



Cooperative Extension Service

Estill County 76 Golden Court

Irvine, KY 40336-6917

Phone: (606)723-4557 www.estill.ca.uky.edu

Hi everyone,

Do you realize that after June we will be half way through the year? I don't know where the time goes. June is Alzheimer's Awareness Month. I am offering a Brain Health Lunch and Learn this month and we will be discussing Alzheimer's and Dementia.

Canning season will be starting soon, so bring your dial pressure canner lid in for inspection and testing. If you have any questions about canning, call me or come by the office. We have publications that cover any type of canning that you can do. We want to make sure you use education/scientific based canning practices.

This month I am excited to team up with the Estill County Farmer's Market to offer a kid's day. It will be held Saturday, June 22nd. Jessica Webb, NEP Assistant, and I will be there with demonstrations, games, and other activities. If schedules allow, other agents from our office may be there as well.

Check the Dates of Interest on this page for other upcoming events within the next few months.

Have a great June.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling

Judy Vaughn, County Extension Agent for Family and Consumer Sciences

DATES OF INTEREST

- June 1st Opening day of Farmers' Market
- June 4th Brain Health Lunch & Learn 11:30 - 1:00
- June 8th I'd Rather Bee Quilting
 1:00 at the Extension Office
- June 11th Bluegrass Homemaker Meeting
- June 19th Extension Office Closed in observance of Juneteenth
- June 21st Tomato Canning at 10:00 a.m.
- June 22nd Kid's Day at the Farmers' Market from 9:00-1:00
- June 26th Laugh & Learn at 10:30a.m. at the Library
- July 9th Homemaker trip to Wilson's Greenhouse and Sage Restaurant. Leaving at 8:00 a.m.
- July 12th Fall Prevention Lunch and Learn from 12:00 1:00
- July 15th July 18th Superstar Chef Camp (Youth 9-12)
- July 25th Homemaker Officer Training
- August 8th Financial Education Class at 5:00

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Harrison County Homemakers' are taking a trip to Savannah, GA.

DATES:

September 30 through October 5th.

They have some spots available if you would like to go along.

The cost is \$800.00.

You can call the **Harrison County Extension Office for** more details at 859-234-5510.



Bluegrass Annual Meeting will be held on October 11, 2024 in Powell County. We will take the van or vans. Put it on fomemakers your calendar and watch for sign-ups coming in the near future.

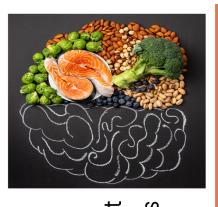
BRAIN HEALTH LUNCH & LEARN



Martin-Gatton

College of Agriculture, Food and Environment

memory. Discussions about Alzheimer and Dementia as brain healthy and improve Learn ways to keep your



Are you interested in learning about canning tomatoes?

Then join Estill County FCS Agent, Judy Vaughn for

11:30 a.m. – 1:00 p.m. Tuesday, June 4th

at the Estill County Extension Office 76 Golden Court, Irvine

Estill County Extension Office, 76 Golden Court, Irvine

This class will be held at the

During this class we will be learning how to can tomatoes.

HANDS ON DEMONSTRATION.

NOTE: Class size for canning tomatoes is limited

Call 606-723-4557 to sign up for this class.

Friday, June 21st at 10a.m.

CANNING TOMATOES

This lunch and learn is free and open to the public. Please call 606-723-4557 to sign up no later than June 3rd for this lunch and learn.



Gudy Vaughn

Judy Vaughn County Extension Agent for Family & Consumer Sciences

Judy Vaughn County Extension Agent for Family & Consumer Sciences

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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KID'S DAY AT THE ESTILL COUNTY FARMER'S

MARKET

JUNE 22ND 9:00 TO 1:00

A farmers market is a fantastic place to learn about your community's food system, give local companies your support, and enjoy fresh, healthful food.
Join us for food demonstrations and games.

Call Judy Vaughn at the Estill County Extension office (606-723-4557) if you have any questions.





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

LUNCH & LEARN: FALL PREVENTION



During this Lunch &
Learn guest speaker
Samantha, from
Apexnetwork Physical
Therapy, will be
speaking about fall
prevention.



Wednesday, July 12th Beginning at 12:00 noon

at the Estill County Extension Office 76 Golden Court, Irvine

This lunch and learn is free and open to the public. Please call 606-723-4557 to sign up.

SIGN UP BY JULY 8TH

Judy Vaughn County Extension Agent for Family & Consumer Sciences

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4-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this FREE program, where you will receive cooking tools and learn how to:



- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- niscover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!

WHEN: July 15th - July 18th Signups will begin June 3rd.

TIME: 9:00 a.m. - 1:00 p.m.

WHERE: Estill County Extension Office, 76 Golden Court, Irvine

Signups will begin June 3rd. Call 606-723-4557 to sign up. Spots are limited. Parent/guardian will have to fill out a form prior to the camp.

Lexington, KY 40506



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

Judy Vaughn County Extension Agent for Family & Consumer Sciences

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HEALTH BULLETIN ADULI



JUNE 2024

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000 Street Road 0000-000 (000) City, KY of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: THIS MONTH'S TOPIC http://fcs-hes.ca.uky.edu/ content/health-bulletins

STEP INTO NATURE, SUMMER EDITION



with a quote from Hippocrates, "Nature mind, take a break in the sunshine, and work tasks. Don't fight the urge to step reap the benefits of being outdoors in environmental changes make it more the summertime. You may be familiar time outdoors is good for your health Perhaps you find yourself staring out a hike through the woods, spending tself is the best physician." Whether sit in the shade under a tree, or take outside! Give in to your wandering you take a walk around your block, outside for longer each day. These the window, distracted from your enticing to spend time outdoors.





exington, KY 40506

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

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Extension Office NAME County

s the weather warms up, the sun shines brighter and it is light

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are many activities to do in the summer outdoors. be active for a longer time and enjoy it more than provides good motivation to be physically active. doing yard work, playing sports, and more, there are many ways to be active in the great outdoors People who exercise outdoors are more likely to There are both mental and physical benefits From walking, hiking, or running, to gardening, to spending time outdoors during the summer. those who exercise indoors. Additionally, there Studies have shown that people enjoy being outside in the summer, and being outdoors whether you live in an urban or rural area.

provides extra oxygen to your body and breathing needs more air, and you breathe more deeply. This that you take in through the air. Breathing deeply outdoors is the quality of air that you breathe in. chronic diseases such as high cholesterol, blood outdoors tends to reduce the amount of toxins to overall heart health, reducing and managing pressure, and heart disease. Additionally, being smells, sounds, tastes, and textures around you. than that inside. When you exercise, your body Another physical benefit of spending time cortisol, and heart rate. All of these contribute to enjoy the atmosphere outdoors: the sights, Overall, air quality outdoors is typically better helps you to relax, lowering your stress levels, outdoors awakens your senses, helping you

Tuning into your senses outdoors also has mental generally down, try going outside. You can relieve stress levels, decreases feelings of depression and Spending time outside has shown to help people health benefits. Spending time outside reduces are having a bad day, feel discouraged, or feel stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk. anxiety, and helps you to feel more regulated. recover from trauma faster as well. When you

Summer weather tends to make spending



going to spend time out in the sun, remember sunglasses or hat, and drink plenty of water to precautions you should take as well. If you are overexpose your skin to damage from the sun additional vitamin D, but you do not want to stay hydrated. Your body will appreciate the time outside enjoyable, but there are some to wear protective clothing or sunscreen

REFERENCE:

https://www.fs.usda.gov/features/wellness-benefits-great-outdoors

HEALTH BULLETIN

Designed by: Rusty Manseau Katherine Jury, MS Edited by: Alyssa Simms Written by:







PARENT

EALTH BULLETIN



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full hour a day of active time, and more is even better! Kids need to be physically active to grow and develop strong muscles and bones. Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one

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Outdoor space allows kids to run, jump, climb, and swing. Kids need at least one full hour a day of active time, and more is even better!

time outdoors into your daily and weekly routines outside is the perfect outlet for using up energy follow directions. Active play outdoors can also behaviors. Consider how you can build regular outside being active, they are then better able help with impulse control and curb disruptive in healthy ways. Also, when kids spend time to pay attention, stay focused on tasks, and Kids have lots of energy, and playing as a family, and specifically for your kids. As you think about outdoor opportunities in your to your local parks and recreation department. Many communities have walking trails, group hikes, parks, area, whether urban or rural, consider reaching out pools, and nature reserves within close proximity. You may be surprised by the offerings available!

rom the seemingly never-ending barrage

School is ending, and many family's schedules are finally slowing down

STEP INTO NATURE, SUMMER EDITION

THIS MONTH'S TOPIC

Here are some additional ideas of ways to spend time as a family outside this summer:

apportunity to spend time outside together.

of sunshine during the summer provide

time and motivation to enjoy the great

The warm weather and extra hours

outdoors. Being outside is important for

kids, for their health and well-being, as

during longer summer days, lean into the

find gaps in your schedule and down time

school year. As you and your kids begin to of concerts, ball games, plays, and awards

ceremonies that occur at the close of the

- See how many items children can find on a list, or that match a certain description. There are many certain kinds of plants, trees, animals, and birds. Organize a nature scavenger hunt: Look for templates available online to give you ideas.
- Start a nature collection: Is your child particularly them to look for different or unique kinds of rocks, acorns, leaves, or pinecones to collect and display. interested in a certain item in nature? Encourage

creative, explore, and engage their senses.

well as providing opportunities to be

Kids need to be physically active to grow

and develop strong muscles and bones.

Have a ball: Kicking a soccer ball, throwing sports you all enjoy can keep the outdoors fun as children get older. Invite neighbors a frisbee, jumping rope, or playing any or friends to join in and organize a fullfledged game of kickball or volleyball.

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Share a meal, take a walk, or play a game together



enjoyable when you eat them in a new atmosphere. while you enjoy the outdoors. It does not have or sandwiches, or even leftovers can be more to be fancy to be enjoyable. A simple salad

important to protect yourself and your kids from While being outside has many benefits, it is too much sun exposure. Remember things like to make it easy to grab before heading outside protective clothing and sunscreen, sunglasses, a hat, and insect repellant. It may be helpful to keep a basket with these items by your door, to play, hike, bike, or swim this summer!

REFERENCE:

https://www.healthychildren.org/English/family-life/power-of olay/Pages/playing-outside-why-its-important-for-kids.aspx

Designed by: Rusty Mansea Edited by: Alyssa Simms Katherine Jury, MS



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Pack a picnic or plan a barbeque outside.



is that it is free! This makes putting down your electronics

One of the best things about a prescription for nature

to soak in the June sun easy, affordable, and accessible.

EALTH BULLETIN



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According to the Mayo Clinic (2024), some of the mental health benefits of nature include:

- Improves mood
- Lowers anxiety
- Alleviates stress
- Improves cognition and memory
- **Builds resiliency**
- Promotes self-care
- · Helps manage emotions
- Improves sleep quality
- Enhances creativity

Reduces irritability

- Clears the mind

Jniversity of Kentucky Sanders-Brown Center on role. According to Dr. Elizabeth Rhodes from the nature and sensory activity into your caregiving You can also incorporate the benefits of

> We often take nature for granted, but stepping have time to walk in the woods, garden, or take

of stress and anxiety in as few as five minutes?

exposure to the outdoors can reduce feelings

to find or make time for it. Did you know that

into nature has the power to heal. If you do not

important. Yet, many caregivers struggle

ost caregivers are aware that self-care is

STEP INTO NATURE FOR SELF-CARE

THIS MONTH'S TOPIC

sensory system can help Aging, stimulating the seeks." — John Muir nature one receives 'In every walk with far more than he

engage the brain and In the spring, walking support brain health. sleep better at night. Improve their mood or sitting in the sun can help your loved one feel more alert during the day and

by taking a drive with the windows down or by sitting outside. Embrace the spring and feed ducks at a local pond, get dirty in the garden, or skip rocks at a nearby pond.

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risks of chronic disease, illness, and mortality. negative effects of stress. When you properly

through open windows and a fresh cross-breeze, nature, make it a goal to bring the outside inside regetables from the garden. Soak their feet in a like arranging local wildflowers or cooking with plants, animals, and seasonal natural materials, If your loved one is unable to step into



Build a birdhouse together or ask your loved one enriching environment and hands-on exposure tub with cool water and blow bubbles outside. to watch if they are unable to be hands-on. An can help heal, stimulate, and create joy.

nature is that it is free! This makes putting down your electronics to soak in the June sun easy, affordable, One of the best things about a prescription for warmer temperatures, flowers, and an abundance of plant and animal life. In June, listen to the birds, and accessible. June in Kentucky means getting feel the cool Bluegrass on your bare feet, sense outside. The spring weather brings fresh rain, the breeze on your face, and look for fireflies.

nature on a regular basis may help prevent the manage stress, you are better able to lower the

present and helps you feel alive. Stepping into

a tree in a parking lot at work. Purposeful time

spent in nature helps direct your mind to the

outside can be restorative and invigorating even if it is in the backyard or standing under

a weekend camping trip, just spending time

- Mayo Clinic. (2024). The mental health benefits of nature: Spending benefits-of-nature-spending-time-outdoors-to-refresh-your-mind/ time outdoors to refresh your mind. Retrieved April 26, 2024 from https://mcpress.mayoclinic.org/mental-health/the-mental-health
- Engagement UK Osher Lifelong Leaming Donavan Forum. February 15, 2024. Rhodus, E. (2024). Supporting Brain Connections Through Everyday

FAMILY CAREGIVER

Adult Development and Aging Designed by: Rusty Manseau Edited by: Alyssa Simms Stock images: Adobe Stock

Written by: Amy F. Kostelic, Associate Extension Professor,

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IRVINE, KY

PERMIT #6



Estill County 76 Golden Court Irvine, KY 40336

RETURN SERVICE REQUESTED

Serve warm. Sprinkle with Parmesan cheese. vegetable mixture until incorporated. until al dente. Drain. Toss pasta with in salted water about 7 minutes, In large skillet, heat 1 tablespoon

balsamic vinegar

% cnb dreen onions,

2 tomatoes, chopped

Balsamic Veggie Pasta

Salt and pepper to taste

2 tablespoons

cyobbeq

sugars, 0 g added sugars, 10 g protein 52 g carbohydrate, 1 g fiber, 6 g 0 mg cholesterol, 200 mg sodium, l6 g fat, 3.5 g saturated fat, Nutritional Analysis: 390 calories, Yield: 4, 2-cup servings

Parmesan, grated

1 tablespoon

wheat pasta

g onuces whole

lized bailb

1 teaspoon



minutes. In a large pot, cook pasta and green onions. Let sit for 5 to 10 Stir in zucchini, squash, tomatoes, oil, balsamic vinegar, and dried basil. whisk together 3 tablespoons olive pepper to taste. In a large bowl, and cook until tender. Add salt and squash, tomatoes, and green onions, until fragrant. Add chopped zucchini, minced garlic and cook one minute, olive oil over medium heat. Add

cyobbeq

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'y swall yellow squash,

2 cloves garlic, minced

4 tablespoons olive oil,

1 small zucchini, chopped

https://fcs-hes.ca.uky.edu/piukp-recipes For more Plate it up recipes visit