

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
JANUARY 2024 NEWSLETTER

UK Martin-Gatton
College of Agriculture,
Food and Environment

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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Make resolutions stick: Focus on family

This is the year to add to the health of your family. Try a few of these ideas:

Nutrition that counts

- **Offer routine meals during the day**, along with nutrient-rich foods. Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.

Fitness and wellness

(Continued on pg. 2)

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(Continued from pg. 1, Making resolutions stick)

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals. Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward being healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>



Welcome
FACILITIES MANAGER
JOSH ALCORN

Josh is joining us as the Franklin County Facilities Manager. He will be working to make updates to the building, help set up meeting rooms, and ensure our spaces are clean and organized!

Josh has 2 sons, Trent (16) and Maddex (13). He also has a beautiful dog named Clay (3). He has almost completed his B.S. in Agriculture. He and his family love being outdoors as much as possible! He is very excited to be working with the Franklin County Extension Office!



From the Fingertips of Your FCS Agent

Happy New Year 2024! I want to thank the members of the FCS Advisory Council for serving and look forward to implementing new programs for the community.



Carla A. Carter

What is happening in 2024? Help me welcome our newest special interest homemaker group, the **Frankfort Chess Masters**. If you are interested in learning more about chess join them on the 2nd and 4th Mondays of each month at the Extension office (pg. 7).

The **Big Blue Book Club** is back. If your goal is to read more in 2024 for KEHA hours sign-ups begin February 1st (pg.9).

I will be assisting Pam, our NEP Assistant as we **Cooking through the Calendar** each 2nd Monday of the month starting Feb. 10th (pg. 10).

In the works - adult cooking, adult sewing, diabetes prevention, green cleaning, and fitness challenge, and aging gracefully. If you are interested in volunteering, please contact me.

Do you have an event, group outing, or something I should share with the community? Send me an email with pictures.

2024 is going to be our year! Get ready for it.

#movingforward2024 #UKYFCSExtension

From your Franklin County Homemaker President, Elizabeth Collins



Happy New Year Everyone! I'm excited to see what the new year has to offer.

We are thinking about having an Open House in either late February or early March for those individuals who visited the Children's Holiday Store and checked that they would be interested in learning more or joining Homemakers in our county. I'm hoping to have a potluck dinner and invite the presidents of each homemaker club to say a little bit about their experiences in homemakers. I'm hoping that this will increase our membership and maybe even add a new club or two.

The County Cultural Arts will be held on March 21st. We had so many amazing items submitted last year. The Area Cultural Arts will be held in Franklin Co. on April 23rd. Those individuals who receive blue ribbons at the county level will be entered into the area contest. Entries winning blue ribbons at the area level will be submitted to the state contest. We have so many talented and creative people in our county. I can't wait to see what you come up with this year.

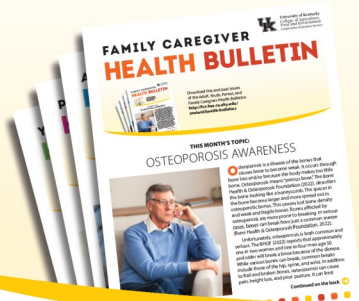
Again, Happy New Year Everyone!

Elizabeth



FAMILY CAREGIVER

HEALTH BULLETIN



JANUARY 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>

Franklin County Cooperative Extension Office
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THIS MONTH'S TOPIC:

ALZHEIMER'S DISEASE: ADJUSTING TO A DIAGNOSIS



Receiving the diagnosis of "Alzheimer's disease" can feel overwhelming. It is common to be flooded with a mix of several emotions. Up to this point, you may have overlooked symptoms as signs of aging. You may have held on to the hope that your loved one's cognitive changes would disappear with a new pill, different medication, or a change in lifestyle.

The family and diagnosis

Even though the family often sees symptoms and seeks medical attention, the Mayo Clinic admits that a dementia diagnosis can be hard for them to accept. Families can feel a range of emotions including denial, anger, and guilt. A proper diagnosis can provide a sense of relief, however. That's because now, they can explain behaviors and find proper

Continued on the next page →



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Disabilities accommodated with prior notification.

Talking about dementia is proven to increase understanding and reduce fear. Try not to judge people by their reactions. Some may need time to adjust.

→ Continued from the previous page

medical attention and resources. Mayo suggests using a positive lens to view the diagnosis. This can be helpful after some of the immediate emotions settle. For example, a proper diagnosis can:

- Explain cognitive and behavior changes. This allows the family and the person living with dementia to accept the changes as part of the disease process not the person.
- Lead to appropriate support and resources.
- Promote conversations with other family members, including children, so people understand what is happening and why.
- Motivate important conversations on topics such as living wills, advanced directives, caregiving, safety, housing, and financial matters. In some cases, the family might need to discuss a workplace transition.

Living with a diagnosis

For a person living with Alzheimer's disease, the diagnosis can also trigger emotions such as anger, grief, fear, shock, and uncertainty. The Mayo Clinic reports that a person living with the disease might feel fear, sadness, or embarrassment over what is to come. Like caregivers, some may feel a sense of relief as they finally have an answer to what has been going on. Still others may not be able to accept it. The Mayo Clinic warns families and caregivers to be careful with those who don't know their limitations. This can lead to risky behavior, such as cooking or driving when it is no longer safe.

Telling people about a diagnosis

The Mayo Clinic stresses the importance of respecting a person's privacy when it comes to sharing the diagnosis. When possible, decide together how and who you will tell. You also need to discuss who should share the news, which may include the person living with dementia. Everybody reacts differently to such news. Some may offer words of support or acts of kindness. Others may feel uncomfortable and avoid conversations and



interaction. In all cases, it is important to educate people about the diagnosis, symptoms, outcomes, and expectations. Talking about dementia is proven to increase understanding and reduce fear. Try not to judge people by their reactions. Some may need time to adjust. You might choose to reach back out at a later date for their support. You may even emphasize that quality relationships and positive social interaction contribute to brain health and overall health and well-being.

Families and those living with Alzheimer's disease, or another type of dementia need to understand that a diagnosis does not mean the end of a good life. Instead, a combination of local support, resources, treatments, and even research opportunities can open opportunities to preserve and/or adapt to changing cognition and daily routines. Seeking such opportunity starts with proper diagnosis and adjustment to it.

REFERENCE:

This bulletin was summarized from Mayo Clinics "Living with Dementia: A Guide to Caregiving and Support. Chapter 1: Adjusting to a Diagnosis." McPress.MayoClinic.org. September 2023.

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
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Adult Development and Aging
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2024

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

THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.

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Disabilities
accommodated
with prior notification.

WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup verses delivery.

PLUG SPENDING LEAKS

Track purchases. Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

Examine receipts. If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

Analyze auto-drafts. List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

Say “No” to Easy Pay. Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

Written by: Nichole Huff | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

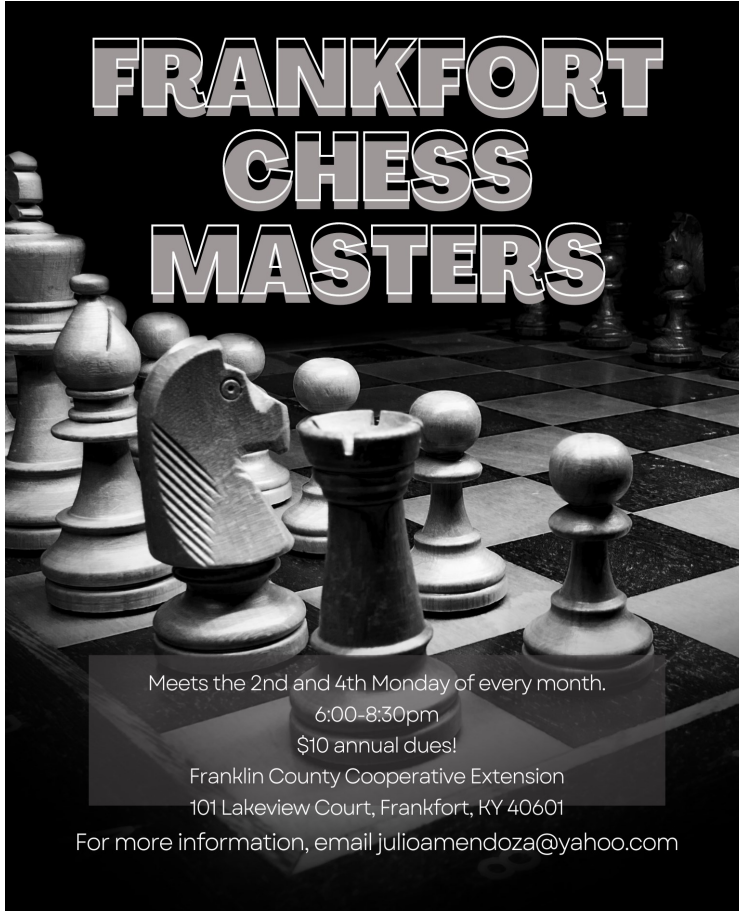
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

UPcoming

FRANKFORT CHESS MASTERS



Meets the 2nd and 4th Monday of every month.
6:00-8:30pm
\$10 annual dues!

Franklin County Cooperative Extension
101 Lakeview Court, Frankfort, KY 40601

For more information, email julioamendoza@yahoo.com



Cricut™ with Cricut™ Classes Design Space

January 18th & 25th, 5:30PM-7:30PM



Join us for a two hour hands on course taught by Carla Carter, Franklin County FCS Agent held at the Fayette County Extension Office.

We will be making two crafts at the office during this course. All materials will be included for the projects.

Build the skills to create with confidence through our agent-led workshops. Learn the basics of crafting and how to get the most out of your machine. Each class is \$10 each and covers the cost of supplies.

January 18th: Reusable Canvas Bag
Skills Learned: Cricut Design Space, Customizing Pre-Built Designs, Vinyl Cutting, Weeding, Heat Press

January 25th: Card Making
Skills Learned: Cricut Design Space Custom Design Creation, Cardstock Cutting, Weeding

Materials to bring: Cricut machine, tools, cutting mats, and scissors.
If you do not have a machine- the office will have two on site for use.
CALL 859-257-5582 TO RESERVE YOUR SPOT!



1/30/2024

5pm-7pm

Cost is \$12 per person. All supplies are included.

Made With Love

Hand Crafted Cards

Michelle Sutton, will lead you in designing four handmade cards. Come enjoy an evening of creativity!

Call to register:
502-695-9035

Class is limited to 15 people
Franklin County Cooperative Extension
101 Lakeview Court
Frankfort, KY 40601

IMMUNE SUPPORT WORKSHOP



B I N G O *cize*

BINGO + EXERCISE = BINGOCIZE

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about Immune Support and how to protect yourself. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

JOIN THE FUN!

Where: Capital City Activity Center
202 Medical Heights, Frankfort

When: Mondays & Fridays, Jan. 22-Mar. 15

Time: 10 A.M.

- Free Prizes
- Open to Everyone
- Free Smiles!









Love Letters

Family and Consumer Sciences
 Franklin County
 101 Lakeview Court
 Frankfort, KY 40601-8750
 502-695-9035
<http://franklin.ca.uky.edu>

Join us on Friday, January 26, 2024 at 5:00 p.m. No experience required! Marjorie Duncan Doneghy Willis will walk you through the painting process, and you will take home your completed 16"x20" painting at the end of the night. Light refreshments will be provided.

Cost is \$25 per person, including supplies. Space is limited! Register by January 25, 2024. Refreshments at 4:30 p.m. Painting at 5:00 p.m.

The event will take place at:
 Franklin County Cooperative Extension
 101 Lakeview Court
 Frankfort, KY 40601
 (502) 695-9035



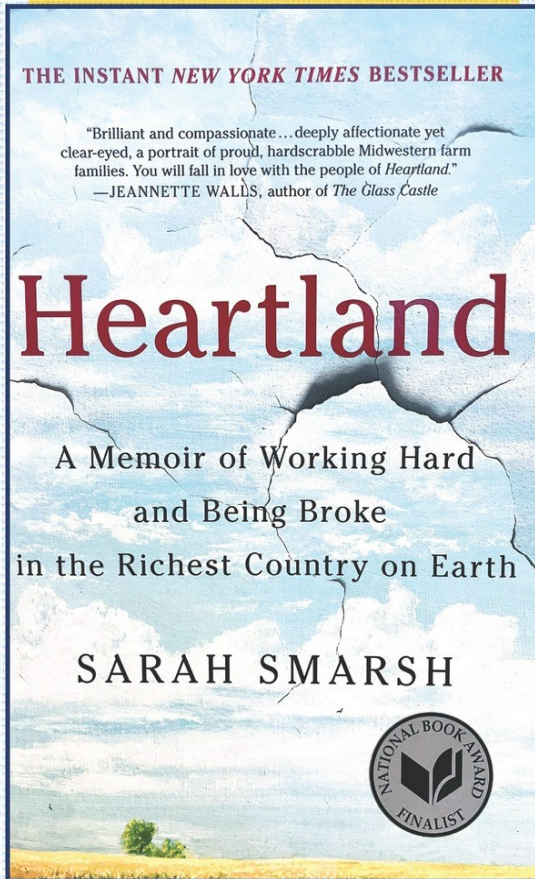
YES! Please register me for the Love Letters Paint Party.
 January 26, 2024 at 5:00 p.m.
 (Please Print)

NAME: _____
 ADDRESS: _____
 CITY: _____ ST: _____ ZIP: _____
 PHONE: _____ EMAIL: _____

_____ ATTENDING (\$25.00 per person)

Enclose a check or money order made payable to:
 Franklin Co. Cooperative Extension Service or FCCES
 Mail to: FCCES, c/o FCS Painting
 101 Lakeview Ct, Frankfort, KY 40601





BIG BLUE BOOK CLUB

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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accommodated
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UK Cooperative Extension Service

COOKING THROUGH THE Calendar

Second Monday
of each month starting
February 12, 2024
5:30pm - 7:30pm
at the

**Franklin County Cooperative
Extension Office**
101 Lakeview Court
Frankfort, KY 40601

- All 2024
Class
Dates**
- Feb 12
 - March 11
 - April 8
 - May 13
 - June 10
 - July 8
 - Aug 12
 - Sept 9
 - Oct 14
 - Nov 11
 - Dec 9

For more information on how you can attend these
FREE cooking classes, please contact your local
Nutrition Education Program Assistant:

Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

RSVP Required three days before class



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

UK Cooperative Extension Service

**Franklin County
Nutrition Education (NEP)**

Follow us on:
Facebook @Franklin County NEP
Instagram @FranklinCountyNEP

Tasty and nutritious recipes, food safety, meal planning on a budget, fun and educational events for kids and adults.

This work is supported by the Supplemental Nutrition Assistance Program, a federal program of the U.S. Department of Agriculture.

EFNEP

USDA
SNAP
Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

This work is supported by the Supplemental Nutrition Assistance Program, a federal program of the U.S. Department of Agriculture.

An equal opportunity university.

**2024 FOOD + NUTRITION
Recipe
Calendar**

Nutrition Education Program
University of Kentucky Cooperative Extension Service

**The new 2024 Recipe Calendars are available at
the Franklin County Extension office!**



BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

LEADERSHIP LESSONS

DATES & TIMES

January 11th @ 5PM - Transferring Cherished Possessions

March 1st (TBD) - Savor the Flavor - Multi-County @ Boyle Co. CES (Car pool)

March 6th @ 12PM - Basic Technology

April 16th @ 6-8PM - First Aid - Multi-County @ Franklin Co. CES, Dinner @5PM (REGISTRATION REQUIRED)

What are leadership lessons? Leadership lessons are developed by the Kentucky Extension Homemakers Associations to educate the public on the seven areas of its' program of work. Leader lessons are free and open to the public.

Call (502) 695-9035 to reserve your spot.

I Have a Dream



The Franklin County Cooperative Extension Office will be closed in observance of Martin Luther King, Jr. day
January 15, 2024.

Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- Additional sugar for topping (optional)
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Warm tortillas in microwave or oven to make them easy to handle.
4. Peel and chop fruit into pieces.
5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

Notes: This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Makes 4 fruit pies

Serving size:

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

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