

I have often said that my job in Extension is similar to driving a standard pickup truck. Constant switching gears and shifting. With that said, I am late getting your newsletter to you this month due to 4-H Summer Camp taking much of my time for preparation and attending. The newsletter this month is combined with August as we enter the busiest season between camping and State Fair assignments. In this newsletter you will see flyers for upcoming events for both months. Last year we had a huge turnout for our event in collaboration with HMH, and I hope this year is no different. This year we will be focusing on cancer prevention. We have scheduled for the inflatable colon to be onsite for us to tour. While it sounds strange, this will be a great opportunity for learning. HMH Oncologist Michael Horn will be speaking and taking questions, as well as guest speaker, Lindsay Hamm who is a colon cancer survivor. This event will focus on all forms of cancer and cancer sites though! Please call the office or scan the QR code on the flyer to register for the event and free meal.

Also, information is included about the Bluegrass Area Homemaker meeting hosted by Powell County. Be sure to get your registration form to us. I will be driving the van so you don't have to worry about driving if you would like to attend.

We will also make a trip to the State Fair to take in all the exhibits this year. It was a fabulous trip last year, and I expect this year to be no different.

Lastly, THANK YOU to each of you who worked on the 4-H fundraiser quilt, sold tickets, AND set at the Blackberry Festival in the heat and sold tickets. Last I checked, you all had raised over \$1,000 for 4-H'ers to help with camp costs. Lastly, I encourage you brainstorm ideas for the next year of programming you would like to see. I am open to all of your ideas. Please let me know if I can be of assistance in anyway. See you soon!

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Again, I am sorry this month's issue is late.



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

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Disabilities accommodated with prior notification.



HMH- Cancer Awareness Event

August 27th

Come tour the inflatable Colon and hear HMH oncologist speak. Meal provided



Carlisle-Nicholas County Farmers Market- Each Saturday 9 a.m.- till sellout



STATE FAIR TRIP

We will meet at the Livestock Barn at 8 a.m. to make our way to Harrison County Extension Office to carpool with them. Plan to return by 5:30 p.m.. I have purchased tickets for anyone wanting to attend.



Homemaker Picnic

Ellisville- Sides

Domestic Divas- Drinks

Headquarters- Fruit/Desserts

Moorefield- Bread



Cooking Through the Calendar

Fruited Cole Slaw and Quick Couscous Salad

July 25th at 11 a.m. at the Livestock Barn



Homemaker Trip to

KENTUCKY STATE FAIR



*rsvp: 859-234-5510 by Aug 1

Tuesday
20, August 2024
8:30AM - 5:00PM

*Depart & Return to
Harrison Co Extension Office

*Free entry; bring lunch
money



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
The College of Agriculture, Food and Environment is a leading provider of research, education and extension services to the agricultural and food systems of the Commonwealth of Kentucky. The College is committed to providing high-quality education and research to the people of Kentucky and the world.

Nicholas County Cancer Prevention & Care Seminar

Date: Tuesday, August 27
Location: Nicholas County Livestock Barn
Time: Doors open at 5:30 p.m.
Speaker to begin at 6 p.m.

Dr. Michael Horn, HMH Oncologist, will be the guest speaker. Topics will include cancer prevention, an update on cancer treatment and information about cancer patient resources



Michael Horn, M.D.
HMH Oncologist

The Kentucky Cancer Program will be on hand with their inflatable colon to offer education and resources. The KY CancerLink will be on hand to register people for FIT kits and stool screening kits to test for colon cancer. A free meal will be provided by Cedar Ridge Health Campus.



Please register with the QR code available or by calling (859) 289-2312.

Sponsored by

- Harrison Memorial Hospital
- Nicholas County Extension Services
- UK Markey Cancer Center Affiliate Network
- Cedar Ridge Health Campus
- Bluegrass Care Navigators



BLAZE THE TRAIL

BLUEGRASS AREA EXTENSION HOMEMAKERS'

ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director
Powell County Tourism Commission

FRIDAY, OCTOBER 11, 2024



Cooperative Extension Service
Agriculture and Natural Resources
Faculty and Extension Educators
Community and Economic Development

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Menu

Option 1:
Chicken Salad Croissant

Option 2:
Ham and Cheese Croissant

Option 3:
Veggie Wrap

*Each meal includes side, dessert, and drink.

PLEASE JOIN US:

WHEN:

Friday, October 11, 2024

WHERE:

Bowen First Church of God
5555 Campton Rd, Stanton, KY
40380

TIME:

9:30 Am Registration and morning refreshments
10:00 am call to order

REGISTRATION DEADLINE:

SEPTEMBER 11, 2024

Cost \$15

For questions, contact: Kendyl Redding at 606-663-6405 or kendyl.redding@uky.edu

Bluegrass Area Homemaker Annual Meeting Registration
Complete & return by September 11, 2024 to your County Extension Office with your check payable to _____

Name: _____ Phone: _____

Email: _____ Club Name: _____

Mailbox member: _____ Guest: _____

Lunch Selection: Chicken Salad Ham and Cheese
 Vegetarian

I will be driving the van for anyone who wants to carpool!

Martin-Gatton College of Agriculture, Food and Environment

BOURBON, HARRISON, NICHOLAS TRI-COUNTY FOOD PRESERVATION CANNER & CANNER July 22

POSTPONED

9am-noon @ Bourbon Co Extension Office
rsvp: 859-987-1895

5-8pm @ Harrison Co Extension Office
rsvp: 859-231-5510

Call to sign up at 859-234-5510

NICHOLAS COUNTY HOMEMAKERS

REPORTING & PLANNING picnic party

7/16 TUESDAY 6:00 P.M.

PLEASE JOIN US AS WE COMPILE INFORMATION FOR OUR ANNUAL REPORT FOR STATE REPORTING. WE WILL ALSO DISCUSS IDEAS FOR THE NEW YEAR!

In the Face of DISASTER

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

BLUEGRASS AREA FCS AGENTS PRESENT: ARE YOU PREPARED?

in recognition of National Preparedness Month



Locations:

- Bourbon County Extension Office: September 12th at Noon
- Clark County Extension Office: September 5th at 6:30 p.m.
- Estell County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.

Madison County's Location: Extension Office Cost: FREE w/ optional \$20 emergency kit

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In the Face of DISASTER

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

ARE YOU PREPARED?

September is National Preparedness Month



Date: September 12th
Time: 6 p.m.
Location: Livestock Barn
Cost: FREE

Option to purchase a disaster preparedness tote for discounted price of \$20 complete with NOAA Weather Radio, crank and solar battery charger, can opener, fire/waterproof document holder, measuring cups and spoons, first aid kit, backpack, and more!

Three options to register: Call (859) 289-2312, scan the QR code, or click the link!



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SUN PROTECTION

USE THESE SIMPLE CLOTHING TIPS FOR SUN PROTECTION



The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

- Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.
- Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.

- Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.
- Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.
- Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.



AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-insurance.aspx>.

HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.

Cooperative Extension Service

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Lexington, KY 40506

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Disabilities
accommodated
with prior notification

WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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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>

Nicholas County Extension Office
368 East Main St
Carlisle, KY 40311
(859) 289-2312

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.

Continued on the next page

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Disabilities
accommodated
with prior notification.

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.

Continued from the previous page

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.

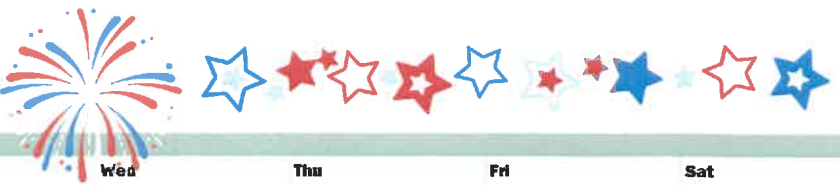
REFERENCE:
<https://www.cdc.gov/arthritis/about/key-messages.htm>

ADULT HEALTH BULLETIN

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Adobe Stock






July 2024

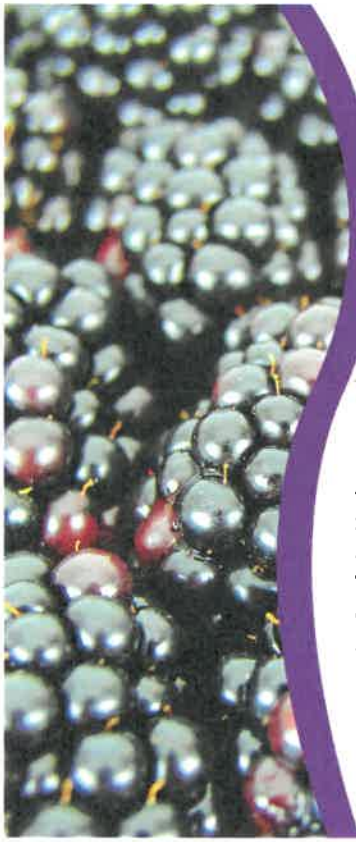


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2	3	4 4th of July!!!	5	6
	Blackberry Festival					
7	4-H Summer Camp for Nicholas County					
14	15	16 Homemaker Picnic	17 National Hot Dog Day	18	19 Community Action Health Fair	20
21 National Ice Cream Day	22	23 National Gorgeous Grandma Day	24	25 Cooking Through the Calendar 11 a.m. BARN	26	27
28	29	30 International Day of Friendship	31			

August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Homemade Pie Day	2	3
4 National Sisters Day	5	6	7	8	9 Book Lovers Day	10 National Spoil Your Dog Day
	Kentucky State Fair-- Horse Show Week					
11	12	13	14	15 First Day of School for Nicholas County	16	17
	Kentucky State Fair					
18	19	20 Homemaker State Fair Trip	21	22	23	24
	Kentucky State Fair					
25 	26	27 HMH Cancer Prevention Program	28	29	30	



Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1 ¼ cup all-purpose flour	1 large egg
½ cup brown sugar	1 ½ teaspoons baking powder	¾ teaspoon vanilla extract
1 ½ teaspoons grated lemon peel	¼ teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	⅔ cup sugar	½ cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.
Place melted butter in the bottom of a 9-inch round cake pan.
Sprinkle with brown sugar and lemon rind.
Top with berries. Set aside.
Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.
Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.
Add egg, vanilla, and lemon juice. Mix well.
Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.
Spoon the batter over the blackberries.
Bake at 350 degrees for 40

minutes.
Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.
Serve warm.
Yield: 8, 3 inch wedges.
Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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



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



Nicholas County

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Return Service Requested