

# FCS Newsletter



**JULY 2023**



## Extreme Heat during the Summer Months

June, July, and August bring long summer days with plenty of sunshine but also heat and humidity, with some days being dangerously hot. The Federal Emergency Management Agency (FEMA) states, "Did you know around the world extremely hot days have become more frequent and intense since the 1950s?" These extreme temperatures bring potential dangers to us all but especially to those who work outside, the very old, the very young, and pets or animals who are outdoors.

FEMA recommends the following list of ways to stay cool during hot summer months.

1. **Check the forecast.** Before making plans, check your local forecast to see if there's an excessive heat advisory. An excessive heat warning is issued up to a day before extremely dangerous heat conditions start. An excessive heat watch is issued when conditions are favorable for excessive heat in the next 24 to 72 hours. A heat advisory is issued within 12 hours before dangerous heat conditions are expected.
2. **Never leave pets or people in a car.** Did you know when it's only 80 degrees, your car's interior can reach 118 degrees in just 20 minutes? Leaving anyone in a parked car on warm days is dangerous. Infants and children are especially in danger of getting heat stroke or dying.
3. **Drink water.** Keep yourself and your pets hydrated. Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
4. **Find air conditioning.** If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. While electric fans may provide comfort, when the temperature is in the high 90s, they will not prevent heat-related illness.



Continued on next page

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## Extreme Heat during the Summer Months (continued from previous page)

5. **Keep your house cool.** You can keep your house cooler by insulating it and covering your windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
6. **Dress appropriately and wear sunscreen.** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing loose, lightweight, light-colored clothes, a wide-brimmed hat, and sunglasses. Put on a broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going outside during the day. Sunscreen wears off, so reapply every two hours and after swimming, sweating, or towel-drying off.
7. **Avoid strenuous activities.** High heat and outdoor activities don't always mix well. Try to limit your outdoor activity to when it's coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.
8. **Check on your family and friends.** Older adults, children, and people with chronic medical conditions are at high risk from heat-related injury and death.
9. **Eat light.** Hot, heavy meals add heat to your body.

If you do notice any heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion, seek a cool place and immediate medical attention (as needed).

As our climate patterns become more unpredictable, take steps to be more aware of the weather to keep you and your community safe and healthy.

### References

<https://www.fema.gov/blog/9-ways-stay-cool-extreme-heat>

<https://www.ready.gov/heat>

**Source:** Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023



Lynnette Allen

Extension Agent

For Family and Consumer Sciences Education

Breckinridge County

### Diabetes Support

July 11

1:30 PM, CT

Extension Community  
Building

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# Beefy Stuffed Peppers

**1 cup** uncooked,  
whole wheat couscous  
**1** small tomato, diced  
**½ cup** garbanzo beans  
**1 teaspoon** dried  
Italian seasoning

**¼ teaspoon** ground  
black pepper  
**1 teaspoon** salt  
**½ cup** low fat  
shredded mozzarella  
cheese

**4** large bell peppers  
**½ pound** lean ground beef  
**1 tablespoon** chopped green  
onion  
**1 tablespoon** minced garlic

**Cook** couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings

**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Bell Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

**PRESERVING:** Wash and stem peppers. Package, leaving no head space. Seal and freeze.

### KENTUCKY BELL PEPPERS

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human  
Nutrition students  
**June 2013**

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# County Fair Highlights!

611 Family Living Entries competed at the County Fair. Check out the Grand Champion display picture.

Thank you to each exhibitor that shared their talents!



## Congratulations to our Most Blue Ribbon Winners!



Leverne Whitworth



Gentry Spencer

**Thank you to the Homemakers and Community Volunteers**  
**for working the Family Living Exhibit!**





## County Annual Meeting Highlights

May 31, 2023

### ***Congratulations to All!***



Ranger Adam Warren shares outdoor adventure opportunities around Rough River Lake.



LTA President Lois Pressgrove shares information about the Emergency Information Card Project.



The 2023-24 County Officer Team newly installed by LTA president.



Shelby Butler and Charley Miiller receiving recognition for serving as county officers.



The Cloverport Club was awarded the Annual Meeting Club Award for having the highest percentage of members present at the event.

25,483 Volunteer Hours were recognized for the 2022-23 Homemaker program year.



Thelma Hawkins receiving the 2023 Homemaker of the Year Award.



Anna Frances Stinnett and the late Ann Bell Family receiving recognition for the Lifetime Achievement Award. Not available for pictures but also receiving recognition was Ted Kinder.



## 2023-2024 Homemaker Lessons



August 30th  
9:30-11:30am CT  
Hardin County Extension Office



September 26th  
1:00pm  
Breckinridge County Extension Office



October 24th  
10:00am  
Breckinridge County Extension Office



January 5th  
10:30am  
Breckinridge County Extension Office



January 25th  
1:30pm  
Breckinridge County Extension Office



February 27th  
10:00am  
Breckinridge County Extension Office



March 26th  
1:30pm  
Breckinridge County Extension Office



April 30th  
Time TBD  
Virtual ZOOM

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# Home Food Preservation Classes

**BRECKINRIDGE COUNTY EXTENSION OFFICE**

**FRIDAY, JULY 21 @ 10 AM CT**

**OR**

**TUESDAY, JULY 25 @ 5PM CT**

➤ *Learn to preserve  
your summer garden  
harvest to enjoy all  
year long!*  
*Also, receive a UK  
Extension Canning  
Manual.*



➤ Topics Discussed:  
Approved Canning Recipes  
Equipment  
Processing Times  
Q & A on Canning Mishaps

Registration is required.  
Limited space is available.

To register call the Breckinridge  
County Extension Office at  
(270-756-2182) by July 19.

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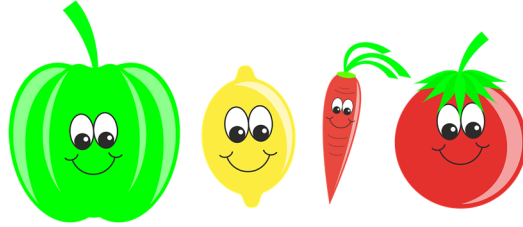
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# Eating Over the Rainbow Challenge



Making food fun is a way to encourage children to try new foods, especially fruit and vegetables. We invite your family to join our ***Eating Over the Rainbow Challenge*** to eat at least one fruit and vegetable each day, for one week in August. Signing up with your local Extension office will get you looped into activities to do with children and tips for encouraging children to give fruit and vegetables a chance. We hope you'll join us in taking action to help children try at least one fruit and vegetable each day so they can explore, grow strong, learn, and play!

More details about the challenge will be announced in the August newsletter and on Facebook, so stay tuned!

## Simple Salsa

### Ingredients:

- 3 tomatoes, chopped
- ½ cup onion, finely diced
- 1 green pepper, finely chopped
- ½ cup fresh cilantro, chopped
- 1 teaspoon salt
- 2 teaspoons lime juice

### Directions:

1. Mix all the ingredients in a bowl.
2. Enjoy !



Servings: 8 Serving Size: 1/2 cup each

### Tips:

Dip in green peppers, celery, carrots, cucumbers, broccoli and other vegetables or eat with whole-grain tortilla chips. Salsa can be served as a topping on pizza, baked potato or tacos. It can also replace pasta sauce.

NUTRITION FACTS PER SERVING: 20 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 300mg sodium; 4g carbohydrate; 1g fiber; 3g sugar; 0g added sugars; 1g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

## THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

### STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

### TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

### PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



## KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

### BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

### RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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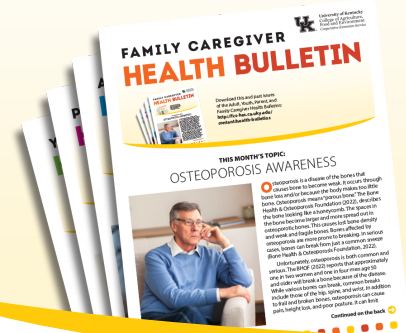
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# FAMILY CAREGIVER HEALTH BULLETIN



**JULY 2023**

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

## THIS MONTH'S TOPIC:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



**S**ocial connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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# Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

## ➔ Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

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*Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.*

---

self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

#### REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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## FAMILY CAREGIVER HEALTH BULLETIN

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