

# Marion Co. Extension FCS June Newsletter

## Important Dates:

### June 6th:

Ready, Set, Go Event @  
Extension Office from 4-7pm

### June 13th:

Homemakers - Windchimes  
workshop at 3pm

### June 18th:

Laugh & Learn at Marion Co.  
Public Library at 10:30am

### June 19th:

Marion County Office will be  
closed in observance for  
Juneteenth

### June 24th - 28th:

Marion County Fair

### June 24th:

Fair Exhibits will be accepted  
and judging to begin at 1pm

### June 25th:

Homemakers meet at 1pm and  
lesson on Hunger in Kentucky

### July 1st:

All KEHA forms are due

June is known for several recognitions throughout the month. June has Flag Day on June 14th, Juneteenth Day on June 19th, and Father's Day on June 16th. During the month of June people also recognize June as the start of summer, dairy month, great outdoors month, national iced tea month, and national safety month. I feel some of these things go hand and hand.

June is a great time to get outdoors and to explore. Make sure when you decide to spend any extended time outdoors that you protect yourself yourself from these things is to apply sunscreen. Sunscreen protects your body from two different types of radiation: UVA and UVB. UVA or Ultraviolet A is the type of ray that causes the skin to age and causes skin damage. UVB or Ultraviolet B rays, cause sunburns. Both types of ultraviolet rays can cause skin cancer. Make sure to use a sunscreen that is "Broad Spectrum". This means it covers you from both types of ultraviolet rays. Apply sunscreen every 2 hours and SPF of 30 or greater.

Besides using sunscreen, you also need to think about protecting yourself by wearing sunglasses, UV protective clothing, and a hat. Sunglasses will protect your eyes from UV rays. If you don't have any UV protective clothing, you can wear long sleeves and long pants. A hat should be wide brim to shade your face and ears, along with the back of your neck. Let's not forget to recognize our fathers for their contributions to our lives! Last, but not least, as you eat that bowl of ice cream or that ice cream cone this summer be thankful to the dairy farmers who dedicated their lives to farming.

**Rachel Mattingly**  
FCS Agent

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accommodated  
with prior notification.





# KEHA News and Notes

**Welcome New KEHA Officers** - Welcome to the five newly elected KEHA state officers and chairs whose terms begin July 1, 2024.

- President-Elect: Henrietta Sheffel, Breathitt County
- 2nd Vice President: Martha Colley, Christian County
- Cultural Arts & Heritage Chair: Cindy Moore, Henry County
- Family & Individual Development Chair: Amelia Godfrey, Johnson County
- International Chair: Tammy Alford, Butler County

**State Meeting Recap** - Thank you to everyone for a successful state meeting! It takes every area across the state fulfilling their assignments to make this meeting happen. Here are a few highlights from our week:

- Total attendance was 450. There were 61 first-time attendees.
- There were no bylaws changes in the state business meeting this year. The voting delegate packet is available on the state meeting webpage.
- Cultural arts judging results are available on the state meeting webpage.
- More than \$7,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction. Additional details are included in a feature story on the KEHA website.

**National Volunteer Outreach Network (NVON) Conference** - The 25th annual NVON Conference will be July 16-18, 2024, in Asheville, NC. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. Hotel and registration deadline is June 15.

## Dates to Remember

- **June 15** - Postmark deadline for NVON Conference registration.
- **June 30** - KEHA year ends.
- **July 1** - Due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.
- **July 16-18** - NVON Conference in Asheville, NC.

**Save the Date for 2025 State Meeting** - Next year's KEHA State Meeting will take place May 6-8, 2025, at the Hyatt Regency in Lexington, Ky. Watch for details coming soon!



# Marion County Homemakers Windchimes Workshop

## Thursday, June 13th at 3:00pm

Join us for a workshop where we will be  
making windchimes.

RSVP: 270-692-2421

Marion County Extension Office  
416 Fairgrounds Rd, Lebanon KY 40033

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Ages  
2 - 5

**Laugh & Learn**

**Marion County Public Library**

**Tuesday, June 18th at 10:30am**

**Snack Craft Music**

**and More!**

**Contact Rachel Mattingly at 270-692-2421 or  
rachel.mattingly@uky.edu with any questions**

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# **LEBANON KY FARMERS MARKET 2024 SEASON**

**OPEN EVERY WEDNESDAY & SATURDAY**

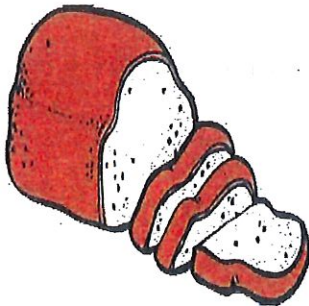
**8:00 AM — 12:30 PM**

**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.





# 2-DAYS OF CHARCUTERIE

Charcuterie boards are a way to creatively arrange, add flair to the food you share with others. Take a step out of your comfort zone and join us for a free two day interactive charcuterie board workshop! Want to gain knowledge, skills and tools to create a board that is dressed to impress? Register today!

Location: Marion County Cooperative Extension Office  
416 Fairgrounds Road  
Lebanon, KY 40033



Registration and a commitment to attend both days is required.  
To register call the office (270) 692-2421

**\*Limited Spots Available\***

**JUNE 11, 2024**

**6:00 PM - 7:00 PM**

- Charcuterie Food Safety
- Nutritional Considerations
- Choosing the right foods
- Sample charcuterie pairings

**JUNE 12, 2024**

**6:00 PM - 7:30 PM**

- Apple Bird Garnish How To
- Creative Arrangements
- Creating Tips & Tricks
- Create your Own

Program provided by Morgan Trigg, NEP Assistant Contact info: [morgan.trigg@uky.edu](mailto:morgan.trigg@uky.edu) (270) 692-2421

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# MARION COUNTY FAIR ENTRY REMINDER

## OPEN EXHIBITS & 4-H EXHIBITS

### JUNE 24TH 9AM - 12:30PM

**ALL ENTRIES MUST BE LABELED BEFORE YOU  
LEAVE! PLEASE CALL THE OFFICE FOR  
CATAGORY DESCRIPTIONS AND ENTRY  
REQUIREMENTS.**



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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**

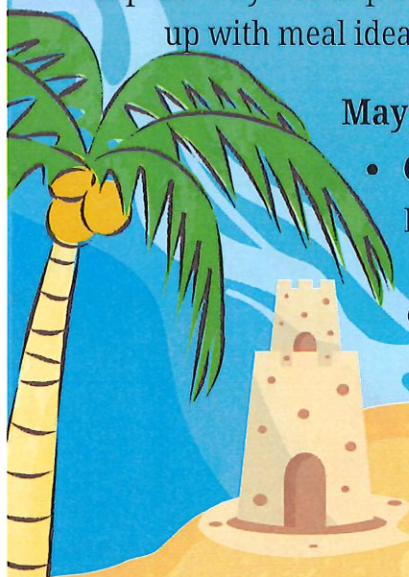
- **How to Get Out of a Mealtime Rut**

When you or a family member find out what is on the menu for dinner, is the typical response "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.





# ADULT HEALTH BULLETIN



**JUNE 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>

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 City, KY  
 Zip  
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## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**A**s the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page →



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Disabilities accommodated with prior notification.



***When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.***

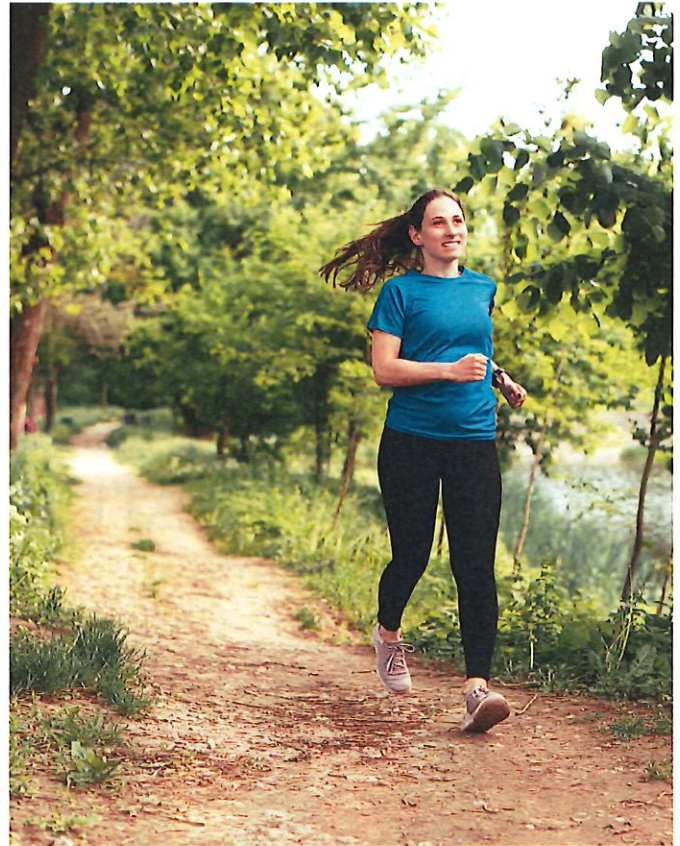
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

**REFERENCE:**

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

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**ADULT  
HEALTH BULLETIN**

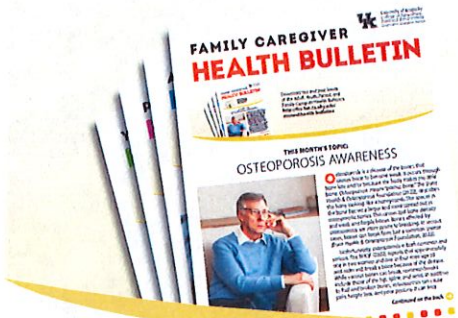
**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# FAMILY CAREGIVER

# HEALTH BULLETIN



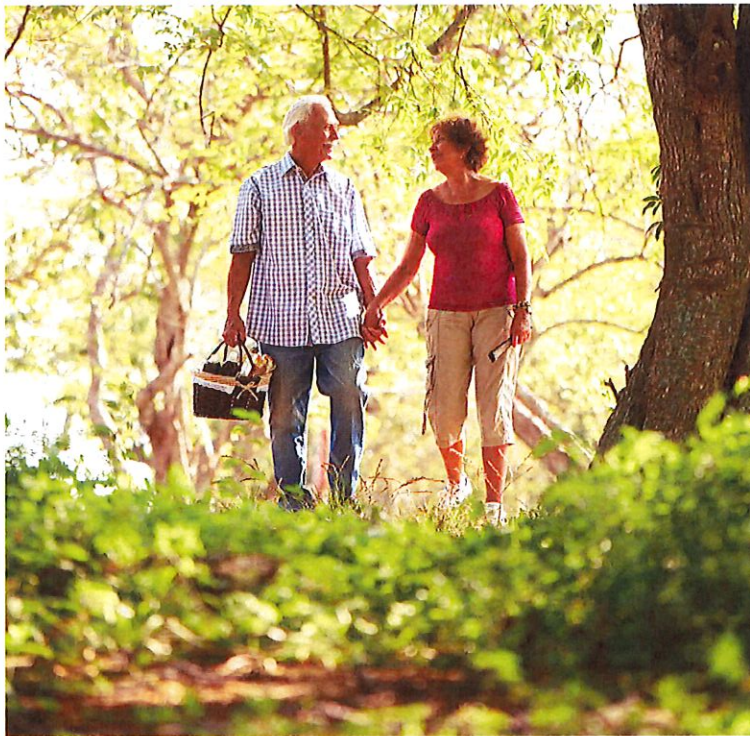
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## THIS MONTH'S TOPIC

# STEP INTO NATURE FOR SELF-CARE



**M**ost caregivers are aware that self-care is important. Yet, many caregivers struggle to find or make time for it. Did you know that exposure to the outdoors can reduce feelings of stress and anxiety in as few as five minutes? We often take nature for granted, but stepping into nature has the power to heal. If you do not have time to walk in the woods, garden, or take a weekend camping trip, just spending time outside can be restorative and invigorating — even if it is in the backyard or standing under a tree in a parking lot at work. Purposeful time spent in nature helps direct your mind to the present and helps you feel alive. Stepping into nature on a regular basis may help prevent the negative effects of stress. When you properly manage stress, you are better able to lower the risks of chronic disease, illness, and mortality.

Continued on the next page →

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Disabilities accommodated with prior notification.



# One of the best things about a prescription for nature is that it is free! This makes putting down your electronics to soak in the June sun easy, affordable, and accessible.

## → Continued from the previous page

According to the Mayo Clinic (2024), some of the mental health benefits of nature include:

- Improves mood
- Lowers anxiety
- Alleviates stress
- Improves cognition and memory
- Builds resiliency
- Promotes self-care
- Helps manage emotions
- Improves sleep quality
- Enhances creativity
- Reduces irritability
- Clears the mind

You can also incorporate the benefits of nature and sensory activity into your caregiving role. According to Dr. Elizabeth Rhodes from the University of Kentucky Sanders-Brown Center on

Aging, stimulating the sensory system can help engage the brain and support brain health. In the spring, walking or sitting in the sun can help your loved one feel more alert during the day and sleep better at night. Improve their mood

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*"In every walk with nature one receives far more than he seeks." —John Muir*

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by taking a drive with the windows down or by sitting outside. Embrace the spring and feed ducks at a local pond, get dirty in the garden, or skip rocks at a nearby pond.

If your loved one is unable to step into nature, make it a goal to bring the outside inside through open windows and a fresh cross-breeze, plants, animals, and seasonal natural materials, like arranging local wildflowers or cooking with vegetables from the garden. Soak their feet in a



tub with cool water and blow bubbles outside. Build a birdhouse together or ask your loved one to watch if they are unable to be hands-on. An enriching environment and hands-on exposure can help heal, stimulate, and create joy.

One of the best things about a prescription for nature is that it is free! This makes putting down your electronics to soak in the June sun easy, affordable, and accessible. June in Kentucky means getting outside. The spring weather brings fresh rain, warmer temperatures, flowers, and an abundance of plant and animal life. In June, listen to the birds, feel the cool Bluegrass on your bare feet, sense the breeze on your face, and look for fireflies.

#### REFERENCES:

- Mayo Clinic. (2024). The mental health benefits of nature: Spending time outdoors to refresh your mind. Retrieved April 26, 2024 from <https://mcpres.mayoclinic.org/mental-health/the-mental-health-benefits-of-nature-spending-time-outdoors-to-refresh-your-mind/>
- Rhodus, E. (2024). Supporting Brain Connections Through Everyday Engagement. UK Osher Lifelong Learning Donovan Forum. February 15, 2024.

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

**Written by:** Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# PARENT

# HEALTH BULLETIN



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## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**S**chool is ending, and many family's schedules are finally slowing down from the seemingly never-ending barrage of concerts, ball games, plays, and awards ceremonies that occur at the close of the school year. As you and your kids begin to find gaps in your schedule and down time during longer summer days, lean into the opportunity to spend time outside together.

The warm weather and extra hours of sunshine during the summer provide time and motivation to enjoy the great outdoors. Being outside is important for kids, for their health and well-being, as well as providing opportunities to be creative, explore, and engage their senses. Kids need to be physically active to grow and develop strong muscles and bones.

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## *Kids need to be physically active to grow and develop strong muscles and bones. Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!*

### → Continued from the previous page

Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!

Kids have lots of energy, and playing outside is the perfect outlet for using up energy in healthy ways. Also, when kids spend time outside being active, they are then better able to pay attention, stay focused on tasks, and follow directions. Active play outdoors can also help with impulse control and curb disruptive behaviors. Consider how you can build regular time outdoors into your daily and weekly routines as a family, and specifically for your kids.

As you think about outdoor opportunities in your area, whether urban or rural, consider reaching out to your local parks and recreation department. Many communities have walking trails, group hikes, parks, pools, and nature reserves within close proximity. You may be surprised by the offerings available!

Here are some additional ideas of ways to spend time as a family outside this summer:

- **Organize a nature scavenger hunt:** Look for certain kinds of plants, trees, animals, and birds. See how many items children can find on a list, or that match a certain description. There are many templates available online to give you ideas.
- **Start a nature collection:** Is your child particularly interested in a certain item in nature? Encourage them to look for different or unique kinds of rocks, acorns, leaves, or pinecones to collect and display.
- **Have a ball:** Kicking a soccer ball, throwing a frisbee, jumping rope, or playing any sports you all enjoy can keep the outdoors fun as children get older. Invite neighbors or friends to join in and organize a full-fledged game of kickball or volleyball.
- **Pack a picnic or plan a barbecue outside.** Share a meal, take a walk, or play a game together



while you enjoy the outdoors. It does not have to be fancy to be enjoyable. A simple salad or sandwiches, or even leftovers can be more enjoyable when you eat them in a new atmosphere.

While being outside has many benefits, it is important to protect yourself and your kids from too much sun exposure. Remember things like protective clothing and sunscreen, sunglasses, a hat, and insect repellent. It may be helpful to keep a basket with these items by your door, to make it easy to grab before heading outside to play, hike, bike, or swim this summer!

#### REFERENCE:

<https://www.healthychildren.org/English/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>

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ADULT  
**HEALTH BULLETIN**

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





# YOUTH HEALTH BULLETIN



**JUNE 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>

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## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION

**S**chool is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.

Maybe you like to **S**plash at the pool, **U**nwind on a hammock, **M**ake forts in your backyard, or **M**ow the lawn for your family. Perhaps you **E**njoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!

Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow

and helps your whole body feel its best. We were made to move, and being active is easy outside! When you run, jump, climb, swing, and play, you are helping your muscles and bones get stronger and more stable. Is there a skill that you can't quite do just yet? Maybe a handstand or shooting a 3-point shot in basketball? The more you use your muscles and practice those skills, the better you'll get.

Your brain also benefits when you spend time outside in nature. Whether you are climbing a

**Continued on the next page** ➔



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Disabilities accommodated with prior notification.



# Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier.

## → Continued from the previous page

tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

### REFERENCE:

<https://www.healthychildren.org/english/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>



There are SO many things to do outside when it is warm and sunny! Try to think of one activity to do outside that starts with each letter below:

S: \_\_\_\_\_

U: \_\_\_\_\_

M: \_\_\_\_\_

M: \_\_\_\_\_

E: \_\_\_\_\_

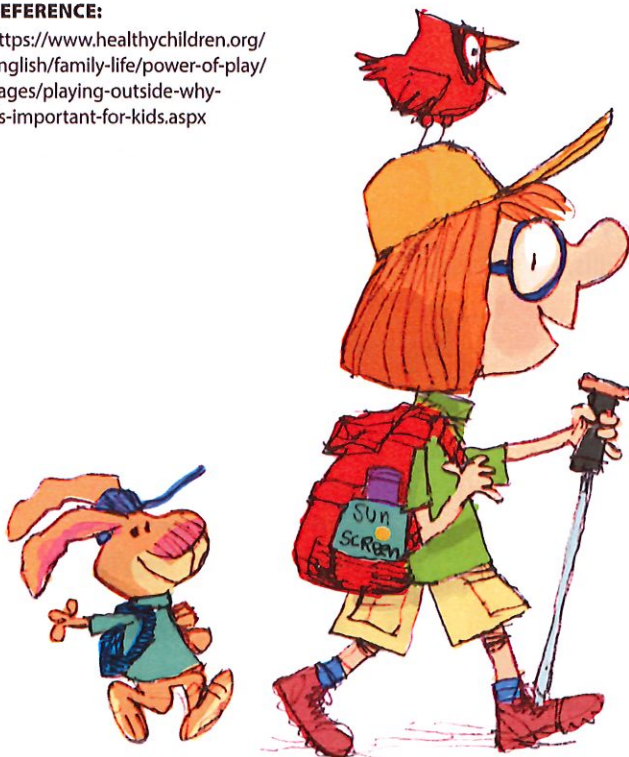
R: \_\_\_\_\_

T: \_\_\_\_\_

I: \_\_\_\_\_

M: \_\_\_\_\_

E: \_\_\_\_\_



ADULT  
**HEALTH BULLETIN**


Written by:  
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Chris Ware (© University  
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# Agricultural Communications Services

*Martin-Gatton College of Agriculture, Food and Environment*

Menu 

## Exclusives

# Daily, healthy lifestyle tips to prevent high blood pressure

Published on May. 9, 2024

*Source: Katherine Jury, Extension specialist for family health*

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in **salt** and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.



Your local Marion County Extension office has many resources to help you make healthy choices one small step at a time!

###

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*The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.*

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FCS



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

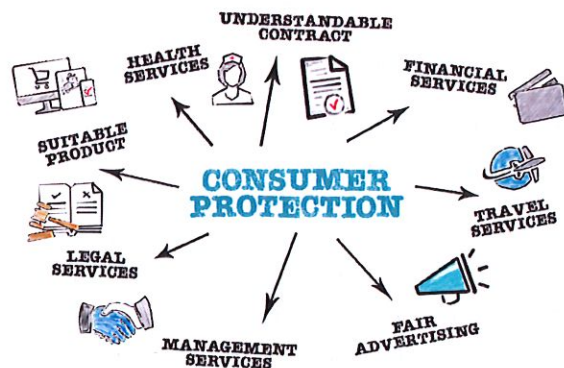
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## FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

### FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

### CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational





## **THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.**



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

### **FOOD AND DRUG ADMINISTRATION (FDA)**

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

### **REFERENCES:**

Federal Trade Commission.  
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.  
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.  
<https://www.fda.gov/>

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# 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



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

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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