

JULY 2024



Finding Delight in Nature's Abundance

July is a month of abundance in nature. Gardens burst with colorful blooms, farmers' markets overflow with fresh produce, and the air is filled with the sweet scent of blooming flowers. Take time to explore your local surroundings, perhaps picking your own berries, enjoying a homemade meal with fresh ingredients, or simply marveling at the vibrant beauty of a summer garden. These small encounters with nature can bring a profound sense of joy and connection to the world around us.



Rosa Smith

Rosa Smith, Owsley CEA for Family & Consumer Sciences Ed.
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Holidays and Dates to Remember

- July 4th- Independence Day
- July 7th- World Chocolate Day
- July 17th- World Emoji Day
- July 24- National Cousins Day
- July 30th- International Day of Friendship
- July 31- National Avocado Day



July Events

- July 8th- Yogurt/ Cheese Class with Mandy Lindberg @5:30
- July 9th- Quilt Shop Hop
- July 11th- Lunch & Learn @ 12- Extension Office
- July 18th- Book Club Meeting
- July 19th- Preschool in the Park @ 3:30
- July 23rd- Laugh & Learn @3:00
- July 25th- Healthy Living with Diabetes Series 1:00-4:00
- July 30th- Healthy Living with Diabetes Series 1:00-4:00





Mark Your Calendars!

July 8th- Owsley County Senior Citizen's

July 8th- Yogurt/ Cheese Class with Mandy Lindberg @5:30- Ext. Office

July 9th- Quilt Shop Hop

July 11th- Lunch & Learn @ 12- Extension Office

July 18th- Book Club Meeting- Extension Office

July 19th- Preschool in the Park @ 3:30- Owsley Park

July 23rd- Laugh & Learn- Owsley Public Library @ 3:00

July 25th- Healthy Living with Diabetes Series 1:00-4:00

July 30th- Healthy Living with Diabetes Series 1:00-4:00

August 1st- Lunch-n-Learn with Laken @ 12

August 20th- Laugh & Learn- Owsley Public Library @ 3:30

August 21st- Book Club @ 5- Extension Office

August 22nd- Disaster Preparedness at Lee County Ext.

September 26- Lunch-N-Learn with Breathitt Co FCS Agent Stacey Trent @12

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FCS Focus



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Midweek Stroll

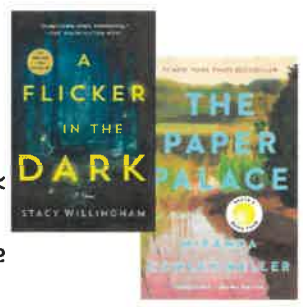
JUNE 5TH	JULY 3RD
JUNE 12TH	JULY 10TH
JUNE 18TH	JULY 17TH
JUNE 26TH	JULY 24
	JULY 31



SENIOR CITIZEN'S CENTER

Lessons at the Senior Citizen's Center Every
Second Monday of the Month
JULY 8TH @ 10:30
AUGUST 12TH @ 10:30

Owsley County Book Club
July 18th- A Flicker in The Dark
@ 5:00pm
August 21- The Paper Palace
@ 5pm



Owsley County Homemakers



July 11th- Homemakers Meeting @ Ext. Office @
12:00pm
August 1- Lunch-n-Learn with Laken at Ext Office @
12:00pm



Healthy Living with Diabetes
July 25th 1:00-4:00- Ext. Office
July 30th 1:00-4:00- Ext. Office



Quilt Shop Hop
July 9th-
Leave Ext. Office @ 9:00am.



Cheese & Yogurt
July 8th- Ext Office- @ 5:30- Mandy Lindberg
will lead the class. \$5 Registration Fee

Child Development & Play (Ages 3-5)

July 19th- Preschool in the Park @ 3:30
July 23rd- Laugh & Learn- Public Library @ 3:00
August 20th- Laugh & Learn-Public Library @ 3:00



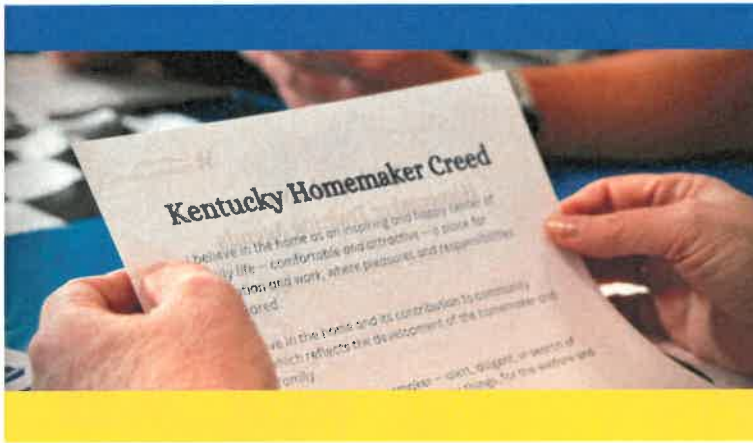
Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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The Homemaker's Journal

June & July 2024

NEWS FROM STATE MEETING

- The State Homemaker's Meeting was held In Bowling Green this year.
- Attendance was 450. There were 61 first-time attendees.
- KEHA also celebrated 47 years of support for the UK Ovarian Cancer Research and Screening Program with the presentation of awards. Dr. Edward Pavlik, Ovarian Cancer Screening Research Director, was presented with a check for \$47,011.27.

QUICKSAND AREA TRAINING

The Quicksand Area hosted a Homemaker Training where participants learned about parliamentary procedures, played homemaker trivia bingo, completed several Wits Workouts, and created an upcycled craft item.



The Cultural Arts Viewer's Choice was "Girl in Frame" created by Paula Wade of Fort Harrod Area. She entered this creation in the winter subcategory of holiday decorations. In 2024, there were 677 entries displayed in Cultural Arts.

To learn more visit KEHA Official Website
<https://keha.ca.uky.edu/>

UPCOMING MEETING DATES

July 11th- Homemakers Meeting at Owsley County Extension Office- 12:00pm

August 1- Lunch-n-Learn with Laken- Owsley County Extension Office 12:00pm

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Disabilities accommodated with prior notification.

BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S.,
extreme heat is a long period
(2 to 3 days) of high heat and
humidity with temperatures
above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases
the feeling of heat as
measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members
and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat
exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets
in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS



**Prepare
NOW**

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Take an Active Role in Your Safety

Go to Ready.gov/heat. Download the **FEMA app** to get more information about preparing for **extreme heat**.



**Be Safe
DURING**

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.



**Recognize
+ RESPOND**

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



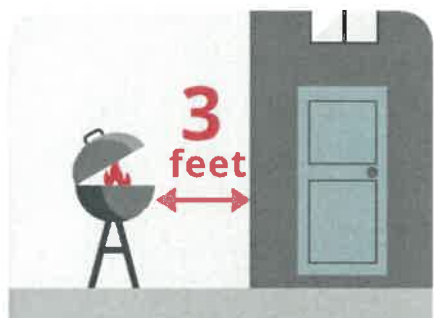
FEMA

FSHA V-1004



Grilling Fire Safety

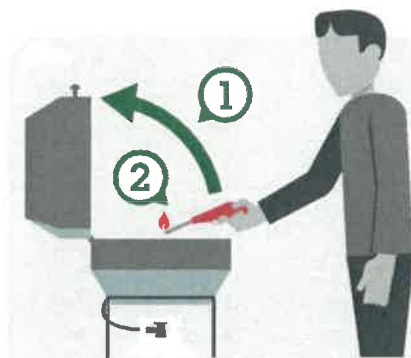
Stay fire safe this summer! Follow these grilling safety tips.



Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.



Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.



Open your gas grill before lighting.



Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.



Clean your grill after each use. This will remove grease that can start a fire.



Place the coals from your grill in a metal can with a lid once they have cooled.

Stay fire safe this summer!

For more information and resources, visit www.usfa.fema.gov.

Summer Safety Tips



Keep these tips in mind as you and your family enjoy summer vacations, camping, family reunions, picnics and the Fourth of July.

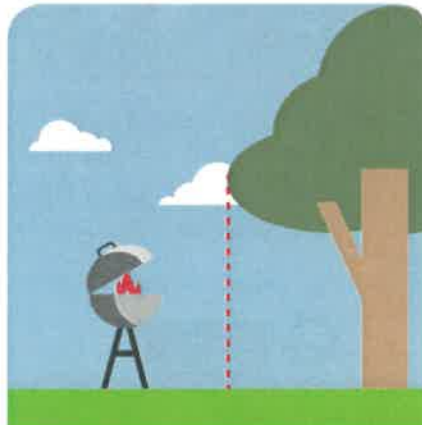
Fire safety



Build campfires at least 25 feet away from tents, shrubs and anything that can burn.



If you want to see fireworks, go to a public show put on by experts. Sparklers can reach 1,200 F and cause third-degree burns.



Use propane, charcoal and wood pellet barbecue grills outdoors only. Indoor use can cause a fire or carbon monoxide poisoning.

Place your grill well away from siding and deck railings and out from under eaves and overhanging branches. Do not store or use a grill on a porch or balcony.



Use chimineas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from your home or anything that can burn.



FEMA



U.S. Fire Administration



Fire is Everyone's Fight

Summer Safety Tips



Activity safety



Never swim near a boat, marina or boat launching ramp.



Always use U.S. Coast Guard-approved life safety jackets.



Adults need to stay with children when they are around water.



Keep the pool and deck clear of floats, balls and toys after you get out of the pool.



Always swim with a buddy.

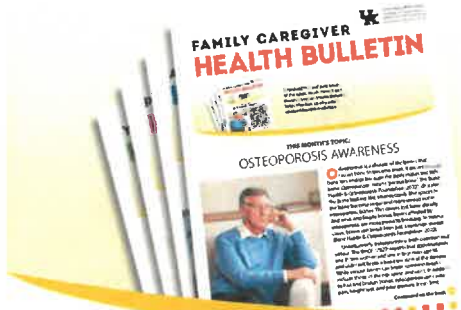


Always wear a bike helmet and bright clothes when cycling so people can see you. Put reflectors on your bike.

Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.



FAMILY CAREGIVER 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>

Owlsey County Extension Office
92 Lone Oak Industrial Park Road
Booneville, KY 41314

THIS MONTH'S TOPIC

KEEP AN EYE ON VISION AND EYE HEALTH



Eye 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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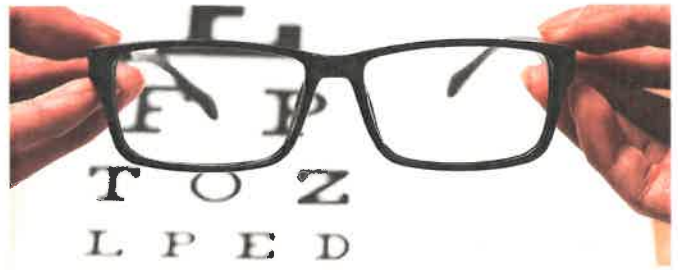
Disabilities accommodated with prior notification.

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.aao.org/eye-health/tips-prevention/tips-to-keep-perfect-vision-2020>
- Cleveland Clinic. (2020). 5 Ways to Maintain Good Vision and Healthy Eyes. Retrieved March 18, 2024 from <https://health.clevelandclinic.org/5-ways-to-maintain-good-vision-and-healthy-eyes>

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





Quick Couscous Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
 - 1 cup halved grape tomatoes or 1 large tomato, diced
 - 1/2 large cucumber or 2 small, diced
 - 1 small red onion, diced
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 cup grated parmesan cheese
 - 1/3 cup chopped fresh parsley (optional)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Prepare the couscous according to package directions. Set aside.

3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

Makes 7 servings
Serving size: 2/3 cup
Cost per recipe: \$6.27
Cost per serving: \$0.90

