperative Extension Service, University of Kentucky, College of Agriculture, 2011.
- For more delicious recipes and information on lettuce or other “Kentucky Proud” fruits and vegetables, contact your local Cooperative Extension Service or visit: [www.kentuckyproud.com](http://www.kentuckyproud.com).

130 calories; 9g fat; 1.5g sat fat; 240mg sodium; 12g carbohydrates; 3g fiber; 7g sugar; 3g protein.

# Cucumber, Corn, and Bean Salsa

Servings: Makes 20 servings Serving Size: 1/2 cup

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## Ingredients:

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

## Directions:

1. Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro.
2. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables.
3. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well.
4. Serve immediately or refrigerate until chilled.

Source: *Plate it up! Kentucky Proud Project.*

50 calories; 0g fat; 130mg sodium; 7g carbohydrates; 2g fiber; 70% Daily Value of vitamin C; 6% Daily Value of vitamin A.

# Food Preservation Workshop

Enjoy the taste of fresh-picked produce throughout the year.

Few things taste better than fresh picked produce. Savor the flavor of summer's bounty throughout the year and save money on groceries by preserving fresh fruits and vegetables. Join us for a three-day Food Preservation Workshop led by a team of Family and Consumer Sciences Extension professionals. You will learn a variety of methods, from water-bath and pressure canning to drying and freezing. During this hands-on workshop, learn to can green beans, dry apple slices, and preserve homemade salsa, jams and jellies.

Most importantly, you will gain the confidence and experience needed to safely preserve food in your home kitchens. Food preservation techniques from the workshops are based on new recommendations and use the safest methods. All necessary canning materials are provided.

## Preserve to:

- Save money
- Reduce food waste
- Limit sugar and salt
- Follow family traditions
- Gain a sense of satisfaction
- Get better-tasting food



## Marion County Extension Office

### Friday, July 12, 2024

### 10am – 2pm

## DID YOU KNOW ...

that dried fruits can be stored for months and make for a healthy snack alternative to help maintain energy throughout the day?

that if you want to make a hotter salsa, you can leave some seeds in the peppers before chopping?

that for every dollar spent on seeds, home gardeners can grow about \$25.00 of produce?



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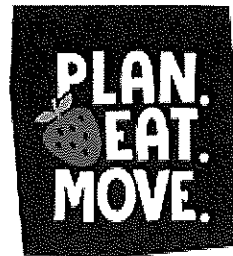
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# Blueberry Cheesecake Bars

Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42 Cost per Serving: \$0.46

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## Ingredients:

- \*1 cup graham cracker crumbs (9-10 graham cracker sheets)
- \*3 tablespoons unsalted butter, melted
- \*3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

## Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. \*Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. \*Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.

9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

## THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.



### AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.

### HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.

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## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

### HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.
- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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# ADULT HEALTH BULLETIN



JULY 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>

## THIS MONTH'S TOPIC

# 5 TIPS TO MANAGE ARTHRITIS



**M**ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

- 1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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## ***Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.***

 **Continued from the previous page**

**2. Be active.** It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

**3. Watch your weight.** Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

**4. Protect your joints.** Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

**5. Take an arthritis management class.** Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

**REFERENCE:**

<https://www.cdc.gov/arthritis/about/key-messages.htm>

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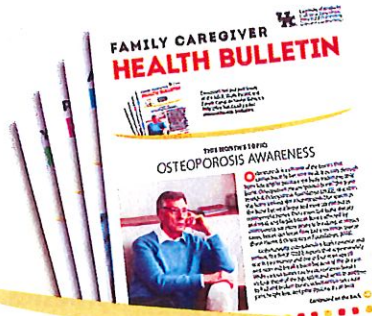
**ADULT  
HEALTH BULLETIN**

**Written by:**  
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**Stock images:**  
Adobe Stock



# FAMILY CAREGIVER

# HEALTH BULLETIN



**JULY 2024**

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## THIS MONTH'S TOPIC

# KEEP AN EYE ON VISION AND EYE HEALTH



**E**ye health is important to think about at every stage of the lifespan. As we age, it is common to assume changes in vision are a normal part of getting older. And while vision does naturally change and even start to decline over time, some conditions need medical attention. For example, blurry vision may be a sign of a more serious condition like macular degeneration. Dry eyes could indicate rheumatoid arthritis. Pay attention to symptoms and remember prevention and early treatment are essential to eye health and aging. According to the American Academy of Ophthalmology, paying attention to eye health is not only saving vision, but it is helping boost overall health.

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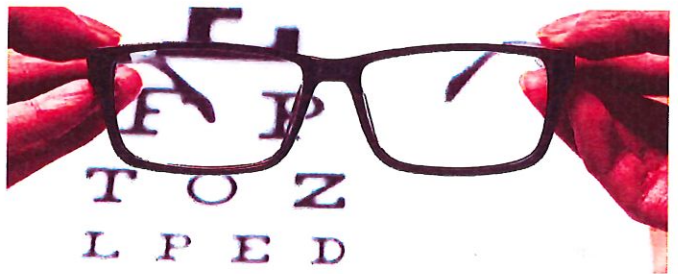
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## Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.

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### Do's

- **Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.** Schedule an exam if you experience changes in your vision, infections, or symptoms of eye diseases. Let your ophthalmologist know if you have a family history of eye conditions. The American Academy of Ophthalmology recommends a baseline eye exam by age 40 for most people and exams every year for people at age 60 or older. Regular eye exams can detect a surprising number of non-eye diseases such as arthritis, diabetes, and even Alzheimer's disease. Medical advances in eye care are helping ophthalmologists save vision and boost overall health.
- **Maintain a diet rich in plant-based foods and low in saturated fats,** like a Mediterranean diet. Think green leafy vegetables, colorful fruits and vegetables, and nuts. These foods are full of antioxidants, vitamins, and minerals important for eye health.
- **Use supplements.** We try but cannot always get everything from our diets. Omega-3 and Omega-6 fatty acids are ideal for eye health on both the inside and outside parts of the eye.
- **Exercise for your eyes.** Pick something you enjoy so you stick with it. Choose an activity that gets your heart rate up.
- **Wear oversized sunglasses and a hat.** Sunglasses must have a label acknowledging protection against UVA and UVB rays. Also, wear a hat because the sun can affect both inside the eye and the skin around the eye. It is important to protect all of that and provide better coverage.
- **Wear proper prescription lenses** to reduce eye strain and discomfort and increase safety.
- **Wear protective eyewear** during sporting activities, hazardous work, and cooking and cleaning. For example, certain methods of cooking might spatter oil. Some cleaning products include hazardous chemicals and often have information about eye safety. Never



mix chemicals. Even activities like gardening may cause a poke in an unprotected eye.

- **Be mindful of makeup and other cosmetics.** For example, sharing makeup or using eye makeup older than three months can spread bacteria. Thoroughly remove makeup before going to bed. Consider avoiding makeup that is hard to remove. Waterproof mascara can cause issues with the surface of eye, inflammation of eye lids, and problems with your cornea.
- **Be careful around kids.** Kids playing with things like balls and bats or sticks, or Nerf, water, paint, or dart guns might accidentally hit or shoot an eye — their own or someone else's.
- **Avoid smoking and vaping.** Smoking and vaping can lead to diseases that cause problems with eye health.
- **Monitor screen time to reset and relax your eyes.** Practice the 20-20-20 rule. This means that for every 20 minutes you stare at a screen, look away at something that is 20 feet away for a total of 20 seconds.

### REFERENCES:

- American Academy of Ophthalmology. (2020). Perfect Vision? 20 Tips to Keep It That Way. Retrieved March 18, 2024 from <https://www.aaopt.org/eye-health/tips-prevention/tips-to-keep-perfect-vision-2020>
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FAMILY CAREGIVER  
**HEALTH BULLETIN**

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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Sand, surf, and great eats

**E**ach summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

**CONTINUED ON PAGE 2**

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**PARENT CORNER**

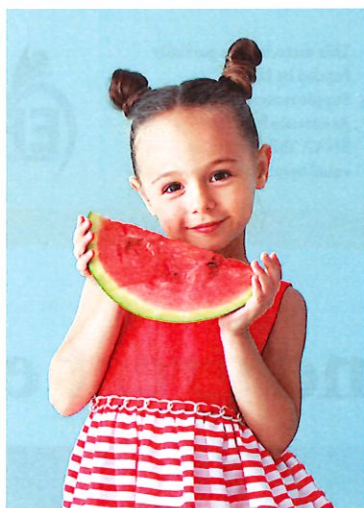
## Summer is time for kids to try new foods

**S**ummer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

**Try these four summer produce superstars.**

### Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



### Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

**CONTINUED FROM PAGE 1**

### Protect your food

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reusable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### Stay hydrated

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

Source: Adapted from <https://www.eatright.org/food/home-food-safety/safe-food-storage/sand-surf-and-great-eats>

**FOOD FACTS**

**A very berry summer**

**A**re berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**COOKING WITH KIDS**

**Berry Crunch Roll-Ups**

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings  
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.



**RECIPE**

**Blackberry & Cucumber Salad**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

- and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
4. Toss with dressing.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings  
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

**BASIC BUDGET BITES**

# Create a grocery budget

One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you figure out the food cost for your family.



To use our Food Savings tool, scan the QR code or visit <https://www.planeatmove.com/budget-calculator>

**SMART TIPS**

# Farmers' markets

What's in the way for you to eat healthy? Perhaps you think fruits and vegetables cost too much or you just don't like the way they taste. Your local farmers' markets can help. In many cases, food at the farmers' market can be a good buy.



It is local, meaning it was grown nearby. When food from the farmers' market is tasty and fresh, it makes it easy to eat the right amounts.

To find your local markets, scan the QR code or visit <https://www.planeatmove.com/farmers-markets-food-banks>

Source: Adapted from <https://www.eatright.org/food/planning/smart-shopping/for-tops-in-nutrition-shop-farmers-market>

**LOCAL EVENTS**

# NAME County

Local events

**If you are interested in nutrition classes, contact your Extension office.**

NAME County Cooperative Extension Office  
222 Street Rd, City, KY ZIP  
(000) 000-0000  
AGENT NAME  
Extension Agent for Family and Consumer Sciences

**VISIT US ONLINE AT  
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)**

# 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.<sup>1</sup>

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

**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



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<sup>1</sup> 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.

<sup>2</sup> Kentucky Child Fatality and Near Fatality External Review Panel 2020 Annual Report