

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

July, 2024



Happy July Everyone!

I hope everyone has a great 4th of July! I don't know about you, but this summer is just flying by! Before we know it, we will be discussing the holidays and preparing for cold weather, however, in the meantime, we are going to enjoy some BBQs, the pool, camping, and other summertime fun!

We have some fun events this month, on the 11th at 10 am the Catlettsburg Homemakers will be preparing the July recipe of the Cooking With the Calendar, and on the 9th, I will be having Laugh and Learn at the Frank's Building from 1 pm-3 pm where we will be learning about the Sun and Summer! On the 19th, our Lunch and Learn for the month is scheduled at the Extension Office. We will be discussing how to use various kitchen appliances and tools to add flavor to your food. From the 24th-26th I will be out of the office for training and from the 29th-31st I will be on vacation, however, feel free to reach out if you need me!

As always, my door is always open for discussion and ideas! Please feel free to stop by!

Jacqueline Doucet
Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

Cooperative Extension
Service

Boyd County
2420 Center Street
Catlettsburg, KY 41129-1279
(606) 739-5184
Fax: (606) 739-4014
<http://extension.ca.uky.edu>



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
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Message from the President



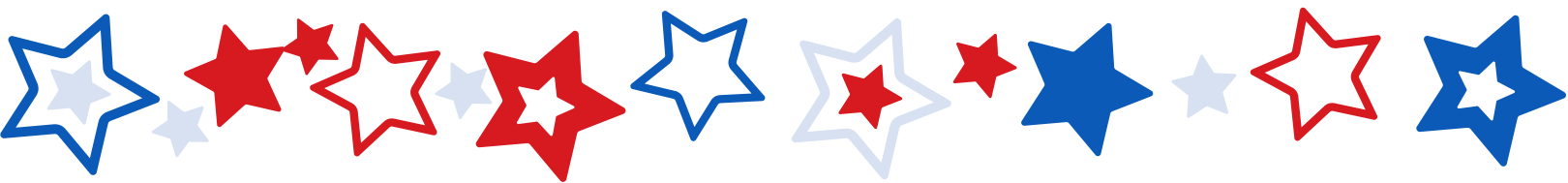
Hello Homemakers,

Well, summer is in full swing and the 4th of July is here. Gardening, vacations, schools out, it just keeps getting busier and busier. Take time to rest, go for walks, and enjoy the kids, grandkids, and HOMEMAKERS. It has been a wonderful year so far, let's take it on through the summer.

I want to thank everyone for participating in the programs, leading the lessons, stepping up, and taking charge. We couldn't do the things we do and accomplish everything that needs to be done without you standing in the gap. We have the best bunch of homemakers bar none! (Agent note: YES WE DO!) As always I'm keeping you in my prayers.

The Prez,

Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Catlettsburg, **July 11th at 10 a.m.**, Boyd County Extension Office. **July's Recipe:***
- *Homemaker Council Meeting, **July 24th at 10 a.m.**, Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*
- *Longaberger Basket Bingo, **August 5th at 5 pm-8 pm.**, Boyd County Extension Office.*





KEHA Upcoming Events & Announcements



- ~~May 7-9 KEHA State Meeting in Bowling Green.~~
- ~~May 15 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.~~
- ~~June 15 Postmark deadline for NVON Conference registration.~~
- July 16-18 – NVON Conference in Ashville, N.C.

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

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**

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Recipes from the 2024 Food and Nutrition Recipe Calendar



July's Recipe: Quick Couscous Salad

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

July 11th

**at 10 a.m. Boyd County
Extension Office**

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2024 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office
2nd Friday of every month.

Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!

Please call 606-739-5184 to Register.
This program is FREE

~~January 12th~~

Healthy Ways to Flavor Your Food

~~May 10th~~

Savvy Sellers & Bargain Hunters

~~February 9th~~

Stocking and Using Pantry Staples

~~June 14th~~

Freezing Fresh Fruits

~~March 8th~~

Savvy Online Grocery Shopping

~~July 19th~~

Savor the Flavor; Using Kitchen Tools &
Appliances

~~April 12th~~

Travel Safety: Know Before You Go.

~~August 9th~~

Clutter Free Living.

*Topics subject to change *Program subject to weather

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This program is FREE**

September 13th

Cooking for 1 or 2

October 11th

Carbon Monoxide: Exposure and Prevention

November 8th

Managing Holiday Expenses

December 13th

Planning Holiday Meals on a Thrifty Budget

*Topics subject to change *Program subject to weather

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2024 Laugh and Learn Playdate: Upcoming Dates

1 pm-3 pm

Snacks will be
provided!

June 11th

Topic: Insects

October 15th

Topic: Pumpkins

July 9th

Topic: Summer/Sun

November 12th

Topic: Turkey/Thankfulness

August 27th

Topic: Apples

December 17th

Topic: Gingerbread

September 24th

Topic: Wind/Fall

*****Adults must accompany all
children during the program.**

Pre-registration is required to attend

To Register call 606-739-5184

Frank's Building

1758 Addington Road, Ashland, KY 41102

****Program will be canceled if there is no school in Boyd County.***

RETIREMENT RECEPTION



Lyndall Harned
**BOYD COUNTY EXTENSION
AGENT FOR AGRICULTURE &
NATURAL RESOURCES**

Please join us for a reception to honor Lyndall's achievements & contributions to the University of KY Cooperative Extension Services and to the community members and organizations of Boyd County.

Tuesday,
August 6th
6PM-8PM

Boyd County Cooperative Extension Services Education Center
Frank's Building
1758 Addington Road
Ashland, KY 41102



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. Refrigerate leftovers within 2 hours.
- 7.

Makes 7 servings

Serving size: 2/3 cup

Cost per recipe: \$6.27

Cost per serving: \$0.90



ADULT

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>

THIS MONTH'S TOPIC

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

- 1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

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2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock

