



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



THANK YOU

Dear FCS Newsletter readers,

The bittersweet day has finally arrived, and this will be the last FCS Newsletter I send you. Thank you for the best eight and a half years of serving you, teaching you at programs, learning alongside you, and, most importantly, becoming friends with many of you.

Jessamine County will always hold a special place in my heart. Since I started, the community has welcomed me with open arms. I will miss working with my community partners and Extension volunteers, each of whom has played a significant role in our shared endeavors. I'm fearful I'd accidentally leave someone out, but please know that your support and collaboration have been invaluable to me.

My family and I are embarking on a new adventure, returning to Columbia, KY, where my husband and I are from. We're filled with anticipation for this next chapter of our lives, especially for our son, Kip, who will have the opportunity to grow up near his grandparents and family. My job in Extension has prepared me well for the role of a full-time mom, and I'm looking forward to this new role.

I will miss you all dearly. Please stay in contact through text, calls, and social media. Thanks for everything.

Sincerely,

Karli Giles
Karli Giles

County Extension Agent
Family & Consumer Sciences



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/>

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Community and Economic Development

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Disabilities
accommodated
with prior notification.

Upcoming Homemaker Dates

Homemaker Council

June 17th, 5 p.m.

John Nickell Room

Jessamine Co. Fair Hearth and

Home Entry Take-In

July 7th and 8th

Area Annual Meeting

October 12th

Woodford County

Area Homemaker Trip to

Maysville, KY

September 13th

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 p.m.
in a member's home

Garden Club

Third Monday of the month, 1 p.m.
at the Extension Office

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 HOMEMAKERS

DAY TRIP

Maysville, KY

September 13th 2024

Details are coming soon!

SAVE THE DATE!!!

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Community and Economic Development, University of Kentucky, Lexington, KY 40546.



Lunch N Learn

taught by Lisa Lamb, Garrard County NEP Assistant

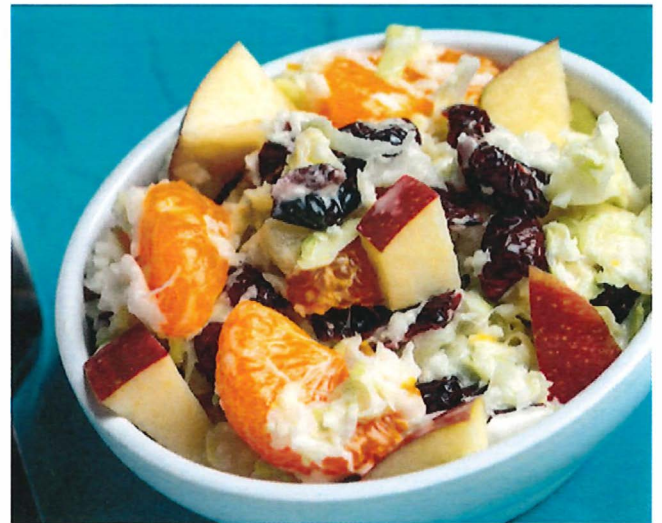
Taco Pie

May 29th at 12 p.m.



Fruited Coleslaw

June 26th at 12 p.m.



You must RSVP to attend.

To RSVP, call 859-885-4811

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ADULT HEALTH BULLETIN

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.



MAY 2024

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

NAME County Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

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Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

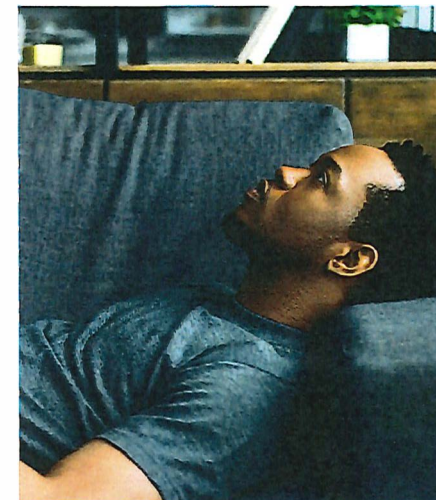
Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health/awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc20374968>

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Disability accommodation with prior notification.

ADULT HEALTH BULLETIN

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

FAMILY CAREGIVER HEALTH BULLETIN



MAY 2024

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THIS MONTH'S TOPIC

EATING WELL FOR HEALTH



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

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

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

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

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

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

Think nutrients

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

Stay hydrated

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

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

Be social

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

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

REFERENCES:

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

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PARENT HEALTH BULLETIN



MAY 2024

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THIS MONTH'S TOPIC

PREVENT SPORTS-RELATED INJURIES



Playing sports is a great way for kids to be active, move their bodies, burn energy, and have fun! Parents of school-age children may find that they spend a significant amount of time taking kids to and from sports activities, practices, games, and clinics. There are also things parents and caregivers can do to keep their young athletes feeling good and avoiding injuries.

Be prepared

Before starting a new sport, make sure kids know the general rules of the game and how to stay safe. This will help them have fun and lower the chances of an injury. They should also take water to practices and games to stay hydrated.

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Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging.

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Warm-up and cool-down

Before every practice or game, kids should stretch and warm up their bodies. This includes things like toe touches and shoulder rolls, as well as increasing their heart rate slowly, by doing activities like jumping jacks and jogging. Warming up helps increase blood flow to organs and muscles, and increases flexibility needed to move quickly. Cooling down helps your body adjust back to needing less blood and oxygen. Stopping intense activity too quickly can cause feelings of dizziness or nausea.

Technique

Most sports have proper ways that players should do certain activities to prevent injuries. Examples are specific ways to throw a baseball, how to tackle in football, or how to dive in volleyball. Teaching the right way to do activities helps kids to be more successful in their chosen sport and keeps them healthy.

Use proper equipment

Make sure your child has shoes that fit and are appropriate for the sport, like cleats or sneakers. Children who wear glasses

may benefit from prescription goggles or shatterproof glasses. Ask your child's coach about helmets, mouthguards, athletic cups and supporters, and any needed padding.

Safe surfaces

Make sure the surface your child is playing on is safe for activity. Ruts or holes can cause kids to trip and fall. Damaged equipment like goal posts or nets can also pose a hazard. All these things wear over time, so keep an eye out and tell league officials or coaching staff if you notice a problem.

Teaching kids how to stay safe while enjoying sports is an important part of supporting their activities as a parent or caregiver. When they play safely, everyone has more fun!

REFERENCE:
<https://kidshealth.org/en/parents/sports-safety.html>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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

INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

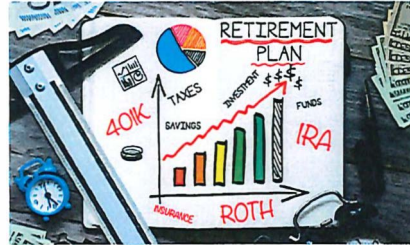
Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.

DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the "defined benefit") is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

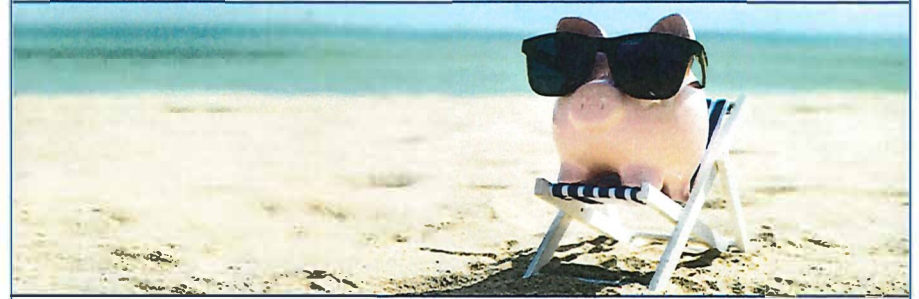
A **defined contribution plan** does not promise



a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee's current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: "Do I want to travel?" "What do I want to splurge on in retirement?" "Am I prepared for unexpected expenses that may arise?" "Will I need to provide for a loved one?" Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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