

Franklin County
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces



April 2009



FAMILY AND CONSUMER SCIENCE

Calendar of Events

April 1

Louisville Road, 10 a.m., Joan Burklow, Ruth Van Meter, St. Paul UM Church

April 2

Peaks Mill, 10:30 a.m., Gladys Hutcherson, Extension Office

Springhill, 11:30 a.m., Cheryl Smith

Switzer, 2:00 p.m., Nellie Cardwell

April 6

West End, 6:30 p.m., Denise Boebinger, Vera King, Extension Office

April 7

Meadows, 6:30 pm, Kim Hicks

Sunny Morning, 10 a.m., Susan Hutcherson, Extension Office

Swallowfield, 7 p.m., Faye Metts

April 8

Country Lane Morning, 9:30 a.m., Viola Allison

April 9

Ridgeview, 11 a.m., Becky Van Leuven, Extension Office

April 14

Cloverdale, 7 p.m., Geneva Ward

April 15

Indian Hills, 10 a.m., Corinne Dossett, Joyce Hazelwood, Pot Luck, Extension Office

April 20

Random, Noon, Brown Bag Lunch, Kathy Carter, Extension Office

April 21

College Park, 1 p.m., Mageline Watkins

S&S, 6:00 p.m., Donna Hedges

April 29

Homemakers Training School, 1:30, Extension Office

Topic: Ageless Exercise (DRESS COMFORTABLY FOR MOVEMENT)

ROLL CALL—What is the best April Fools joke you pulled on someone?

From Your County President:

Ladies – Our Annual Homemakers County Meeting to be held on May 11, 2009 is fast approaching. At the January council meeting the consensus was to again have the clubs put together a themed gift basket to raise money for Ovarian Cancer. I would love for each club to bring a basket valued at around \$20.00 or more. You will be able to select a basket of your choice for \$1.00 a ticket. Thank you for your cooperation in this event. Hope to see all of you at the annual meeting.

Arlene Fluegge

Franklin County President

Homemaker Leader Training Dates 2009-2010

All designated leaders are encouraged to attend each scheduled training. Please confirm your attendance by calling the Extension Office prior to the meeting date. (502) 695-9035

Day Trips in the Bluegrass

August 20

2:00 p.m.

What is your Stroke Risk

September 23

9:30 a.m.

Cooking 101 for Diabetes

October 28th

1:00 p.m.

Healthy Mind, Healthy Body

November 17

10:00 a.m.

A Survivor's Guide

January 11, 2010

10:00 a.m.

(Continued on Page 2)



Go Green at Home

February 23, 2010
10:00 a .m.

Travel the KY Quilt Trail

March 22
1:00 p.m.

Osteoporosis

April 21
10:00 a.m.



Topsy Polsgrove (Indian Hills) and Wilma Yeary (Random) work at checking in items for the Franklin County Homemakers Cultural Arts Exhibit.

County Council Meeting

April 30, 2009
11:30 a.m.

All council members are asked to attend. Also, please be ready to report how many new members joined your club this year.



4-H Dollars and Sense Program

Samantha Jeffries, 4-H Agent is seeking individuals to help with the upcoming Dollars and Sense Program she is hosting. If you would be interested in assisting Samantha with the program, call (502) 695-9035 or email Samantha at samantha.jeffries@uky.edu.



Congratulations to Area Cultural Arts Winners!

Note: Winners should bring their items to the Franklin Co. Office by April 16th so that they may be taken to the State meeting.

Counted Cross stitch – Specialty Cloth
Norma Wigglesworth- Franklin County

Doll/Toy making - Cloth
Marilyn Davis – Franklin County

Embroidery – Smocking
Marilyn Clayton – Franklin County

Embroidery – Machine
Gayle Simpson – Franklin County

Embroidery – Tatting/lace making
Marilyn Clayton – Franklin County

**Franklin County
Homemaker of the Year
Nominations**



Nominees for Homemaker of the Year are now being accepted. Please submit a letter from your Club President indicating why the person is being nominated for the FCHOY Award. The nominations will be reviewed and a winner chosen by the Executive Council

and announced at the annual meeting. Your letter should address the following criteria. The deadline is April 25th. Have fun!

Criteria:

- ♣ Active member
- ♣ 5 or more years in Homemakers
- ♣ Club officer past or present
- ♣ County officer past or present
- ♣ Active in the community

Fort Harrod News



Green Living in Jessamine County

Join us on April 16th at 1pm for GREEN LIVING IN 2009!

Jessamine County Ag Learning Center (city/county park)

Discover "greener gardening", learn about rain barrels and rain gardens in our community, making your home more "green", recycling initiatives and get a personal invitation to our EARTH DAY celebration!

There is no cost to attend, but you must RSVP by calling 859-885-4811 by April 13th.



Spring Quilt Show

Please join Jessamine County Piece Quilters on May 16, 2009 from 10:00 a.m. – 4:00 p.m.

This event will be held at the Nicholasville Christian Church

on Maple and Second Street in downtown Nicholasville.

Marisa FitzGerald Aull
Jessamine County Family and Consumer Science Agent
95 Park Drive
Nicholasville, KY 40356

Let Other People Know You Care About Them

Source: Gary Hansen

Relationships with family members and friends are among the most significant and important in our lives.


If something is bothering a relative or friend, or there is obvious tension between the two of you, use effective communication to show that you care about them, rather than avoiding the issue. Sit down to discuss the situation, make eye contact and pay attention.

Stopping other things you are doing shows the person that she or he is important to you. Making eye contact indicates that you are listening to what is being said. Giving feedback and making the person feel comfortable shows that

you are paying attention. Lean forward, nod your head and become involved in the conversation by genuinely responding with "I understand" or "I see."

Listen before you speak. Avoid taking over the conversation by saying what you think or what you would do. If the person asks for your advice, give it; otherwise, just let him or her talk things out.

First hear the person out and let him or her know you understand how they feel; then share your feelings if it feels right.

Respect the importance your relative or friend attaches to the situation. Always avoid responses that send a message that it is not that important to you. 

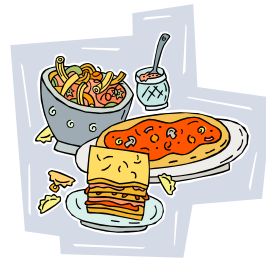
Food Recall Notification

WASHINGTON, March 25, 2009 - Sara Lee North American Retail, a St. Joseph, Mo., establishment, is recalling approximately 1,728 pounds of cheese frank products because they were inadvertently packaged with beef frank labels and therefore contained undeclared allergens, milk and cheese. Milk, a known potential allergen, is not declared on the label. 1-pound packages of "Ball Park BRAND BEEF FRANKS." Each package bears the use by date of "May 07 09 P8740A" as well as a UPC code of "5450010002."

The cheese frank products were produced on Feb. 12, 2009, and were shipped to distribution centers nationwide intended for use by consumers.

Consumers with food safety questions can "Ask Karen," the Food Safety Inspect Service virtual representative available 24 hours a day at AskKaren.gov. The toll-free USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. (Eastern Time) Monday through Friday. Recorded food safety messages are available 24 hours a day.

Source: http://www.fsis.usda.gov/News_&_Events/Recall_012_2009_Release/index.asp 



Recipe of the Month

Zucchini Lasagna

- 1/2 pound lasagna noodles, cooked in unsalted water
- 3/4 cup part-skim mozzarella cheese, grated
- 1 1/2 cup fat free cottage cheese (unsalted)
- 1/4 cup Parmesan cheese, grated
- 1 1/2 cup raw zucchini, sliced
- 2 1/2 cup no salt added tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1/4 cup chopped onion
- 1 clove garlic
- 1/8 teaspoon pepper

Preheat oven to 350 degrees. Lightly spray 9 by 13 in baking dish with vegetable oil spray. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layers. Spread half of cottage cheese mixture on top. Add layer of zucchini. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake for 30-40 minutes. Cool for 10-15 minutes. Serves 6.

Calories 275; Fat 6g; Sat. Fat 2g; Cholesterol 11mg; Sodium 380mg; Fiber 5g; Protein 19g; Carbohydrates: 41g; Potassium 561mg.



2009 KEHA State Meeting

DATE: April 20-23, 2009

LOCATION: The Drawbridge Inn, Fort Mitchell, Kentucky

Keynote Speakers:

Heather French Henry,
Miss America 2000
and

Rodger Bingham,
Deputy Executive Director of Agriculture
Marketing and Product Promotion

RESERVATION INFORMATION:

ONLINE: WWW.DRAWBRIDGEINN.COM

Enter KYEH in the attendee code box

BY PHONE: (859) 341-2800

Request the Kentucky Extension
Homemakers Association group rate

Rate: \$76+ tax single to quad.

Reservations must be made by March 20,
2009

to receive this special rate.

Variety Adds Spice To Life Good For Your Health Too

Source: Sandra Bastin

Serving a variety of orange and leafy green vegetables spices up mealtime, gives many needed minerals and vitamins and provides substances that may prevent some chronic diseases.

In addition to their variety of colors, vegetables can be served many ways including fresh, steamed, wilted, braised, poached and stuffed.

Most leafy green and orange vegetables are high in vitamins A and C, calcium, iron and other nutrients necessary for good health. The darker green vegetable leaves are, the more nutrients they contain. Many vegetables also contain phytochemicals that scientists have indicated may reduce the risk of certain cancers, high blood pressure and heart disease.



People should eat vegetables in the cruciferous family at least two to three times a week because they are especially high in phytochemicals. Members of this family include all types of cabbage, broccoli, cauliflower, Brussel sprouts, kale and broccoflower. Other vegetables containing these substances are spinach and turnip and mustard greens.

It is nutritionally desirable to maintain the bright green colors of spinach, Chinese cabbage and Swiss chard so cook them the least time possible and close to mealtime to prevent over-cooking. Also, use a minimal amount of cooking liquid to keep nutrients from leaching out and to maintain superior texture, flavor and color.

Use a variety of mixed greens, particularly darker varieties to prepare a tossed salad chocked full of minerals. Try something out of the ordinary by adding butternut squash, sweet potatoes or beets. 🍷

CANCER-FIGHTING FOODS

Source: Sandra Bastin

We've seen and heard a lot about phytochemicals in the news media the past few years. But what exactly are phytochemicals?

They are substances found in plant-based foods that might fight cancer or cause other health benefits when eaten as part of a varied diet. Many research scientists believe that eating foods high in phytochemicals such as vegetables, fruits and grains might reduce the risk of cancer.

Kentucky ranks fourth highest overall in cancer deaths among the 50 states. A diet rich in foods containing phytochemicals might help reduce the risk of cancer and other chronic diseases.

Phytochemicals are found in many foods of plant origin. Broccoli, cauliflower, all cabbages, Brussels sprouts and kale contain substances that seem to stimulate production of anti-cancer enzymes, bolstering the body's natural ability to ward off cancer.

Garlic, onions, leeks and chives contain substances that might block the action of cancer-causing chemicals.

Citrus fruits like oranges and lemons have chemicals that increase the production of enzymes that help the body dispose of cancer-causing substances.

Soybeans and other dried beans might help suppress enzyme production in cancer cells to slow tumor growth and interfere with the replication of certain genetic information cancer cells need to multiply.

Grains products made from oats and wheat contain a substance that might prevent the creation of cancer-causing free radicals.

Scientists still are uncovering the many benefits of plant-based foods. One thing is certain B making a variety of foods high in phytochemicals part of your daily diet is part of the key to a long, healthy life. 🍷

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



ADULT HEALTH BULLETIN

APRIL 2009

Franklin County
Extension Service
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
(502) 695-9309

THIS MONTH'S TOPIC:

VISION LOSS IN OLDER ADULTS

Being able to see clearly is something many of us take for granted, until we notice a problem. We depend on our sight more than any other sense. As we age, changes in our vision will occur naturally.

Changes in eyesight that occur with age:

- The need for more light to see clearly
- Some colors may begin to look alike (i.e. blue and green)
- It becomes harder to see close up
- It may take the eyes longer to adjust to glare or poorly lit areas

Not surprisingly, vision loss is a major health concern for older adults. Because of poor vision, older adults may struggle with daily tasks like reading small print, being able to clearly see road signs, threading a needle, or adapting to sudden changes in light.

There are a number of different causes for vision loss as we age. Some can be controlled and some cannot.

Common Causes of Vision Loss in the Elderly:

- Genetics (some conditions may run in families)

- Environmental (workplace hazards, ultra violet rays from sunlight, medications)
- Complications from other health issues such as high blood pressure and/or diabetes

Age-Related Conditions that Affect Vision:

CATARACTS

A clouding of the lens to the point that light cannot enter the eye or is scattered causing hazy vision. Cataracts are a common cause of vision impairment and blindness in the United States. Symptoms include blurred vision or an annoying glare that won't go away. Cataract surgery is an option when the lens becomes so cloudy (opaque) that vision is severely limited. Cataract surgery is the most common surgical procedure covered by Medicare.

GLAUCOMA

A group of diseases that cause normal fluid pressure inside of the eye to rise. When eye pressure reaches

Continued on the back →

Cataracts are a common cause of vision impairment and blindness in the United States.



dangerously high levels, damage is caused to the eye's optic nerve (connects the retina to the brain). Glaucoma is the most common cause of blindness in African Americans. Individuals with glaucoma may have tunnel vision: they can see objects clearly in front of them, but objects to the side (peripheral) begin to fade away. Early detection and treatment of glaucoma is the best way to protect vision. The earlier treatment is begun the easier it is to control vision loss.

AGE-RELATED MACULAR DEGENERATION (AMD)

The leading cause of vision loss in older adults over 65 years of age. AMD gradually destroys vision in the center of the eye. A person with AMD may only see a grey shadow or have a blind spot in the center of their vision but their peripheral (side vision) remains clear. Total blindness rarely occurs but reading and driving will become almost impossible. Although there is no cure for AMD, current treatments can slow retinal damage and improve central vision.

DIABETIC RETINOPATHY

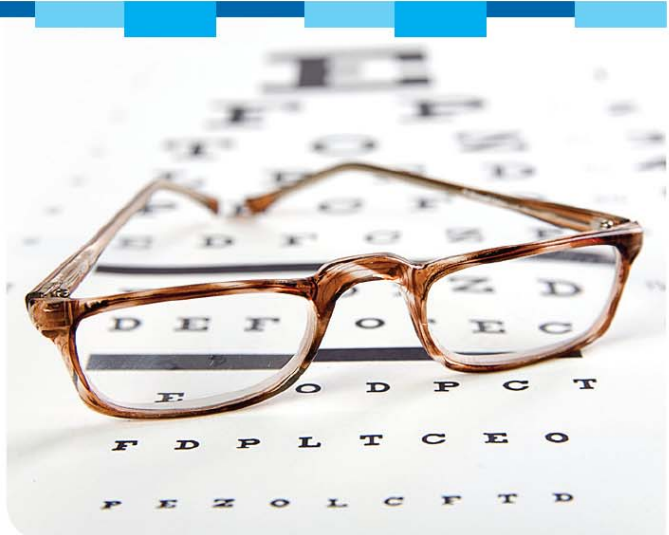
The leading cause of blindness in the United States and the most common eye disease among diabetics. Diabetic retinopathy causes the blood vessels of the eye to swell and leak. Symptoms include: blurred vision, floaters, and poor night vision. Early detection and treatment is the key to preventing permanent vision damage.

Maintain and protect your vision by:

- Adopting a healthy diet

Scientists have found that a diet that is high in antioxidants lutein, zeaxanthin, vitamin E, and vitamin A may help to prevent cataracts and promote good vision. Foods that are high in lutein, zeaxanthin, and vitamin A include: leafy green vegetables (spinach, kale, turnip greens, collards, and mustard greens), squash, green peas, broccoli, pumpkin, corn, carrots, liver, fish oil, and eggs. Vitamin E can be found in nuts, seeds, whole grains, and leafy green vegetables.

- Exercising and staying active
- Controlling your blood pressure, diabetes, and other health problems
- Having your cholesterol levels checked regularly
- Not smoking
- Wearing sunglasses that provide ultraviolet ray protection and hats with a brim to protect your eyes from the sun
- Wearing safety eyewear when playing sports, at the workplace, or while doing home repairs or projects



A checklist for your next eye appointment:

- Ask if you will be able to drive yourself home
- Make a list of eye problems you have noticed (EX double vision, poor night vision, etc.) before your visit
- Make a list of eye problems that run in your family
- Update your current health conditions (EX allergies, diabetes, heart disease, etc.)
- If you wear glasses or contacts, take them with you to your appointment
- Take your prescription and over-the-counter medications with you
- If you don't understand a procedure or explanation, ask questions
- Ask if there have been changes in your eyes since your last exam
- Schedule your next eye exam before you leave

SOURCES:

- <http://www.webmd.com/eye-health/news/20080114/3-nutrients-may-cut-cataract-risk>
- http://www.visionaware.org/home_modifications
- http://www.nei.nih.gov/health/glaucoma/glaucoma_facts.asp
- http://www.preventblindness.org/eye_problems/doc_checklist.html
- <http://www.aafp.org/afp/990700ap/99.html>

ADULT HEALTH BULLETIN

APRIL 2009

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

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins



UK COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY — COLLEGE OF AGRICULTURE

M.A.D.E. WORKSHOP:

For mothers with daughters ages 12-16



Mother And Daughter Engagement through Communication and Connection

June 6, 2009

9:00 a.m. – 3:00 p.m.

Luncheon Keynote Speaker

Emily Cox

Miss Kentucky 2008

Invited

Cost: \$10.00 per person paid by May 25th

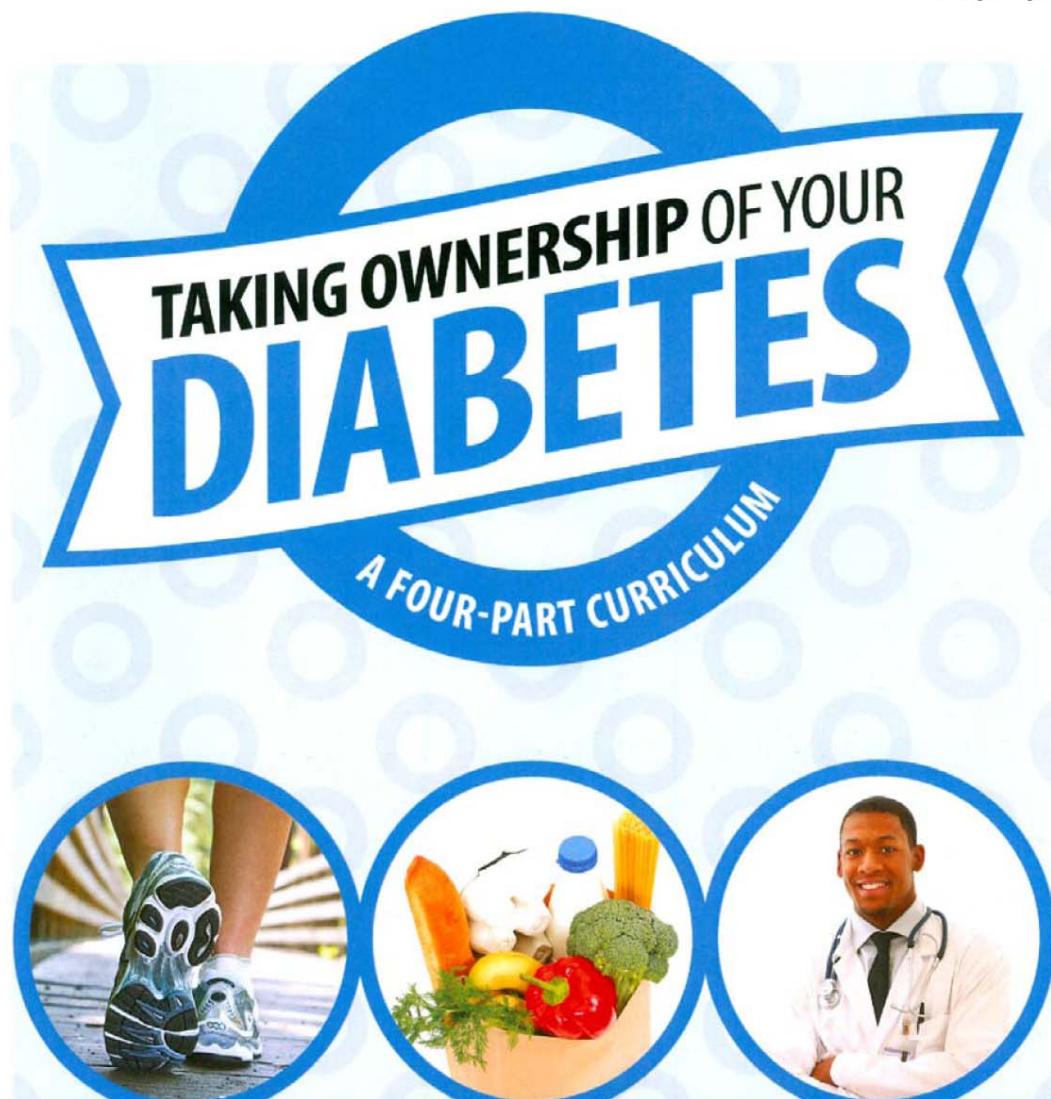
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Wednesday, April 1st, 8th, 15th, 22nd
11:30 AM—1:00 PM
Franklin County Extension Office
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Frankfort, KY
Call to register (502) 695-9035
<http://ces2.ca.uky.edu/franklin/>

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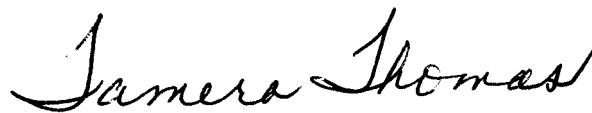


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County Extension Agent for Family and Consumer Sciences

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