

FAMILY & CONSUMER SCIENCES

AUGUST 2011



Cooperative
Extension Service

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



<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.



It's a Wrap – 7" Beginner Size Fabric Bowl

Franklin Co. Extension Office
Saturday, August 20
9:00-12:00

\$7.00 per person (payable to Rita Belen)
Register at the Extension Office or mail your registration (Name, Phone Number and payment) to 101 Lakeview Court, Frankfort KY 40601.

Supplies you will need for the workshop:

- sewing machine in working order with an adjustable zigzag stitch
- denim or leather needle to fit sewing machine
- extension cord if possible
- Scissors
- Fabric 11 – 1 inch wide fabric strips (cut from selvage to selvage) – can be scrappy, cut from one fabric or coordinating fabrics
- Matching thread
- Bring extra fabric for additional strips and/or making embellishments. Note on Fabric – A small print will turn out more solid in color. Large colorful prints and batiks are good choices.

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September Homemaker Lesson Training

August 25, 2011
10:00 a.m.—Noon
Room A/B, Extension Office
Coupons 102: Beyond the Basics
Have you learned the basics, but

want to save even more! This class is for you, it's not EXTREME, but it's beyond the basics and will help you find even more deals around town. **Please join us and bring a FRIEND!**

SPELLPALOOZA 2011

August 12, 6:30 p.m.
First United Methodist Church, Frankfort

Last year some of our homemakers provided baked goods for this county-wide fundraising event. Caroline Collins from the Thornhill Learning Center has again contacted us to participate. If you or your club would like to provide baked goods, you may drop them off at the church in the Asbury Hall between the hours of 4 and 6 pm. Any type of baked goods will be accepted – cakes, pies, cookies and or brownies. If you take cookies or brownies, please put 4 to a bag. Also label any goods that might contain allergens such as nuts or peanut butter.

Please contact Rita Belen (330-4418) or Caroline Collins (223-0246) by August 8 if you plan to participate. By the way, providing baked goods for this function would fall in the Leadership Development program of work as you would be helping to support a community event.



Franklin County Alzheimer's Family Caregiver Training

This program is for those who have a friend or family member who has been diagnosed with Alzheimer's disease or a related dementia. Local and statewide experts in aging and Alzheimer's care will present on Alzheimer's disease, caregiving basics, legal decisions, and how to care for the caregiver. The program will take place on **Friday, September 16th from 9:15 a.m. to 4:00 p.m. at the Franklin County Senior Activity Center, 202 Medical Heights Drive, Frankfort.** Registration is \$10 and includes lunch. Registration is required; call 1-800-272-3900.

Family Caregiver Training September 16, 2011 Agenda

9:00 a.m. - Registration & Continental Breakfast

9:15 a.m. to 11:00 a.m.

Overview of Alzheimer's Disease, Mild Cognitive Impairment & Medications

Greg Cooper, M.D.

UK Alzheimer's Disease Center, Sanders-Brown Center on Aging
Central Baptist Neurology

11:00 a.m. to 11:15 a.m. - BREAK

11:15 a.m. to 12:30 p.m.

Communicating and Relating to the Person with Alzheimer's Disease

Marie Smart

UK Alzheimer's Disease Center Sanders-Brown Center on Aging

12:30 p.m. to 1:15 p.m. -LUNCH (provided)

1:15 p.m. to 2:30 p.m.

Legal Decisions— Power of Attorney, Living Will, & Health Care Surrogate

Scott Mello, Mello & Mello, PLLC

2:30 p.m. to 2:45p.m. - BREAK

2:45 p.m. to 3:45 p.m.

Practical Approaches & Tips for Everyday Living

Marie Smart

UK Alzheimer's Disease Center Sanders-Brown Center on Aging

3:45 p.m. - Conclusion & Evaluations

Donovan Fellowship for Academic Scholars

The Donovan Fellowship for Academic Students provides an opportunity for persons aged 65 and older to become students at the University of Kentucky by enrolling in any courses listed in the UK General Catalog, UK Independent Study Program, UK Correspondence Courses, and the Kentucky Virtual University. Acceptance is based upon available space and may require the consent of the instructor or pre-requisites. Space is rarely available for individual instruction in piano, organ and voice. Donovan Fellows may audit classes (with no exams, papers or other assignments required), take classes for credit but not work toward a degree, or take classes for credit and be a degree candidate. When Donovan Fellows are non-degree candidates, there is no requirement regarding previous educational attainment to audit a course or take a course for credit. However, to work toward a degree, the Donovan Fellow must meet the same admissions criteria as any other university student. There is no limit on the number of semesters a person may enroll. Donovan Academic Fellows are responsible for the cost of any required materials, parking permits and applicable income taxes. Tuition and fees are paid through funds authorized by the Commonwealth of Kentucky. Federal Direct Student Loan Program guidelines require that the Donovan Scholarship be considered "financial aid" and be included in a student's total financial aid award. The amount of the tuition and fees is included when calculating the total dollar amount of financial aid to which a student is entitled. The tuition is considered taxable income when classes are not taken toward a degree (audited or non-degree credit). Continuing education courses are excluded from the Donovan Academic Fellows because of the special provisions under which they are administered. In addition, some University of Kentucky courses are limited to major-only students. Source: http://www.mc.uky.edu/aging/donovan_fellowship_for_academic_scholars.html



Family Trips Are a Time for Bonding

Many families are packing camping gear or beach toys into the family car and heading out before school begins again. Is your family about to embark on an adventure? If so, consider what activities to take along to make the miles pass faster. Your family has the rare chance to be together for several hours — or days — in a fairly small space. What a wonderful time for having fun together! Children thrive on warm relationships and close communication with parents. They feel more secure as they have chances to share their thoughts and feelings. Research shows that friendly talking, smiling, laughing, and singing are essential building blocks for building mutual trust, respect, understanding, and love. These elements enhance children’s language abilities. Thus, they enjoy formal learning and achieve better in school. They build stronger relationships with friends. As they reach adulthood, they are more likely to function better at work and in the family.



As you travel along, don’t put up with boredom, arguments, or misbehavior. Don’t pull out

electronic games that isolate each person in a corner and shut down family conversation — at least not all the time. Why not use this unoccupied time for creative language fun? *Traveling Light: Family Language Fun to Go* is a Cooperative Extension Web-based program that features a collection of playful language activities for families to enjoy during car time or any time while waiting for something to happen. The activities consist of traditional and invented, non-copyrighted rhymes, songs, riddles, fables, games, stories, and conversation starters for all age levels. Each activity sheet includes easy instructions. It also has a helpful checklist for you to look for your child’s developmental progress after using the activity. An audio-visual kit helps you learn the tunes and body



movements. The program also provides additional resources and readings for you, as your child’s most important teacher.

Before driving away, print out the activity sheets that your child will enjoy. Read through them to get an idea of how they work. You won’t need any props. Then, have extra fun with your family members as you all draw closer together.

Reference: Gnatuk, C. A. (2006). *Traveling Light: Family Language Fun to Go*. Lexington, KY: Cooperative Extension Service. Publication FCS7-187. Available at <http://www.ca.uky.edu/agc/pubs/fcs7/fcs7187/fcs7187.pdf>

Source: Carole A. Gnatuk, Senior Extension Specialist for Child Development, University of Kentucky College of Agriculture ✚



Fruit Soup

3 tablespoons tapioca
½ cup sugar (optional)
1/16 teaspoon salt
1 cup cold water
6 ounce can frozen
orange juice concentrate

1½ cups water
11 ounce can mandarin oranges, drained
1 8 ounce package slice strawberries
2 each bananas, sliced
2 cups chopped drained peaches
2 apples, chopped



Mix tapioca, sugar, salt and 1 cup cold water in a saucepan. Let stand for 5 minutes. Cook for 6 to 8 minutes or until clear, stirring frequently. Stir in the orange juice concentrate, 1 ½ cups water, the mandarin oranges, strawberries, bananas, peaches and apples. Chill until serving time. Serve cold. Note: You may serve topped with sherbet.

Heavenly Healthful Ambrosia

1 cup vanilla low-fat or nonfat yogurt
½ cup reduced-calories whipped topping
¼ cup shredded coconut
1 cup pineapple chunks
1 cup orange sections
1 cup red seedless grapes or green seedless grapes
½ cup wheat germ

Additional fruit for garnish

Combine yogurt, whipped topping, coconut, pineapple chunks, orange sections and grapes in a bowl and mix well. Fold in ¼ cup of the wheat germ. Sprinkle with the remaining wheat germ.



Garnished with additional fruit. Serve immediately. Note: To serve as a parfait, layer the fruit, yogurt, whipped topping and coconut in parfait glasses. Sprinkle with wheat germ. Garnish with additional fruit.

Source: NEAFCS, Living Well Cookbook.

Chocolate Zucchini Bread with Pecans



The following will make two (2) loaves of tea bread in 8" x 4" pans: We would like to thank Extension Master Gardener, Susan Grant for sharing this recipe and a couple of loaves of bread with us.

Ingredients:

3 cups all purpose flour
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp salt
4 large eggs
3 cups granulated sugar
3 (1-ounce) unsweetened chocolate baking squares, melted
1 1/2 cups vegetable oil
3 cups grated zucchini
1 cup pecans, chopped
powdered sugar

- Combine first 4 ingredients.
- In a separate bowl, beat eggs at medium speed with an electric mixer. Gradually add granulated sugar; beat until blended. Add chocolate and oil; beat until blended.
- Gradually add flour mixture to egg mixture. Beat at low speed until blended.
- Fold in zucchini and pecans.
- Pour batter into two, well-greased and floured loaf pans. Bake at 350 degrees for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean.
- Cool in pans 15 minutes. Remove from pans. Cool completely on a wire rack. Sprinkle with powdered sugar, if desired, before serving.

Source: Originally published by Southern Living magazine in August, 2002

**BECOME A MAIL-BOX MEMBER OF THE FRANKLIN COUNTY HOMEMAKERS ASSOCIATION TODAY!
FILL OUT THE FORM BELOW AND RETURN IS ASAP. DON'T MISS OUT ON AN EXCITING YEAR!**

Date: _____

**Mail-Box Member Enrollment Form for
Franklin County Extension Homemakers Association**

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Where do you live: On a farm In county, but not on a farm
 Town under 2,500 Town over 2,500

Circle age group: 15-19 20-24 25-34 35-44 45-44 55-64 65-74 75+

Ethnic Background (*Optional – circle one*): White Black Hispanic Asian Other

Gender (please circle): Female Male

Number of years in club membership (please circle one):

Less than 2 yrs. 2-5 yrs. 6-19 yrs. 11-15 yrs. 16-20 yrs.

21-35 yrs. 36-49 yrs. 50+

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

If you are a mailbox member and would like to register for the 2011-2012 year, please fill out this form and mail it and your check for \$8.50 to the Franklin County Homemakers, 101 Lakewview Court, Frankfort KY 40601-8749. Please make your check payable to the **Franklin County Homemakers.** **PLEASE RETURN THIS FORM ASAP!!!**



Join us on the capitol grounds, **October 9, 2011** for the 3rd annual 2nd Sunday Event!

2:00 p.m.—6:00 p.m. on Capital Avenue in front of the Capitol. Bring the entire family for a day to get out and play. Below is a list of some suggestions for activities. If your homemaker club or other organization you belong to would like to participate, contact Tamera Thomas at (502) 695-9035 or email tamera.thomas@uky.edu.

Franklin County, KY

Suggestions for Community Business, Groups and Organizations

- ◆ **Local farmers** to set up an area to sell produce and other products like local honey, flowers, etc.
- ◆ **Local bike club members** could ride tandem bikes with the visually impaired attendees, stage a tricycle race, bicycle polo, adult big wheel race, bicycle rodeo, etc.
- ◆ **Stage a fun event** like a baby stroller obstacle course—for dads (or moms), a stroller Olympics, baby crawling contest, etc.
- ◆ **Local stores and artists/galleries** could provide street chalk or other forms of artistic expression and engage children in artwork with local artists.
- ◆ **Organize local sports leagues** in mini tournaments with adjusted innings/times or a three-on-three basketball tournament.
- ◆ **Offer childhood games in adult-size and/or children's versions**, i.e. hopscotch, jump rope, weighted hula-hoops, foursquare, etc. Let the winners of each division compete for the championship.
- ◆ **Sponsor a community competition** for corn hole, horseshoes, or tug of war.
- ◆ **Sponsor dance contests** that could include hip-hop, twist, or ballroom, offer an opportunity to compete for a state or Guinness World Record for line or square dancing, offer an opportunity for seniors with a dance marathon (possibly seated).
- ◆ **Make music** by organizing an impromptu community 'people's band' by inviting local middle and high school bands and/or drum corps to march throughout the 2S physical activity area.
- ◆ **Organize a pet activity** that could include a bone hunt, disc catching contest, 6'paw' run, obstacle course demonstration or contest (don't forget the watering stations.)
- ◆ **Challenge a neighboring county or community** to a Second Sunday participant contest. Mayors or county judges could stage a friendly local commodity wager.
- ◆ **Involve schools and parent-teacher organizations** by sponsoring a contest for the most school/family participants for local monetary or trophy prizes.
- ◆ **Invite faith-based organizations** to participate, i.e. marching choirs or handbell choirs to serenade the masses around the grounds.
- ◆ **Local scout troops** could plan an opportunity to earn a badge for physical activities such as hiking, exercises, etc.
- ◆ **Local restaurants** could provide water and healthy food options to participants either by sponsoring these items or offering them at a very reduced rate.
- ◆ **Local naturists and hiking groups** could provide an opportunity to hike the grounds and educate participant about the nature that is here in our county.
- ◆ **Involve local sports figures, mascots and teams**, along with other sports related organizations to present demonstrations and/or safe methods to participate in such sports as: soccer, skate boarding, basketball, rollerblading, golf, etc.
- ◆ **The Health Community** could provide health screenings and other health related information.
- ◆ **Stretch a net** across a street or parking lot for tennis and badminton.
- ◆ **Kick-off or culminate** a 2S community biggest loser contest.
- ◆ **Golfers could organize** a putting or driving competition.



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

AUGUST 2011

Franklin County
Extension Office
101 Lakeview Court
Frankfort KY 40601-8749
(502) 695-9035

THIS MONTH'S TOPIC: IMMUNIZATION

August is National Immunization Month

If you think immunizations are just for children, you may want to think again! Immunizations not only help you to stay healthy, they can also help protect your loved ones.

Immunizations, also called vaccinations, are often given as shots. These shots are used to help protect you from diseases. Many times the vaccine contains a very small amount of a weakened or dead form of the cause of the disease that is being prevented. The amount in the vaccine is just enough to help your body fight off the disease should you get exposed in the future.

There are times when the vaccination does not totally prevent the disease. In these occasions the sickness may be less severe than it would be had you not received the vaccination.

Why you should get vaccines

- Immunizations help protect you and your family.
- Immunizations reduce the spread of disease.
- The vaccine cost is less than the cost of medical care if you should get the disease.
- Immunizations have very few side effects. The risks are outweighed by the benefits of being protected.



If you are pregnant or planning to get pregnant, you should talk to your doctor about immunizations you have had and if there are any that you will need. Immunizations may be needed to protect you and your baby. It is also important for members of a new mother's family be vaccinated.

Continued on the back →



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

The vaccine costs less than medical care if you should get the disease.

CONTINUED FROM PAGE 1

There are several factors that influence the vaccinations you may need:

- **Your age** – As you age, you may need a booster to help maintain your protection. You may also need to get a vaccination for protection against diseases such as shingles that do not usually affect children.
- **Your lifestyle** – Are you around children or grandchildren? Do you get together with friends often? It is important to protect family and friends by making sure you are vaccinated against diseases that may make you and them sick.
- **Possible high-risk conditions** – If you have a specific medical condition, talk to your healthcare provider about protection against illnesses such as the flu and pneumonia. Your healthcare provider should be able to let you know what vaccinations will be most helpful.
- **Type and locations of travel** – If you travel outside the United States, you should contact your healthcare provider and talk about where you are going and if you need any additional vaccinations.
- **Earlier immunizations** – It is important to know what you have been vaccinated against. If you are not sure about your previous immunizations, many healthcare providers can do a test to find out.

You should talk to your healthcare provider about vaccines you may need. These are some of the vaccines that adults need:

- Chickenpox
- Flu

- Hepatitis A and/or B
- Human papillomavirus
- Measles, mumps and rubella
- Pneumococcal disease
 - Polio
 - Shingles
 - Tetanus, diphtheria, and pertussis

Remember you should talk to your healthcare provider about which vaccines are right for you.

No one really enjoys getting an immunization but you can be a great example for your family, friends and co-workers. Set an example by getting a yearly flu vaccine and any other vaccinations as needed. Vaccination is an important way to stay healthy and help those around us to stay health as well!

Immunizations have very few side effects. The risks are outweighed by the benefits of being protected.

REFERENCES:

- CDC, Adults need immunizations, too. www.cdc.gov/features/AdultImmunizations/
- Health.com, Immunizations, www.health.com

ADULT HEALTH BULLETIN

AUGUST 2011

Written by: Nicole Peritore

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Stock images: 123RF.com

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins



Have a friend you think would be interested in joining a club? Pass this form along to them. Sign up now!

LEARNING, LEADING, SERVING

That's what Extension Homemakers is all about.

You'll have a great opportunity to develop friendships, have fun and enjoy new experiences...

For some, Extension Homemakers is a chance to gain information to benefit themselves and their families. For others, it's a way to become involved with a group that cares about you and the community and wants to help make it even better. Many Homemakers will find opportunities to become leaders and to strengthen leadership skills.

As an Extension Homemaker you will receive research-based information that will help you learn more about:

- nutrition & foods
- family resource management
- clothing & textiles
- energy, housing and home furnishings
- family life
- cultural arts
- health & safety

In addition, you'll learn about community

MEMBERSHIP ...

Is open to any person regardless of race, color, sex, age, religion, disability or national origin.

CLUB MEMBERSHIP...

You may want to join an existing club or organize a new club in your community. Local clubs have monthly meetings. Each month, clubs have a program of interest for their members. Current Active Club: Cloverdale, College Park, Country Lane, Indian Hills, Louisville Road, Random, Ridgeview, S & S, Springhill, Sunny Morning, Swallowfield, Switzer, and West End.

MAILBOX MEMBERSHIP...

If your schedule does not allow time for you to become a club member, join as a mailbox member. You will receive 10 monthly newsletters, monthly educational materials and the opportunity to participate in upcoming seminars and events.

YES, I WANT TO JOIN THE FRANKLIN COUNTY EXTENSION HOMEMAKERS ASSOCIATION!

Name _____

Daytime Phone _____

Evening (Cell) Phone _____

Mailing Address _____

City/State/Zip _____

Email address _____

I am interested in (Please check one):

Starting a New Club—\$8.50 per year - Club Name _____

Joining an existing Club—\$8.50 per year—Club Name _____

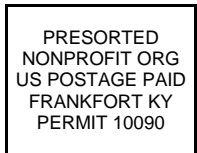
Becoming a Mailbox Member—\$8.50 per year _____

Please make check payable to FRANKLIN COUNTY HOMEMAKERS
Please mail your form and payment to:
FRANKLIN COUNTY HOMEMAKERS, 101 LAKEVIEW COURT,
FRANKFORT KY 40601



Cooperative Extension Service

*University of Kentucky
Franklin County
101 Lakeview Court
Frankfort KY 40601-8749*



RETURN SERVICE REQUESTED

Important Dates-

August 12, First United Methodist Church, 6:30 p.m., SPELLAPALOOZA

August 20, Room A/B—9:00 a.m.—Noon, It's a Wrap—7" Beginner Size Fabric Bowl

August 25, Room A/B—10:00 a.m.—Noon, September Homemaker Lesson Training

August 25 (Thursday) – 5:00 August Training/Council Meeting & Potluck

5:30 – Program of Work **Group Sharing**. Clubs should have chairs and/or appropriate representatives attending.

September 13 (Tuesday) – 1:00

Holiday Store Committee Meeting (a representative from each club should attend)

Fort Harrod Fall Area Meeting

Franklin County Homemaker will host the Fall Annual Meeting on October 18th at the Kentucky History Center. The agenda includes lunch, program and meeting. This year's theme will be Reflections of the Past Mold our Future. More information is forthcoming. We want everyone to participate!

November 19 (Saturday) – Children's Holiday Store

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

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.

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