

FAMILY & CONSUMER SCIENCES

HOMEMAKER HAPPENINGS

May 2024



Meade County
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National Arthritis Awareness Month: Lower Your Risk of Getting Arthritis

Arthritis is the leading cause of disability in America. According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 5 adults have arthritis and the risk for all types increases as we age. There are some risk factors that we cannot control. For example, women are most susceptible to the different types of arthritis including, osteoarthritis, rheumatoid arthritis, and fibromyalgia. Some people are born with certain genes that make them more likely to develop arthritis or make arthritis worse. Scientists continue to conduct research to find answers. But there are risk factors you can control to help lower your risk of developing arthritis:

- Maintain a healthy weight.
- Visit a health-care professional when joints hurt, swell, feel warm, or look red to be sure you do not have an infection.
- Protect your joints from injury. Warm up. Stretch. Listen to your body. Consult with a medical professional when starting a new exercise or if you have an injury.
- Create a safe space in the work environment that includes eliminating fall hazards as well as space, equipment, and tools that meet your physical ability and limits.
- Quit smoking.

To help manage arthritis symptoms, the CDC recommends self-management education. This will help you feel more in control of your health and help you manage your pain and other symptoms. Self-management includes finding ways to carry out your work and valued activities, stress management, mental health checkups, and communicating with your health-care providers. The CDC also recommends ways that an active lifestyle and proper exercise can help relieve pain and manage symptoms. In addition, physical activity can improve sleep, enhance mental health, support bone health, and control weight. Talk with your health-care provider about a program that is safe for you. You should also talk to your doctor if you experience joint pain, joint swelling, tenderness, or stiffness. Receiving an accurate diagnosis as early as possible allows doctors to start treatment and minimize symptoms. Working with your health-care provider, you can play an active role to reduce pain, minimize joint damage and improve life quality.

Lastly, it is common for people suffering from arthritis to experience anxiety or depression. This is especially true, according to the CDC, among women, people who are younger, those who identify as LGBTQ+, those who live with chronic pain, people who live with disabilities, and those who are unemployed or unable to work because of their arthritis. The Arthritis Foundation stresses that because of the connection between arthritis and mental health, building a support system is an important part of the treatment plan. It is also important to talk to your health-care provider about your mental health when managing your arthritis.

References: Arthritis Foundation. (2024). Health & Wellness. Retrieved January 22, 2024 from <https://www.arthritis.org/health-wellness/detail/content-healthy-living>
CDC. (2023). Five ways to reduce arthritis. Retrieved January 22 from <https://www.cdc.gov/arthritis/basics/management.htm>
CDC. (2023). Risk Factors. Retrieved January 22 from <https://www.cdc.gov/arthritis/basics/risk-factors.htm>
CDC. (2021). The Arthritis-Mental Health Connection. Retrieved January 22 from <https://www.cdc.gov/arthritis/communications/features/arthritis-mental-health.htm>
Source: Amy P. Kostelic, associate Extension professor for adult development and aging

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May Homemaker Lesson: Understanding & Preventing Suicide

The May Homemaker Lesson Training will be held April 30 in LaRue County Extension Office beginning at 9:30 CST/10:30 EST for all LTA counties. Dr. Cheryl Witt will be presenting this session in-person. We would love to have a great crowd in-person so we encourage members to join!

Also, if you are unable to attend, a Zoom session has been set up for your convenience. <https://uky.zoom.us/j/7288823679>

MAY 2024

Thought for the Day: “Every life matters. Be like Mother Nature and love everyone without judging.” – Debasish Mridha

Roll Call: In May, we celebrate mothers. Share a favorite memory with your mother

Find Fitness Motivation by Joining a Group

If you have decided to start, maintain, or increase the amount of physical activity in your daily life, you are likely aware of the many health benefits of being active. Exercise is good for your heart, lungs, muscles, and bones. It leads to improved mood, better sleep, more stamina, and increased brain function, among other benefits!

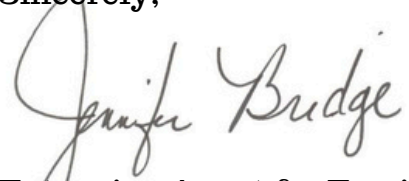
However, many people struggle with maintaining exercising on a regular basis and staying consistent. One way to maintain the motivation to exercise is by joining a group. Whether you enjoy walking, running, dancing, lifting weights, tai chi, or other forms of activity, finding other people to be active with can provide accountability and increase your odds of being active on a regular basis.

If you are looking for a group to join, think about fitness opportunities in your community. Contact your local recreation center or parks department to see what they coordinate. Many gyms offer group fitness classes that you could join, as well. Alternatively, if you know of family members, friends, or neighbors who enjoy the same activities you do, you could organize a group of your own! Decide on a mutually convenient time and place to meet. Trade off sending reminders and encouragement to each other.

Reference: <https://www.cdc.gov/physicalactivity/community-strategies/social-supports.html>

Source: Katherine Jury, Extension Specialist for Family Health

Sincerely,



Extension Agent for Family and
Consumer Sciences Education -
Meade County

LESSON 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 25, 1:30 p.m., E.T., Meade 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 21, 1:30 p.m. E.T., Meade 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 19, 10:30 a.m. E.T., Meade 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 - Mail out or Teach TBA

- **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.

LESSON FOR 2024-2025 YEAR

February 2025 - January 22, 1:30 p.m., E.T., Meade 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 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 26, 10:00 a.m., E.T., Meade 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 27, 1:30 p.m., E.T., Meade 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 21, 10:30 a.m., E.T., Meade 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.

HOME PRESERVATION SERIES

The Home Food Preservation Series will provide you with the scientific background, preparation tips, and safe processing methods to preserve food at home. Participants in this series will be actively participating in the canning process.

Registration is required; space limited to 15 persons per session. These sessions are being held at the Meade County Extension Office. Call 270-422-4958 to register. Specify time of attendance when registering.

Jams & Jellies - May 20, 6pm or May 29, 2pm

In this session, we will explain the scientific reasoning behind today's recommended methods for making and processing jam and jelly while dispelling food preservation myths and unsafe practices of the past.

Pickles & Fermented Foods, May 30, 2pm and 6pm

Quick process pickles are made by adding acid in the form of vinegar, whereas acid in fermented pickles is produced by bacteria over a span of a few weeks. During this session, we will explore both with hands-on opportunities to make quick pickles. Are you a dill or sweet pickle person?

Using a Pressure Canner, June 25, 6pm or June 26, 10:30am

Join us to learn more about pressure canning at home. Pressure canning is the only safe way to can low-acid foods, such as vegetables and meats. In this workshop, you will learn the science behind pressure canning recommendation, as well as the basics of using a pressure canner based on current USDA canning guideline. We will also explore common mistakes and safety measures involved in home food preservation.

POWER OF PRODUCE AT THE MEADE COUNTY FARMERS' MARKET

Tuesday's - June 11 through July 16, 11am-12pm, ages 13-17

Join Teri King, Senior Nutrition Education Program Assistant and Jennifer Bridge, Extension Agent for Family and Consumer Sciences Education as we explore the foods we eat! This series of programs will feature opportunities to learn about produce, taste some great recipes, and earn up to \$6 market cash to spend on items at the Meade County Farmers' Market. While adults can't earn the tokens, you can taste the recipes we will be showcasing.



SENIOR FARMERS MARKET VOUCHER DISTRIBUTION

MAY 7, 2024 11:00-2:00PM

Meade County Farmers' Market

**1041 Old Ekron Road, Brandenburg Ky 40108
270-422-4958**

Limited quantities available. Issued on a first come first served basis. You must reapply annually to receive the funds.

Do not arrive before **11:00 a.m.** **Market will not open until staff are set up.**

ELIGIBILITY

- Must be **Meade County** Resident
- Age:
 - 60 + at day of issuance
 - Must provide proof of age (ID, Birth Certificate, etc.)
 - INCOME GUIDELINES
 - Senior participants will self-declare their income which is less than or equal to 185% of the poverty level.
 - Household of 1- Annual Income \$27,861
 - Household of 2- Annual Income \$37,814



ELIGIBLE FOODS LIST

The Kentucky-grown fresh fruits, vegetables, honey and fresh cut cooking herbs are eligible for purchase with SFMNP coupons. Fruits and vegetables must be fresh and in their raw form.

CELEBRATING 75 YEARS

Meade County Extension Homemakers

MEADE COUNTY EXTENSION HOMEMAKERS 75th Annual Awards & Recognition Dinner

June 13, 2024

(Time change)

Registration begins at 5:30p.m.

Dinner begins at 6:00p.m.

Clubs need to R.S.V.P. their reservations
on or before **June 3, 2024**

Club Duties List

Supplies: Midway - Responsible for setting out dinner plates, napkins, spoons, forks, knives, cups, serving spoons and dessert plates.

Hostess and Registration/Name Tags:

Busy Bees - Be at the Extension Office no later than **5:00 p.m.** to greet guests, hand out programs and help answer questions. Need to have sign in sheets (one for each club, one for mailbox and one for guests). Register everyone as they arrive and hand out name tags. Need to do a percentage tally of attendance for traveling gavel. Responsible for 100 name tags, (*check with Donna on this*).

Dessert Table: Garrett - Greet members who bring desserts. Assist with cutting desserts. Set out dessert plates, napkins and forks on dessert tables.

Raffle/Door Prize: Town & Country -

Responsible for collecting money and selling tickets for the raffle, maintaining the raffle and at the end of meeting, responsible for drawing and handing out door prizes.

Food Table: Doe Valley - Responsible for greeting members who bring food and arranging food on tables. Serving spoons placed in food. Plates, napkins, etc. should be placed at head of table.

Decorations: Tablecloths and Set-Up:

Night Owls - Responsible for ensuring all tables including food, dessert, drink and front tables are set up. Cover with linen table cloths and set place mats.

Ice and Serving of Beverages:

Bluegrass - Responsible for coffee creamer, sugar, sweetener, making of coffee and tea, along with serving of drinks and clean-up after meeting.

Each club is responsible for theme basket (**of their choice**) for the Annual Meeting raffle valued at a minimum of \$35. **OPEN END THEME BASKETS** for the auction need to be turned into the Extension Office on **June 11th by 3:30 p.m.** Provide Donna club name, theme name of the basket, list of items in basket and the value of items. Proceeds from auction will be determined.

Each member should bring a covered dish filled with enough food for 8-10 people. The Council will provide door prizes, meat and bread. **ALL MEMBERS RESPONSIBLE FOR CLEAN UP!**





Martin-Gatton
College of Agriculture,
Food and Environment

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1041 Old Ekron Road
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