

National Arthritis Awareness Month: Lower Your Risk of Getting Arthritis

Arthritis is the leading cause of disability in America. According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 5 adults have arthritis and the risk for all types increases as we age. There are some risk factors that we cannot control. For example, women are most susceptible to the different types of arthritis including, osteoarthritis, rheumatoid arthritis, and fibromyalgia. Some people are born with certain genes that make them more likely to develop arthritis or make arthritis worse. Scientists continue to conduct research to find answers. But there are risk factors you can control to help lower your risk of developing arthritis:



- Maintain a healthy weight.
- Visit a health-care professional when joints hurt, swell, feel warm, or look red to be sure you do not have an infection.
- Protect your joints from injury. Warm up. Stretch. Listen to your body. Consult with a medical professional when starting a new exercise or if you have an injury.
- Create a safe space in the work environment that includes eliminating fall hazards as well as space, equipment, and tools that meet your physical ability and limits.
- Quit smoking.

To help manage arthritis symptoms, the CDC recommends self-management education. This will help you feel more in control of your health and help you manage your pain and other symptoms. Self-management includes finding ways to carry out your work and valued activities, stress management, mental health checkups, and communicating with your health-care providers. The CDC also recommends ways that an active lifestyle and proper exercise can help relieve pain and manage symptoms. In addition, physical activity can improve sleep, enhance mental health, support bone health, and control weight. Talk with your health-care provider about a program that is safe for you. You should also talk to your doctor if you experience joint pain, joint swelling, tenderness, or stiffness. Receiving an accurate diagnosis as early as possible allows doctors to start treatment and minimize symptoms. Working with your health-care provider, you can play an active role to reduce pain, minimize joint damage and improve life quality.

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National Arthritis Awareness Month:

Lower Your Risk of Getting Arthritis

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Lastly, it is common for people suffering from arthritis to experience anxiety or depression. This is especially true, according to the CDC, among women, people who are younger, those who identify as LGBTQ+, those who live with chronic pain, people who live with disabilities, and those who are unemployed or unable to work because of their arthritis. The Arthritis Foundation stresses that because of the connection between arthritis and mental health, building a support system is an important part of the treatment plan. It is also important to talk to your health-care provider about your mental health when managing your arthritis.

References Arthritis Foundation. (2024). Health & Wellness. Retrieved January 22, 2024 from <https://www.arthritis.org/health-wellness/detail?content=healthyliving>

CDC. (2023). Five ways to reduce arthritis. Retrieved January 22 from <https://www.cdc.gov/arthritis/basics/management.htm>

CDC. (2023). Risk Factors. Retrieved January 22 from <https://www.cdc.gov/arthritis/basics/risk-factors.htm>

CDC. (2021). The Arthritis-Mental Health Connection. Retrieved January 22 from <https://www.cdc.gov/arthritis/communications/features/arthritis-mental-health.htm>

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging



Preventing polyester “permastink” (odors on clothing)

Ever wonder why some of your athletic T-shirts or exercise **clothes still have an odor** even after you’ve washed them? It could be the fiber content! These types of active wear are normally made from synthetic (human-made) fibers such as polyester or nylon. And the same chemistry and engineering that provide these fibers with temperature-regulating and other comfort properties are also why some of these garments tend to hold on to odors.

CAUSES

Perspiration stinks, right? Well actually, the odor occurs when the **ingredients in your sweat and skin cells mix with the bacteria and fungi on your skin**. Don’t worry, this is normal. And then the stinky sweat transfers to your clothing. Clothing made with polyester or nylon fibers can be very good at wicking moisture. They pull sweat away from your skin’s surface, through the fabric where it then evaporates. This helps you feel cool and comfortable. But as the sweat dries, some of the **odor-producing compounds and soils like to stick around within the polyester** or nylon fibers. Cotton fibers, on the other hand, absorb water, which is why cotton clothes stay damp when we sweat. But they more easily release the odor-producing compounds when you wash them. **It takes a little extra work to remove the odor compounds embedded within the fibers of polyester or nylon clothing**. This can be extra challenging if we wash too many items together, especially in low-level, cool water.



TREATMENT

As with any clothing or textile item, read the attached care label for laundering instructions. The label may recommend using cool or cold water. However, detergents may more effectively remove dirt and odors in warmer water. In most cases, you’ll have **better results removing sweat odors with a high-quality liquid laundry detergent**. And there are even laundry products marketed for odor removal that may be worth trying. Regardless of which type of product you use, **follow the directions**. You may be tempted to use more detergent than recommended to remove the odors, but sometimes too much laundry detergent causes odors or makes them worse.

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Preventing polyester “permastink” (odors on clothing)

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To remove those lingering sweat odors, try these tips:

- Soak the item in 4 parts cool water, 1 part vinegar for 30 minutes.
 - Rinse, then wash as usual with high-quality detergent.
 - **OR** – pre-treat the area by rubbing a small amount of liquid detergent directly into the fabric. (Test in an inconspicuous area first to make sure direct contact with the detergent won't damage the fabric color.)
 - Let detergent sit for about 15 minutes, then wash as usual.
 - Use a little less detergent in the wash load since some is already soaked into the item.
 - Air dry item or tumble dry on low (or as directed).
 - **Wash item inside out** so the smelly area comes in direct contact with the cleaning agents.
 - Adding vinegar or baking soda in the wash can help, but do not use them at the same time as the laundry detergent because they will limit the effectiveness of the detergent.
 - If using vinegar, add during the rinse cycle (instead of fabric softener) to help deodorize laundry.
 - If using baking soda, add after about 10 minutes of washing (but BEFORE the rinse cycle).
 - **Avoid using fabric softener** with active wear. It coats the fibers, trapping odors and limiting the performance capabilities.
 - Air dry item or tumble dry on low (or as directed).

PREVENTION

Clothing with “anti-odor” or “anti-microbial” treatments are not a guarantee for an odor-free experience. Based on your personal hygiene habits, combined with how you sweat, it's hard to avoid some odors on clothing made of polyester and nylon fibers. Even cotton clothing will have some odor if you sweat during wear. If you choose to wear polyester or nylon performance clothing, enjoy the comfort benefits, and then **launder anything that becomes sweaty and damp as soon as possible** (according to the care label). If you're not able to wash sweaty items right away, let them air dry before putting them in the hamper. Last, but not least, don't forget to clean your washer, too! Check your owner's manual for tips on how to keep your washer clean (and odor free).

References:

Mukhtar Abdul-Bari, M., McQueen, R.H., Paulina de la Mata, A., Batcheller, J.C., & Harynuk, J.J. (2020). Retention and release of odorants in cotton and polyester fabrics following multiple soil/wash procedures. *Textile Research Journal*, 90 (19-20), 2212-2222.

Source: Jeanne Badgett, senior Extension associate for clothing, textiles, and household equipment

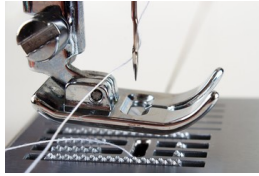
Reference: Alpha-gal Syndrome. (2023). Retrieved from <https://www.cdc.gov/ticks/alpha-gal/index.html>

For more Laundry Solutions check out
The American Cleaning Institute.

<https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>



Save the Date!!!



Sewing class

Thursday, July 18, 2024

4:30 to 7:30 PM, CT

Extension Community Building

Scrapbooking with Ella!

Tuesday, June 11, 2024

5:30 PM, CT

Extension Office Basement

Please call to register:

270-756-2182

Bring your supplies, cards, pictures and enjoy an evening of fellowship while sharing scrapbooking ideas!

Growing Your Own Garden

May Plantings

- Plant herbs, transplant peppers, tomatoes, melons, squash & cucumbers
- Mid—Late Month: plant sweet potatoes slips & direct seed sweet corn

Install raised beds at least 6” tall

- Fill with good garden soil
- Mix in organic materials in 3 to 1 ratio
- If using containers, potting soil works best

Water

For raised beds apply enough water to wet soil about 6 inches

For containers apply water until water drains out of hole in bottom of container

Tips:

- Watch for pest and disease
- Lightly turn soil around plants to control weeds
- A layer of straw, newspaper, cardboard or plastic between plants help with weed control and soil moisture

For more gardening information contact the Extension Office for a copy of the “Growing Your Own Garden Calendar” and “Home Vegetable Gardening in Kentucky”.

Be sure to ask about the free garden and yard soil testing program!





Homemaker Happenings & Dates to Remember

- May 12 Happy Mother's Day
- May 17 Homemaker Awards Due
- May 22 Wits Workout
- May 27 Memorial Day Office Closed
- May 30 Homemaker Annual Meeting
- June 13 Homemaker Council Meeting
- June 19-22 Breckinridge County Fair

Homemaker Awards Due May 17

- ⇒ Homemaker of the Year
- ⇒ Homemaker Life Time Award
- ⇒ Perfect Attendance
- ⇒ Reading Award
- ⇒ Volunteer Hours

Roll Call & Thought of the day for May

Roll Call: In May, we celebrate mothers. Share a favorite memory with your mother.

Thought for the Day: "Every life matters. Be like Mother Nature and love everyone without judging."
—Debasish Mridha

Club Meetings

- May 20 Cloverport, 1 PM, CT, Cloverport Methodist Church
- May 20 New Heights, 10 AM, CT, Extension Community Building
- May 20 Countryside, 5 PM, CT, Audrey Henning
- May 21 Irvington, 10:30 AM, CT, Lincoln Trail Christian Church
- May 28 Sunshine Sisters, 11 AM, CT, Extension Community Building
- May 31 Flower Rangers, 6 PM, CT, Extension Office Basement

**Office Closed
Monday, May 27
in observance of
Memorial Day**

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## Roll Call & Thought of the day for June

**Roll Call:** In June, we celebrate fathers. Share a favorite memory with your father.

**Thought for the Day:** "A father is the one friend upon whom we can always rely."—Emile Gaboriau

## Club Meetings

**The following information was taken from Club Reports**

Cloverport is the only club that has a specific meeting date for June 17

## Mother's Day, May 12 & Father's Day, June 16

**Hope each of you will take time to reflect on the value of all mothers & fathers!**

**Breckinridge County Extension Agent for FCS Education**

**Extension Homemakers**

# Spring Bazaar

Saturday, May 11, 2024

9 a.m. CT - 2 p.m. CT

***Shop local arts and crafts vendors for  
spring holiday gifts and decor.***

***Free Admission***

Breckinridge County Extension  
Community Building & Farmers' Market &  
Educational Facility

1377 S. Hwy 261, Hardinsburg, KY 40143

270-756-2182

*Proceeds to benefit  
local high school  
scholarships!*



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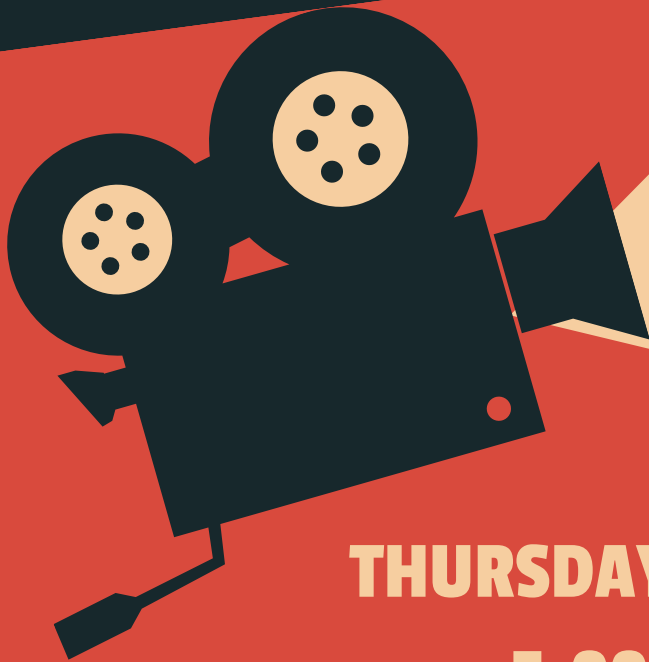
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with prior notification.



# Hooray to Homemakers

## 2024 COUNTY ANNUAL MEETING

Let's celebrate the 1940's Homemakers premiere while spotlighting today's award winners!  
Special Performance by 4-H Treble Chorus



**\$12**

Dinner Ticket

**THURSDAY, MAY 30TH**

**5:00 PM CT**

**EXTENSION COMMUNITY BUILDING**



Register by May 17



# Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. 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.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/6th of pie**  
**Cost per recipe: \$10.20**  
**Cost per serving: \$1.70**



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

#### **Nutrition facts per serving:**

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

#### **Source:**

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service



## June 19– June 22

A complete listing of the Family Living and 4-H Exhibits can be found at:

[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu) or a copy may be requested at the Extension Office



For a complete listing of events, times and rules go to: [Breckinridgecountyfair.com](http://Breckinridgecountyfair.com)



We want to thank each Extension Homemaker and Community Volunteer that comes to the county fair to help host and bring entries to the 2024 Family Living Exhibit.  
 We encourage all to bring entries to make this year's exhibit the best!  
 Listed below is the schedule for the fair week for the Family living Exhibit.

## 2024 Breckinridge County Fair Work Schedule

**Merchants Building - \*Opens at 4:00 PM (CT) each night for viewing**

**Please contact the Extension Office with the names of your volunteers by June 17 and pick-up passes.**

| Day       | Date      | Time                                                    | Event                              | Volunteer                                          |
|-----------|-----------|---------------------------------------------------------|------------------------------------|----------------------------------------------------|
| Saturday  | 6/15/2024 | 8:30                                                    | Set-up                             | All volunteers                                     |
| Tuesday   | 6/18/2024 | 4:00 PM - Volunteer Orientation<br>4:30 PM—6:00 PM (CT) | Volunteer Orientation and Check-In | ALL volunteers                                     |
| Wednesday | 6/19/2024 | 7:00 AM - 9:00 AM (CT)                                  | Check-In                           | ALL Volunteers                                     |
|           |           | 11:00 AM (CT)                                           | Luncheon                           | ALL Volunteers<br><u>Office Community Building</u> |
|           |           | 12:00 Noon (CT)                                         | Judging                            | ALL Volunteers                                     |
|           |           | *4:00 PM - 7:00 PM (CT)                                 | Exhibit Opens to Public Host       | Sheila Stull & Lynnette Allen                      |
|           |           | 7:00 PM - 9:00 PM (CT)                                  | Host                               | Cloverport Club                                    |
| Thursday  | 6/20/2024 | *4:00 PM - 7:00 PM (CT)                                 | Host                               | Irvington Club                                     |
|           |           | 7:00 PM - 9:00 PM (CT)                                  | Host                               | Sunshine Sisters Club<br>New Heights Club          |
| Friday    | 6/21/2024 | *4:00 PM - 7:00 PM (CT)                                 | Host                               | Countryside Club                                   |
|           |           | 7:00 PM - 9:00 PM (CT)                                  | Host                               | Flower Rangers Club                                |
| Saturday  | 6/22/2023 | 8:00—10:00 AM CT                                        | Check-out<br>Take-Down             | ALL Volunteers                                     |



# WITS WORKOUT

An Interactive Brain Health Program

 Cooperative  
Extension Service

Breckinridge County

*Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?*



Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in guided challenging puzzles, learn to help keep your brain healthy while interacting with others.

**When:** Wednesday, May 22, June 5, June 26, July 3, July 10 & July 31

**Time:** 10 to 11:15 AM, CT

**Where:** Breckinridge County Extension Community Building,  
1377 S Hwy 261, Hardinsburg, KY

**Register:** No registration required!

**Led by:** Lynnette Allen Breckinridge County Cooperative Extension FCS Agent



*Wits Workout is a program developed by University of Illinois Extension*

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# May 14, 2024

## FREE DIABETES SUPPORT GROUP

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**Breckinridge County Extension Community Building**

1377 S. Hwy 261, Hardinsburg, KY 40143

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**No Registration Required!**

**1:30—2:30 PM, CT**

- \* **Relaxed Group Setting**
  - \* **Recipe Sampling**
- \* **Nutritional Information**
  - \* **Door Prize**



**May's Guest Speaker:**

**Dr. Charles Peebles, DPM**

**Podiatry Specialist**

Join us for a discussion of diabetic foot care.

**Bring a friend or family member, everyone welcome!**

Call 270-756-0711 or 270-756-2182 for more information.

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Nothing else comes close

**UK** Cooperative Extension Service

**Open every Saturday--6:30 a.m. (ct)  
until products are sold  
June 15 thru October 2024**

**Open every Tuesday--3 p.m. (ct)  
until products are sold  
June 25 thru October 2024**

**Location:**

**1377 South Hwy 261, Hardinsburg, KY  
Behind the Breckinridge County Extension Office  
in the Extension Farmers' Market and Educational Facility,  
on the corner of US 60 By-Pass and Hwy 261**

**Accepting WIC and Senior Citizens' Market Card--  
WIC Card—contact the Health Dept. at 270-756-5121  
Senior Citizens' Card— contact the Breckinridge County Extension Service  
at 270-756-2182**

**Wide variety of fruit and vegetables.  
This is a great opportunity to come out and meet  
the producers who work hard producing  
the high quality produce that you enjoy.**

**For more information call 270-756-2182  
Funded in part by Kentucky Agricultural Development Funds**

**NOTE: Dates are subject to change based on product availability.**



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Lexington, KY 40506



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**Get your Senior Farmers' Market Card!**

**DATE: May 23, 2024**

**Start time: 8 a.m. (ct) while supply lasts**

**Breckinridge County Extension  
Farmers' Market and Educational Facility**

**1377 S. Hwy 261  
Hardinsburg, KY 40143**

Participants must be 60 years or older

***\*\*Proof of household income and identification required.  
Benefits are given out on a first come, first serve basis.***

**\*Must be present or pick up and fill out a proxy to  
designate a person to pick your card up.**

**Call 270-756-2182 with questions.**

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | [breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)

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**WEST KENTUCKY 4-H**

# SUMMER CAMP



## **\$115 PER YOUTH**

- For youth 9-14
- \$50 deposit due at time of registration
- Limited space
- Scholarships available

**Registration due Monday, July 1st**

## **BRECKINRIDGE COUNTY CAMP**

**DATES: JULY 22-25**

**2024 THEME:**

**UNDER THE BIG TOP!**

FOR MORE INFO CONTACT THE BRECKINRIDGE  
COUNTY EXTENSION OFFICE

**270-756-2182**

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# ADULT HEALTH BULLETIN



**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>

## THIS MONTH'S TOPIC MENTAL HEALTH AWARENESS



**M**ay 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.

Continued on the next page



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***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](https://www.988lifeline.org) to live chat with a counselor at any time.***

**➔ Continued from the previous page**

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](https://www.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/syc-20374968>

**ADULT  
HEALTH BULLETIN**

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