



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



A Note from the Agent

Hello all-

In this newsletter, you will find a variety of new classes being offered. Please remember to call or email when signing up for classes.

It is the start of a new Homemaker Year, and that means you can now submit your dues for the 2023-2024 year. The Jessamine County Extension Homemaker dues are \$10. If you are a mailbox member, you can either mail your dues or drop them off at the office.

I hope to see you soon at upcoming programs and events!



Karli Giles
Karli Giles

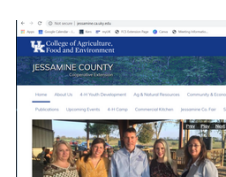
County Extension Agent
Family & Consumer Sciences

Calendar of Events

Aug 17	2 p.m.	Dining with Diabetes
Aug 21	10 a.m.	Laugh and Learn
Aug 21	5 p.m.	Homemaker Council
Aug 23		KEHA Officer/ Chairman Training
Aug 24	2 p.m.	Dining with Diabetes
Aug 30	12 p.m.	Lunch N Learn
Aug 31	2 p.m.	Dining with Diabetes
Sep 1	12 p.m.	Small Appliance Luncheon
Sep 4		Labor Day, Office is Closed
Sep 5 & 6	6 p.m.	Zipper Bag
Sep 7	2 p.m.	Dining with Diabetes



Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>



University of Kentucky Family and Consumer Sciences
Extension Podcast: <https://ukfcsext.podbean.com/>

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

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Disabilities
accommodated
with prior notification.

Time to Pay Dues!

Our new Homemaker Year has officially begun! If you belong to a club, dues will be taken up at your club meeting. If you are a mailbox member, please mail or drop your dues off at the office.

Homemaker Dues are \$10

Homemaker Council Meeting

August 21st

5:00 p.m.

John Nickell Room

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

FORT HARROD AREA



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Extension Homemakers Officer & Chairman Training

August 23rd

9:30 a.m.- 4 p.m.

Chairperson
Training

Round Table
Discussions
with Area
Officers

Boyle Co.
Extension Office
99 Corporate Dr, Danville, KY 40422

Sessions on
membership,
recruitment,
service
projects... and
more!

Training is FREE

(Lunch will be provided.)

Register by August 15th by calling 859-236-4484

Come join the Fort Harrod FCS Extension Agents and the Fort Harrod Extension Homemaker Officers for an area-wide officer and chairman training. Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

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LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



August 21st, 10 a.m.- 11 a.m.

Theme: Camping

Jessamine County Extension Office

95 Park Drive, Nicholasville, KY 40356

To register for the August Laugh and Learn play date, call 859-885-4811 or email karli.giles@uky.edu

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LUNCH N' LEARN

August Recipe- Skillet Pork Chops with Peaches



August 30th
12 p.m.- 1 p.m.

Registration is required.
Register by calling 859-885-4811 or emailing karli.giles@uky.edu



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Small Appliance Luncheon

Join Karli on the first Friday of the month to learn about a small appliance. Participants will watch a cooking demonstration, sample recipes, and receive a recipe book using the featured appliances!

September 1st Griddle w/ Smokless Mode
12 p.m. for indoor grilling

October 6th Electric Pressure Cooker
12 p.m.

November 3rd Air Fryer
12 p.m.

December 1st Pizza Oven
12 p.m.

The luncheons are **FREE!**
Pre-registration is required each month. Space is limited.
To register, call 859-885-4811 or email karli.giles@uky.edu



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ZIPPER BAG

In this two session class you will learn how to make a zipper bag. Each participant will make their own bag to take home.



September 5th

6 p.m.- 8 p.m.

and

September 6th

6 p.m.- 8 p.m.

CLASS IS FREE

Sewing machines and class supplies will be provided.

Class space is **limited**. Registration is required by August 28th. Register by calling 859-885-4811 or emailing karli.giles@uky.edu



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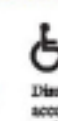
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NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

Aug. 17th, 24th, 31st, & Sept. 7th

2 p.m. - 4 p.m.

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Pre-registration is required! To register please call 859-885-4811 or email karli.giles@uky.edu

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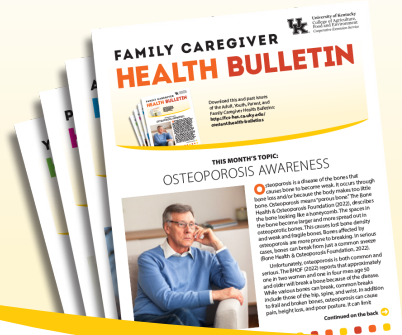
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FAMILY CAREGIVER

HEALTH BULLETIN



AUGUST 2023

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:

USING A STORYBOOK TO TEACH CHILDREN ABOUT ALZHEIMER'S DISEASE



More than 6 million Americans live with Alzheimer's disease. This disease hits close to home for many families, including those with children. Have you ever talked to your children or grandchildren about Alzheimer's disease? Dr. Laurie Zelinger is a board-certified psychologist who has focused her career on childhood issues. She has written a variety of books that explain difficult topics to children, including, "Please Explain 'Terrorism' to Me" and "Please Explain 'Anxiety' to Me." Now she has written, "Please Explain 'Alzheimer's Disease' to Me."

Zelinger wrote this book to help children understand the changes

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Alzheimer's disease causes. The story provides a way for parents and children to talk about how or why an adult, like a grandparent, could become increasingly forgetful or may need help with day-to-day activities. Experts agree that giving children developmentally appropriate explanations helps decrease anxiety. Zelinger stresses that ignoring an issue does not make a child's concern go away or the problem less worrisome. In fact, Zelinger reinforces that children can become more upset when they do not understand, when they do not know what they are experiencing, or do not know what to expect.

"Please Explain 'Alzheimer's Disease' to Me" features two children, Seth and Shepard, who notice changes in their grandmother's memory and behavior. Zelinger highlights situations that may seem all too familiar:

"Grandma's refrigerator started to ring!... We saw Grandma's phone in there, right next to the cream cheese! We laughed so hard that I got a pain in my side. ...[Mom] didn't think it was so funny. ...I saw her whispering to my aunt. They both looked worried."

The children know something is different, but they are too scared to talk about it.

Recognizing their worry, the mom in the story begins to ask the children questions and talks to them about their grandma's "special kind of forgetting." The mom then talks about changes in the brain that cause these behaviors. The children learn that doctors cannot make Alzheimer's disease go away. They talk about the ways in which family and professionals can help, including the prospect of moving grandma to a special place that can help her. The dialogue also includes ideas for the kids to change activities they like to do with their grandma, how to help her, and how to better communicate with her.

In the second half of the book, Zelinger gives parents background information on Alzheimer's disease, suggestions for talking to kids about dementia, tips for families with loved ones who have Alzheimer's disease, and a question-and-answer section that offers a variety of scenarios a family may encounter. Zelinger ends the book with references and resources.

This book helps parents better understand

the disease and how to talk about it at different developmental levels. Zelinger believes that parental teaching is crucial to a child's understanding and development.

Zelinger's books create opportunities for important conversations and serve as a creative outlet for processing feelings and emotions.

Montana State University Cooperative Extension received a National Extension Association of Family and Consumer Sciences grant to highlight Zelinger's book and other select storybooks for children to help them learn about Alzheimer's disease and aging issues. It is their goal to "positively influence the social-emotional well-being of children who may be experiencing a loved one with Alzheimer's by providing age-appropriate information and positive modeling to children through storybooks." To learn more about increasing parent/caregiver confidence to talk to children about Alzheimer's, increase positive family interaction when faced with challenging circumstances, and to enhance positive child and grandparent interactions, contact your local FCS Extension agent, Montana State Cooperative Extension, or your local Alzheimer's Association.

RESOURCES:

- Marsha A. Goetting, Ph.D., CFP®, CFCS Extension Family Economics Specialist, Montana State University Extension. phone: (406) 994-5695 fax: (406) 994-4838; E-mail: goetting@montana.edu
- Jennifer Munter, Program Manager, Montana State University Extension. jennifermunter@montana.edu
- Using Storybooks to Teach Children and Adults About Alzheimer's Disease. NEAFCS Endowment Grant Online Training; May 10, 2023. <https://apps.montana.edu/extension/alzheimers/neafcstraining/handouts/recommendedpractices.pdf>
- Alzheimer's Association. <https://www.alz.org/>

REFERENCES:

- Montana State University Extension. May 10, 2023. Using Storybooks to Teach Children and Adults about Alzheimer's Disease. NEAFCS Endowment Grant Online Training.
- Zelinger, L. (2023). Website: <https://drzelinger.com/blog/books/>
- Zelinger, L. (2021). Please Explain "Alzheimer's Disease" to Me. Loving Healing Press.
- Alzheimer's Association. (2023). 2023 Alzheimer's Disease Facts and Figures. Retrieved 5/31/23 from <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf>

FAMILY CAREGIVER HEALTH BULLETIN

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