

Franklin County  
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Frankfort KY 40601  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



# May 2010

## FAMILY AND CONSUMER SCIENCE



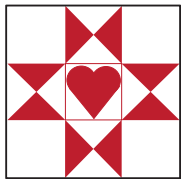
Happy Mother's Day

### Calendar of Events

#### UPCOMING CLASSES

<http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>

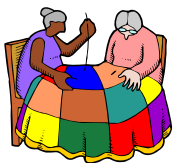
**NOTE:** Reservations for workshops that have a fee will not be taken until payment is made. Payment for workshops should be brought to the office or mailed with your registration information. Make sure your name and phone number are on all correspondence.



**Central Kentucky Homemakers Quilt Guild**  
**May 25, 2010**  
**7:00 p.m.**  
**Extension Office**  
**101 Lakeview Court, Room E/F**

**Topic: Barn Quilts**

**Speaker: Judy Hetterman, CEA for FCS, Owen Co**  
*Visitors Welcome*



#### Paper-Pieced Feather Star Wall

**Hanging** - This is an 18" paper-pieced block. It is one of the most beautiful stars that been made. This method is made easier with paper-piecing. It is a fun and fast. May 17 - Room G, Extension Office,

Fee \$10.00. Call (502) 695-9035 or stop by the Extension Office to register. For additional information, contact [Judith Ricks](#).



### HOMEMAKER COUNCIL MEETING

APRIL 29TH  
EXTENSION OFFICE, 101  
LAKEVIEW COURT  
11:30 AM  
\$3.00 FOR LUNCH



The Simon House is seeking volunteers for many different types of skills and abilities. If you would like to volunteer and assist the Simon House in fulfilling their mission of providing a transitional living facility for homeless adult women who are pregnant or have children, check out our website for a volunteer application. <http://ces.ca.uky.edu/franklin>. OR <http://www.simonhouseonline.org/>



### MARK YOUR CALENDAR

## QUILT SHOW SALE • LUNCH

**May 8, 2010 • 10-3 p.m.**

Providence Christian Church  
101 Providence Way (Brannon Crossing behind Movie Theatre)  
(859) 272-3655



### Save the Date...

*4th Annual Longest Day of Play*

**Thursday, June 17, 2010**  
**5:30-8:30 p.m.**

#### Mark Your Calendars Now!

Join us at Lakeview Park as we celebrate the upcoming *longest day of the year* with an evening full of fun and games. Admission is FREE and door prizes will be awarded throughout the event.

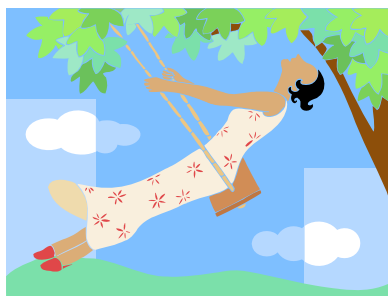
For more information visit us at [www.fchd.org](http://www.fchd.org).

# May 2010 Club Calendar

May Lesson: **OSTEOPOROSIS**

**Roll Call:** *The most memorable thing about your Mother?*

**Thought for the Month:** *“Many of us are more capable than some of us, but none of us is as capable than all of us.” - Unknown*



**PLEASE** contact your club president to make sure your club is meeting this month and the location. The chart below is based on submitted information from each club which is subject to change. Be sure and send in your information each month to keep **US** up-to-date.

Club	Date	Hostess	Place
Cloverdale	May 18 @ 7pm	Elaine Sims	Elaine Sims
College Park	May 18 @ 1 pm	Karen McDaniel	Karen McDaniel
Country Lane	May 19 @ 9:30 am	Jewel Durrett	Jewel Durrett
Indian Hills	May 19 @ TBA	Spring Luncheon	TBA
Louisville Rd	May 5 @ 10 am	Anne Verlderman	Anne Verlderman
Meadows	May 4 @ 6:00 pm	Suzanne Renaud	Suzanne Renaud
Random	May 17 @ noon	Gail Simpson	<b>EXTENSION OFFICE</b>
Ridgeview	May 13 @ 11 am	Pat Dampier	Pat Dampier
S & S	May 20 @ 6:30 pm	Paula Napier	
Springhill	May 6 @ 11:30 pm	Sandra Allison	
Sunny Morning	May 4 @ 10 am	Sandra Davis	<b>EXTENSION OFFICE</b>
Swallowfield	May 5 @ 7 pm	Marilyn Clark	
Switzer	May 6 @ 2pm	Margie Gatewood	
West End	May 3 @ 6:30 pm	Connie Sheets	

## 2009-2010 HOMEMAKERS ANNUAL MEETING



MAY 17, 2010

EXTENSION OFFICE, 101 LAKEVIEW COURT

TIME: 5:30 PM

THEME: **“CELEBRATING THE WORLD EQUESTRIAN GAMES”**

TICKETS: \$12.00 AVAILABLE AT THE EXTENSION OFFICE (MAKE CHECKS PAYABLE TO FRANKLIN COUNTY HOMEMAKERS)

**TICKETS SHOULD BE PURCHASED BY MAY 12TH. WE NEED TO KNOW IF YOU ARE ATTENDING TO NOTIFY THE CATERER. IF YOU HAVE NOT PURCHASED YOUR TICKETS BY THE 12TH, PLEASE CALL WANDA OR GIL AND LET THEM KNOW THAT YOU PLAN ON ATTENDING.**

TO: Franklin County Homemakers

FROM: Jamara Thomas  
County Extension Agent for Family and Consumer Sciences

SUBJECT: Mini-Lesson for May, 2010 EH Club Meeting. (Prepared by Judith L. Ricks, R.D., Area Specialist for Family Development and Management Program, Kentucky State University, Frankfort, Kentucky.)

### **Spring Cleaning! Using and Disposal of Household Cleaning Products!**

Spring season is here! We have started to think about the environment and thinking about “Green” theory. Learning to buy, use, and dispose of **household cleaning products** – the environmentally – smart way.

Before you buy...

Think about the cleaning job at hand.  
**Read product labels** carefully.  
Choose the product that is best for your job.  
Buy only what you can use.

Before you use...

**Read the label** and follow directions for proper use.  
Follow all safety precautions.  
Use the recommended amount. More is not necessarily better!

After you use...

**Read the label** and follow directions for proper storage.  
Keep lid tightly closed. If there is a child-resistant closure, use it!  
Keep product in original container with readable labels.  
Share any product you can't use with a friend or neighbor.

If you must dispose of a product...

**Follow label directions** if provided.  
If there are no directions:  
Think about how you use the product. If it mixes with water, it's water soluble.  
Most water-soluble household cleaning products can be disposed of down the drain with running water – just like when you use them.  
Most solid products (soap scouring pads, sticks, towelettes, etc.) can be placed in the trash.  
For other products (such as oven cleaners, crystal drain openers and furniture polishes) call the manufactures' toll-free number (or write to them) for disposal recommendations, or check with your local waste disposal facility.

When you dispose of the containers...

Empty any unused products.  
Check with your Community Recycling Center to see what type of plastic, paperboard and metal containers they accept.  
Refer to local guidelines for recycling:  
Plastics  
Paper board  
Aerosol cans (steel and/or aluminum)

The key to smart use and disposal is **reading the label!** It's the single most important thing you can do to make the right decision.



Source: The Soap and Detergent Association (SDA); “What Can I Do?”

# ***Cell Phone Use While Driving Has Become an Epidemic.***

## ***What Can You Do About It?***

Parents of teenagers know their teens don't think about insurance very often. When they do, they probably wonder why it costs so much, especially for those in their age range. They might not realize that inexperience and typical teenage behavior has everything to do with the cost of their insurance. Teens would do well to look into the subject. They need to understand that bad things happen and are most likely to happen to those who take unnecessary risks.

You might know from recent news stories that the U.S. government is looking into auto safety and is considering a ban on texting while driving. Teens certainly aren't the only ones who do this, but they are less experienced behind the wheel than adults. They could be less aware of the risks of engaging in this risky behavior. Even without cell phones, teens are easily distracted by friends in the car and by their own emotional states. They could be less aware of what is going on in traffic than experienced drivers. When you add in cell phones and the incredible distraction of texting while driving, teens can create situations that could be lethal to themselves, to their friends, and to people in other vehicles.

This brings up the question of how far government can and should go in trying to stop cell phone use, and especially texting, while driving. Many have complained in recent years, and throughout the nation's history, that government should stay out of people's lives. There is a good argument for this, but the counterargument that government must protect us from other people's destructive behavior is also fairly obvious. Part of the problem is that people who drive recklessly don't just endanger themselves.

The Transportation Department recently "reported that nearly 6,000 people were killed and a half-million were injured last year in vehi-

cle crashes connected to driver distraction." That number, incidentally, is comparable to the number of people who were killed in the attacks of September 11, 2001. Those deliberate attacks on Americans were enough to send us to war. What will we do when faced year after year by comparable numbers of preventable accidents, caused not by our nation's enemies but by each other, and over the course of a year? Is there anything we can or should do to prevent them? Or will we simply accept them as a cost of modern living?

Also, assuming that these accidents don't directly affect you or anyone you know, what harm is done to you? Everyone has something to lose, as we all pay for these preventable accidents through higher insurance premiums. It is in everyone's interest to prevent these accidents in whatever way we can. For parents this means educating teenagers, who shouldn't have to die because they couldn't wait to send that text message.



It's one thing to make a quick phone call while sitting in stand-still traffic, but another thing entirely to call or text somebody while the car is moving. If the phone call or text message can't wait, then pull to the side of the road. That's the smart thing to do.

If someone calls you from their cell phone, ask them if they're driving and, if they are driving, hang up. Let them know what they're doing isn't safe and you don't want them to be killed or injured. The same applies to any other kind of irresponsible or destructive behavior. If you care about the person – and even if you don't – do you really want to contribute to their injury or death? That's something you will have to live with for the rest of your life.

**Reference:** Thomas, Ken. (2009, September 30). Administration Takes Aim at Distracted Driving. Associated Press. Retrieved October 2, 2009, from [http://news.yahoo.com/s/ap/20090930/ap\\_on\\_go\\_ca\\_st\\_pe/us\\_distracted\\_driving](http://news.yahoo.com/s/ap/20090930/ap_on_go_ca_st_pe/us_distracted_driving)

**Source:** Robert H. Flashman, Extension Specialist for Family Resource Management Specialist, University of Kentucky, College of Agriculture. ■

# Current Financial Situation Especially Difficult for Low-Income and Uninsured

The Foundation for a Healthy Kentucky has found that uninsured and low income Kentuckians report experiencing higher rates of serious problems with cuts in pay and cuts in health-care benefits. According to the 2009 Kentucky Health Issues Poll, 38 percent of uninsured Kentuckians, compared to only 20 percent of insured Kentuckians, report experiencing serious problems with cuts in their pay.



Twenty-seven percent of uninsured Kentuckians reported they had a serious problem because of a reduction or elimination of health-care benefits, compared to 14 percent of insured Kentuckians. Thirty-two percent of low income Kentuckians reported they had a serious problem because of a cut in pay, compared to 22 percent of those with higher incomes. Also, 27 percent of low income Kentuckians reported they had a problem resulting from a reduction or elimination of healthcare benefits, compared to 12 percent of Kentuckians with higher incomes.

To assist in managing your money in these difficult financial times, the Kentucky Cooperative Extension Service has established the Moneywise Web site, located at <http://ces.ca.uky.edu/moneywise/>. If you do not have an Internet connection, please feel welcome to call your local Extension office. We will be happy to answer your questions or provide research-based publications on topics of interest.

**Reference:** Foundation for a Healthy Kentucky & The Health Foundation of Greater Cincinnati. (2009, December). Kentuckians' Experiences with Reductions in Salaries and Benefits: 2009

Kentucky Health Issues Poll. (For more information about the Kentucky Health Issues Poll, please visit [www.healthy-ky.org](http://www.healthy-ky.org) or [www.healthfoundation.org/khip.html](http://www.healthfoundation.org/khip.html).)

**Source:** Robert H. Flashman, Extension Specialist in Family Resource Management, University of Kentucky College of Agriculture. ■

## Growing Relationships

Spring is a season of renewal and can be a good time of year to evaluate how your relationship is growing.

- Make the relationship a priority. A healthy relationship requires significant amounts of time and energy. Dedicate time for just the two of you.
- Set limits on intrusions. It can be easy to spend too much time focused on work, friends, and hobbies, and not enough time focused on building and maintaining a relationship with your partner. We tend to take each other for granted and forget to set boundaries on people and things that can weaken the relationship.

- Show love. Over time, some partners feel neglected as they feel their partner does not love them the way they used to. Simple "I love you" and quick pecks can mean a lot.



- Build connections. Relationships are strengthened through common, shared, regular activities. Maintain commitment through activities you enjoy doing together such as worshipping, reading, exercise, or traveling.
- Demonstrate you care. Show interest, be affectionate, be appreciative, express concern, be empathic, be accepting, kindly joke around, and share your joy.
- Set reasonable expectations. No one is perfect. It is easy to nag. But **everybody has a limit of tolerance and once a person is pushed beyond that limit, trouble often transpires. Know that everybody is** required to



**Visit our website!**

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL)

# ADULT HEALTH BULLETIN

[NAME] County  
Extension Office  
222 Street Road  
City, KY Zip  
(859) xxx-xxxx



**MAY 2010**

## THIS MONTH'S TOPIC: TYPE 2 DIABETES

### Diabetes in Kentucky

**K**entucky ranks 7th among the states for having the most people with diabetes. One in every eight Kentuckians has either been told they have diabetes or they have diabetes and don't know it.

### What is diabetes?

Diabetes is a very serious condition in which the blood glucose (sugar) levels are too high. The body does not use or produce insulin as it should. Produced by the pancreas, insulin is a hormone that is needed to change the sugar in certain foods into energy for the body. The most common form of diabetes in adults is called type 2 or adult onset diabetes. If the blood glucose levels stay too high for a long time, the eyes, kidneys, nerves, and blood vessels can be damaged. However, there are things that people with diabetes can do to help lower the chances of this happening.

### What is pre-diabetes?

Pre-diabetes formerly called "borderline diabetes" is a condition where the blood glucose is higher than normal, but not enough to be diagnosed as diabetes. People with pre-diabetes will likely go on to develop diabetes and are at higher risk for a heart attack or stroke.

### Who gets diabetes?

There are things that increase the chances of a person developing type 2 diabetes. Some of these are:

- Having pre-diabetes
- Having a family member with diabetes
- Being overweight
- Being inactive
- Being age 45 or older
- Having high blood pressure
- Being of a certain race—African Americans, Hispanics, Native Americans and some others are at higher risk
- Having polycystic ovarian syndrome
- Having diabetes during pregnancy (gestational diabetes) or a baby weighing more than 9 pounds at birth

**Continued on the back** ➔

*The most common form of diabetes in adults is called type 2 or adult onset diabetes. If the blood glucose levels stay too high for a long time, the eyes, kidneys, nerves, and blood vessels can be damaged.*



***See a health care professional as soon as any symptoms develop.***

**CONTINUED FROM PAGE 1**

**What are the symptoms of diabetes?**

Some people do not have any symptoms of their diabetes.

Some of the most common signs and symptoms include:

- Going to the bathroom often
- Being very thirsty
- Being extremely tired
- Being extremely hungry
- Experiencing unusual weight loss
- Having blurred vision
- Experiencing tingling or numb feet
- Having slow healing sores

**Can diabetes be prevented?**

Studies have shown that type 2 diabetes can be prevented or delayed by losing weight and exercising. Even losing a few pounds and exercising moderately can help. There are also measures that will help prevent or delay the complications often seen in people with diabetes, such as heart disease, stroke, blindness, kidney disease, and nerve damage. One of the most important steps is to see a health care professional as soon as any symptoms develop and regularly once the diagnosis of pre-diabetes or diabetes has been made.

**How is diabetes treated?**

Treatment may require medications for diabetes, losing weight, exercising, controlling blood pressure and cholesterol, and aspirin. It is very important for the person with diabetes to be actively involved in their own healthcare.

**What can be done to prevent complications?**

These behaviors can help prevent complications from diabetes:

- Monitoring blood glucose at home
- Seeing a physician regularly
- Following a healthy eating plan
- Exercising moderately 30 minutes a day, 5 days a week
- Having A1C testing (2-4 times a year) by your doctor
- Having weight and blood pressure measured at each healthcare visit
- Having cholesterol and kidney tests done at least once a year by your doctor
- Having a foot examination at least once a year by a physician
- Having an eye examination once a year



- Seeing your dentist regularly
- Getting a flu shot once a year
- Getting a pneumonia shot at least once
- Quitting smoking

**GET MOVING KENTUCKY TIP:**

The Dietary Guidelines for Americans 2010 sets recommendations for regular physical activity. Thirty minutes of moderately intense physical activity most days of the week can reduce your risk of chronic disease including type 2 diabetes. This activity should be in addition to what you would do in a normal day. Add a daily walk at lunch or try a new group activity, such as water aerobics or basketball.

**SOURCES:**

- The American Diabetes Association: <http://www.diabetes.org>
- Kentucky Diabetes Prevention and Control Program: <http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>
- National Diabetes Education Program <http://www.ndep.nih.gov/>

Adapted from the April 2006 HEEL Health Bulletin

ADULT  
**HEALTH  
BULLETIN**  
MAY 2010

Written by: Travonia Brown-Hughes,  
Ph.D., MCH Postdoctoral Fellow,  
University of Kentucky HEEL program

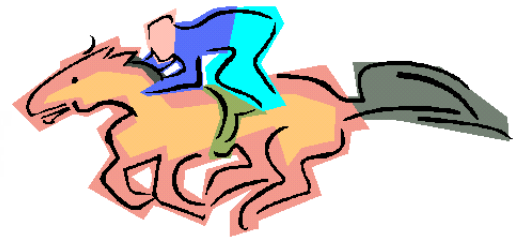
Edited by: Connee Wheeler

Designed by: Rusty Manseau

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health bulletins!**

[www.ca.uky.edu/  
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)





# It's Time for the Kentucky Derby

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

P	E	L	A	C	E	T	Y	O	U	R	B	E	J	T	T
T	T	L	S	N	J	R	D	J	H	H	D	O	C	H	F
A	E	K	P	R	B	A	L	E	J	B	C	B	O	R	L
I	B	G	H	O	P	C	M	Y	R	K	M	R	U	S	L
R	S	C	K	S	E	K	F	I	E	B	O	T	L	K	G
A	E	E	Y	A	K	P	Y	Y	N	U	Y	W	D	A	R
T	R	L	Q	D	J	L	D	N	G	T	X	H	R	O	M
E	I	E	Z	D	F	L	N	H	F	M	J	S	A	F	R
R	A	B	V	L	D	B	B	L	M	J	R	U	T	T	K
C	N	R	L	E	Q	R	N	N	X	E	Y	F	L	G	S
E	O	E	D	L	E	C	M	R	W	V	J	T	K	I	L
S	I	T	B	D	R	J	M	O	E	Y	L	L	I	F	P
W	L	I	S	R	Q	V	L	X	I	N	F	I	E	L	D
H	L	E	Z	H	K	F	C	N	D	F	N	X	W	Q	B
J	I	S	C	R	E	N	I	A	R	T	D	I	H	J	D
M	M	R	O	S	E	S	L	K	X	L	R	V	W	H	H



www.WordSearchMaker.com



- Bet
- Celebrities
- Derby Hats
- Filly
- Flowers
- Infield
- Jockey
- Millionaires
- Mint Julip
- Oaks

- People
- Roses
- Saddle
- Secretariat
- Thoroughbreds
- Track
- Trainer
- Turf
- Winner



COOPERATIVE  
EXTENSION  
SERVICE



**Cooperative Extension Service**

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**SAVE THE DATE!!!  
2009-2010 HOMEMAKERS ANNUAL  
MEETING**

MAY 17, 2010  
EXTENSION OFFICE, 101 LAKEVIEW COURT  
TIME: 5:30 PM



**see blue. go green.**

*Tamera Thomas*

Tamera A. Thomas, M.S.  
County Extension Agent for Family and Consumer Sciences

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Contact the Franklin County Extension Office at (502) 695-9035 if you would like to receive our newsletter via email  
or email your request to [gil.thurman@uky.edu](mailto:gil.thurman@uky.edu).

If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.