

FAMILY & CONSUMER SCIENCES

JUNE

2011



FCS Agent Tamera Thomas (l), presents the Home-maker of the Year Award to Doris Bailey (r), presi-dent of the West End Homemakers club.

Victoria L Clark, right a senior at Western Hills High School was awarded a \$1,000 scholarship by the



Franklin County Homemakers. She plans to major in Family and Consumer Sciences at UK With Clark is her mother, Tiffany Clark.

For more pictures of the 2010—2011 Annual Meet-ing go to <http://ces.ca.uky.edu/franklin/>

**ATTENTION MEN!**

**Control Your Diabetes. For Life...  
And For Your Family.**

by the National Diabetes Education Program

Almost 11 million men age 20 or older currently have diabetes in the United States. That’s more than 10 percent of the total male U.S. population. Men with diabetes and their families can face devastating complications from diabe-tes, especially since people with diabe-tes are at a high risk for heart attack and stroke. Diabetes can also lead to blindness, kidney disease, loss of a toe or foot, and erectile dysfunction. But there is good news. Although diabetes is a serious disease, taking care of yourself and your diabetes can help you avoid long-term prob-lems and live a long and healthy life.



Men with diabetes can lower their chances of having a heart attack, stroke, or other diabetes complications by managing the **ABCs of diabetes** – **A1C**, **B**lood Pres-sure, and **C**holesterol.

**A is for the A1C test.** It measures your average blood glucose level over the past three months. The goal for most people with diabetes is below 7.

**B is for blood pressure.** High blood pressure makes your heart work too hard. The goal for most peo-ple with diabetes is below 130/80.

**C is for cholesterol.** Bad cholesterol, or LDL, builds up and clogs your arteries. The LDL goal for most peo-ple with diabetes is below 100.

It’s essential for men with diabetes to take action to reach their ABC targets. Work with your health care

**WHAT’S INSIDE THIS MONTH...**

Precautionary Statements on Household Cleaning Products .....	2
Make a Habit to Recycle, Buy Recycled Products .....	3
Preventing Mold and Mildew in the Kitchen and Bath .....	4
Medication Management for Persons with Demetia.....	4
Fayette Co Alzheimer’s Family Caregiver Training .....	5
Nominations for Senior Star and Centenarian Awards.....	5
Money Wise—Family Financial Management.....	6
UK Visit to Kentucky Academy.....	7
Recipe: Squash Supreme.....	7
Adults Health Bulletin—SLEEP .....	8

# PRECAUTIONARY STATEMENTS ON HOUSEHOLD CLEANING PRODUCTS

Source: Linda Heaton

Household cleaning product labels have information to guide you to the best and safest use of these products.

These precautionary statements give you safety information about product use, first aid instructions as well as handling, storage and disposal guidelines.

The Federal Hazardous Substances Act governs use of precautionary statements on household cleaning product labels.

A product is not required to give any precautionary statement if exposure in small amounts or swallowing small amounts would not cause major harm. Many window cleaners, fabric softeners and some hand dishwashing detergents are in this category.



The "signal word" is the first and largest word in a precautionary statement.

"Caution" and "warning" are the mildest safeguard statements. They

indicate the product won't likely cause permanent damage as a result of exposure, if appropriate first aid is given. Many laundry detergents, automatic dishwashing detergents, disinfectants and all-purpose cleaners fall into this category.

"Danger" indicates a greater precaution and often appears on specialty products for tough cleaning tasks, such as cleaning ovens or unclogging drains.


Precautionary statements also contain specific phrases explaining possible consequences if the product is misused. These phrases include "eye or

team to develop a self-care plan. Ask your health care team about your ABC and blood glucose targets, how and when to test your blood glucose, and how to use the results to manage your diabetes. Take your medications even when you feel good and if you smoke, get help to quit. Use your diabetes meal plan and if you do not have one, talk to your health care team. Stay at a healthy weight by using your meal plan and moving more – try to get 30 to 60 minutes of physical activity most days of the week.

Ask for the support of your family and loved ones and make managing your diabetes a family affair. Eat healthy foods together at meal times, such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Limit fried foods and avoid foods that are high in fat, sugar, and salt. Drink water more often. If you don't normally help with grocery shopping or meal preparation, get involved! When eating out, take time to look over the menu and make healthy choices, such as starting with a salad or sharing an entree. Order the smallest size meal instead of the larger, super-sized versions at fast-food restaurants.

There are lots of things you can do with your family to be more physically active. Make a walking "date" with family members. For family fun, play soccer, basketball, or tag with your children. When you involve your family in your activities, you are more likely to stick to your program. Take action to manage your diabetes, not only for your own health, but for the health of your family.

To get your free copy of [4 Steps to Control Your Diabetes. For Life.](#) and more tips on how to manage your diabetes, contact the National Diabetes Education Program at 1-800-438-5383 or <http://www.ndep.nih.gov> and click on the [Control Your Diabetes. For Life.](#) campaign.

*The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations. *

skin irritant," "harmful if swallowed" or "flammable."

These statements also include precautionary measures describing actions you should take or those you need to avoid. For example, the label ific combinations you should avoid.

Precautionary statements on the product label also might include first aid instructions. The label might state, "If swallowed, drink a full glass of water," or "in case of eye contact, flush eyes with water for 15 minutes."

Cleaning product labels have handling, storage or disposal instructions when relevant to a hazard. Examples are "do not reuse container" or "store away from heat or out of direct light."

As an added precaution, keep products in their original containers with labels intact. Remember, it can be dangerous for you to incorrectly use a product or follow the wrong emergency treatment guidelines. +



Remember to make it a habit to buy products made from recycled materials. Look for the symbol (a circle of arrows) indicating the product contains recycled materials. Items made from recycled materials have good quality and performance and a pleasant appearance.

Recycling and buying recycled makes good economic and environmental sense.

Products containing recyclable content are cost-competitive with, and might cost less than, those made from virgin materials. Buying products with recycled content helps establish markets for these and possibly new products. The recycling process creates far more jobs than those at landfills or incinerators. It also can help solve solid waste disposal problems, which often lead to lower taxes and waste disposal charges.

From an environmental standpoint, it saves land and other natural resources by reducing the need to drill for oil and dig for minerals. Less energy is needed to make products with recycled materials than virgin materials. For example, it requires 95 percent less energy to make aluminum cans from recycled cans than from raw ore.

In many cases, manufacturing products from recycled substances creates less air and water pollution than making products from virgin materials.

Encourage your friends and neighbors to make recycling and buying recycled-content products a lifelong habit. +



## MAKE A HABIT TO RECYCLE, BUY RECYCLED PRODUCTS

Source: Kim Henken

If your family doesn't recycle, why not make it a habit to recycle the many recyclable products used daily and to buy products made from recycled materials?

When you think about it, each of us uses many recyclable products every day. These include plastic soft drink and milk bottles, newspapers, paper and cardboard, glass jars and bottles and aluminum and steel cans, to name a few. These can be processed into materials that are reused to make playground equipment, machinery, clothing, home furnishings, household paper products, landscaping mulch, new homes, cars and many other items.



**FRANKLIN  
COUNTY FAIR  
AND HORSE  
SHOW**  
**JULY 18TH-23RD**  
**LAKEVIEW PARK**  
**FRANKFORT KY**  
<http://franklincountyfair.info/>

# PREVENTING MOLD AND MILDEW IN THE KITCHEN AND BATH

Sources: Linda R. Adler and Soap and Detergent Association

Because water is essential to everyday functions, kitchens and bathrooms are breeding grounds for mold and mildew, creating a serious problem for people with allergies or asthma.



The kitchen and bathroom have hidden areas where mold and mildew often live such as around window frames and sills, under

sinks, and where the tub or shower meets the floor. To stop or prevent mold growth, keep these areas clean and dry.

There are a number of strategies to prevent mildew.

When bathing or showering, use the exhaust fan to reduce moisture. In the bathtub, apply a soap scum remover to eliminate rings of soap film where mildew can grow. Use a sponge or squeegee to wipe down shower walls after showering. Keep shower doors and curtains open after use to allow shower walls to dry.

Damp towels and bath mats attract mildew. So air dry them after each use and launder them at least once a week.

Since shower curtains are quite susceptible to mildew, launder them often. Always read and follow the curtain care labels.

Most shower curtains can be laundered using detergent and liquid household bleach. Pre-soak heavy mildew areas in one-fourth cup of liquid household bleach and one gallon of water. First test an inconspicuous corner of the curtain to be

sure it's bleach safe. If not, use a solution of color-safe bleach and water, following the label directions. Scrub heavily mildewed areas of vinyl shower curtains with liquid bleach or mildew remover.


Don't dry a vinyl curtain in the dryer. Instead, hang it on the shower rod to drip dry. Any remaining creases or wrinkles will disappear after a few hot showers.

Another preventive measure is to spray shower walls and curtains with a cleaning product to prevent mildew and mold growth. Be sure to spray after every shower.

You also can use the mildew remover to eliminate this problem in other bathroom areas and the kitchen.

Be sure to read and follow the label instructions and to use the remover in a well-ventilated area. For maximum effectiveness, spray the product directly onto the mildew surface and let it remain for a few minutes; then wipe off the surface and thoroughly rinse.

Disinfectants and disinfectant (antibacterial) cleaners usually are formulated to control or prevent mold and mildew growth. Generally, disinfectants need to remain on a surface from 30 seconds to 10 minutes. Read the label for specific instructions. When applied for mildew prevention, use the product two to three times a week.

If you're using a product that's a disinfectant only, first clean the surface and then apply the disinfectant. 


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## Medication Management for Persons with Dementia

The Alzheimer's Association will present a workshop to help persons with memory loss and their caregivers gain an understanding of commonly prescribed medications and challenges they may face in managing their medications. The work-

shop will cover safe medication management, what to do about medication concerns, recognition of medication concerns, and medication resources. Presenters will be Roger McBride, CNO, The Ridge and Barb Doss, Guardian Medical Management. This program will take place on July 25<sup>th</sup> from 2-3:30pm Lexington Public Library, Beaumont Branch, 3080 Fieldstone Way. Snacks will be provided.

The Alzheimer's Association will present ABC Workshop, from 9am-11am Thursday, July 21st at their office, 465 E. High Street, Suite 100. This program is for those who have a friend or family member who has been diagnosed with Alzheimer's disease or a related dementia. This two-hour workshop is designed to educate new caregivers on dementia, safety issues, and community resources. Registration is required; call 1-800-272-3900. 



Contact: April L. Stauffer, MS  
Community Education Coordinator  
Alzheimer's Association  
800-272-3900, Ext. 1308



the compassion to care, the leadership to conquer

## Fayette 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, June 10<sup>th</sup> from 9:15 a.m. to 4:00 p.m. at the Fayette County Extension Office**. Registration is \$10 and includes lunch. Registration is required; call 1-800-272-3900.

## Nominations for Senior Star and Centenarian Awards

**LEXINGTON, KY. (May 26, 2011)** — Nominations are now being accepted for the University of Kentucky Sanders-Brown Center on Aging Senior Star and Centenarian Awards.

Each year the [Sanders-Brown Center on Aging](#) (SBCoA) Foundation recognizes seniors who exemplify graceful aging and remain engaged in an active lifestyle, through the presentation of the William R. Markesbery Senior Star Awards, and the David A. Wekstein Centenarian Awards. These awards recognize seniors who have made significant, lasting contributions in professional and community life, who serve as role models for future generations and who remain engaged in society.

Nominees must live in Kentucky. Those nominated for the Senior Star Awards must be age 85 or older within the 2011 calendar year. Those nominated for the Centenarian Awards must be age 100 or older within the 2011 calendar year.

Those selected to be a Senior Star or Centenarian will be recognized at a luncheon to be held on Thursday, October 13, 2011, at the Hilton Downtown Hotel in Lexington. In addition, the SBCoA will send a professional photographer to capture each award recipient in his or her own environment. Each award winner will receive two free tickets to the luncheon as well as two free tickets to the annual SBCoA Foundation Dinner later that evening at the Kentucky Horse Park.

Friends and family will have the opportunity to purchase additional tickets for both events.

The Senior Star awards are named in honor of the Center's founding Director, Dr. William R. Markesbery. Dr. Markesbery, who passed away in early 2010, founded the Center on Aging 30 years ago, and was recognized as an international leader in research to advance the understanding of Alzheimer's disease. Now, under the leadership of Dr. Linda Van Eldik, this Center is one of UK's leading medical research programs. It is dedicated to



VALUING PEOPLE. VALUING MONEY.  
MANAGING IN TOUGH TIMES INITIATIVE

# FAMILY FINANCIAL MANAGEMENT

**UK**  
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JUNE 2011

## THIS MONTH'S TOPIC: SUMMER SAVINGS

**A**fter a snowy, cold winter and a spring filled with heavy rain and thunderstorms, it's no surprise that Kentuckians are welcoming the arrival of summer. With that excitement, however, comes the temptation to overspend. Between rising gas and grocery prices, vacations, and extra expenses for summer outings such as golf, the community pool, or summer camp, it can be easy to splurge. Learning simple ways to stretch your dollar will help your family enjoy the decadence of summertime without breaking the bank.

If it is time for a new air conditioner, shop for an energy-efficient model. You can compare models by looking for the Energy Star logo and Energy Guide labels. Remember, a bigger unit is not necessarily better. Figure out how many square feet you are trying to cool, and find a unit that is recommended for that size.

Prepared by: Nichole Huff and Jennifer Hunter  
Sources: Energy Savers, [http://www.energy savers.gov/tips/air\\_condi-tioners.cfm](http://www.energy savers.gov/tips/air_condi-tioners.cfm)  
California Energy Commission: [www.energyefficiency.com](http://www.energyefficiency.com)

### A Youth Summer Savings Plan

There is no magic trick or one-plan-fits-all answer to the right way to save. The key to saving begins with youth understanding financial management and following a budget that they design (Alhabeed, 1996). As parents, educators, and role models, we should equip our youth with knowledge so they can make informed budgeting decisions.

Birthday, babysitting, lawn mowing, and even lemonade stand money may seem insignificant now, but what could it mean by the time they are ready to go to college or buy their first home? If a nine-year-old saves just \$100 a year, when she is eighteen she will have saved \$1000 plus interest. What if she saved \$500 a year...\$4,500 could pay for a first semester of college or make a down payment on a first home. Start saving now in order to reap the rewards later!

Written by: Stephanie Blevins, 4-H Youth Development Specialist

Become a Fan of MoneyWiSe on Facebook and follow MoneyWiSe on Twitter at [Ukmoneywise](http://Ukmoneywise).



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, or disability. For more information, contact your local Extension office or the National Center of Agriculture and Kentucky Counties. Cooperating. Disabilities accommodated with prior notification.

## Look for ways to *save money*...

### Finding Money to Save

As you are planning your summer activities, look in other areas of your life for ways to save money. If you can save a couple dollars every week by taking your lunch to work or checking books out from the library as opposed to buying them, then that money can be spent on a fun summer outing. *America Saves* provides the following chart to help you find money to save.

- Save \$0.50 a day in loose change. Monthly savings of \$15; yearly savings of \$180.
- Cut soda/pop consumption by one liter a week. Monthly savings of \$6; yearly savings of \$72.
- Bounce one less check a month. Monthly savings of \$20; yearly savings of \$240.
- Pay credit card bill on time to avoid late fee. Monthly savings of \$25; yearly savings of \$300.
- Pay off \$1000 of credit card debt, reducing interest. Monthly savings of \$15; yearly savings of \$180.
- Comparison shop for gas (saving an estimated \$.25/gallon). Monthly savings of \$4; yearly savings of \$48.
- Borrow, rather than buy, one book a month. Monthly savings of \$15; yearly savings of \$180.
- Eat out two fewer times a month. Monthly savings of \$30; yearly savings of \$360.
- Bring lunch to work (saving an estimated \$3/day). Monthly savings of \$60; yearly savings of \$720.

Written by: Jennifer Hunter

Source: America Saves, <http://www.americasaves.org/enroll/findingmoney.asp>

Download past newsletters!

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



### Save Green. Go Green: Conserve Water

Across the southern United States individuals are taking the 40 Gallon Challenge. The 40 Gallon Challenge is a regional campaign that challenges residents to conserve at least 40 gallons of water per day.

Why conserve water?

- Water is a limited resource. Less than 1% of our Earth's fresh water is available for human use.
- Using less water can better prepare us for water shortages and drought situations.
- Conserving water can also save money. Each year the average household spends as much as \$500 on water and sewer bills. By using water more efficiently approximately \$170 per year could be saved.
- By conserving water, we conserve energy. Obtaining water from streams, rivers, aquifers, and other water bodies, and transporting it to water treatment facilities requires large amounts of energy. Once at water treatment facilities, energy is needed to pump and process water, and to distribute water to consumers. Further energy is used by consumers to treat water with softeners and filters, circulate and pressurize water with pumps and irrigation systems, and heat and cool water. Then the spent water or wastewater consumes more energy as it is pumped to treatment plants, where it is aerated and filtered. In the end, by conserving water we save energy.

Start saving water and money today! Taking the 40 Gallon Challenge is as simple as filling out the Pledge Card, either online at <http://www.40gallonchallenge.org/> or at your local Extension office.

Submitted by: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues

## FAMILY FINANCIAL MANAGEMENT JUNE 2011


Stock Images: 123rf.com

Franklin County Cooperative Extension Service



advancing the well-being of the elderly with a major goal to support healthy aging.

For more information, contact the SBCoA Foundation at (859) 257-5326. The deadline for nominations is June 30, 2011. The selection committee will select and notify recipients by the first of August.

MEDIA CONTACT: Allison Elliott, [allison.elliott@uky.edu](mailto:allison.elliott@uky.edu) 

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## UK Visit to Kentucky Academy May 24th 2011

The study tour group went to Adjeikrom to see the Kentucky Academy. What a wonderful sight it was. Ninety-three children were crowded into the dining pavilion for classes since the classroom floors were being tiled. They are beautiful and so much better than the concrete--thank you KEHA! They are preparing to begin the work to address the erosion issue. The outdoor kitchen is now complete. They served all 93 students from the new kitchen. The equipment is new and seems to be able to handle the necessary requirements. The indoor kitchen is used primarily for storage and some cold preparation. I am afraid we have been successful beyond our wildest dreams. We are going to have to address the growth issue. Since we operate a feeding program, more parents are sending their children. Some are too young for kindergarten. We might need to consider a pre-school program for the 3-4 year olds. And, we still have



the problem of the older children not having access to a feeding program. Even though the challenges continue, I want all of you who have contributed to the Kentucky Academy to know that your efforts have not been without results! You have made a better life possible for the children we are reaching at the Kentucky Academy. Thank you so very much!

By: Kentucky Academy Ghana (University of Kentucky)

Linda Heflin

KEHA International Chairman 

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## Recipe Squash Supreme

4 cups sliced summer squash  
1 medium onion, sliced  
½ diced red bell pepper  
1 cup fat free sour cream  
1 10 ¾ ounce can reduced fat cream of chicken soup  
1 ½ cups dry corn bread stuffing mix  
¼ cup melted margarine

1. Preheat oven to 350 F.
2. Steam the summer squash, onion, and red bell pepper until slightly tender.
3. Combine sour cream and cream of chicken soup. Add steamed vegetables to soup mixture and toss to coat.
4. Combine cornbread stuffing mix and melted margarine
5. Place half the stuffing mixture in the bottom of a greased 2-quart casserole dish.
6. Add vegetable mixture; top with remaining stuffing mix.

Bake for 45 minutes or until mixture bubbles.

Yield: 8, ½ cup servings

Nutrition Analysis: 170 calories; 7 g fat; 1.5 g sat fat; 5 mg cholesterol; 370 mg sodium 22g carbohydrate; 3g fiber; 7 g sugar; 4g protein.





***Finish eating at least 2-3 hours before you plan to go to sleep.***

**CONTINUED FROM PAGE 1**

**How much sleep do you need?**

How much sleep do you get in one night? Although each person needs a different amount of sleep, there is no doubt how important it is for everyone. The National Sleep Foundation has guidelines for sleep time based on age.

INFANTS	
(0–2 months)	10.5–18 hours*
(2–12 months)	14–15 hours*
TODDLERS/CHILDREN	
(12–18 months)	13–15 hours*
(18 months–3 years)	12–14 hours*
(3–5 years)	11–13 hours*
(5–12 years)	9–11 hours
ADOLESCENTS	
	8.5–9.5 hours
ADULTS	
	7–9 hours

*\*Includes naps*

**Not getting enough sleep can cause serious problems. It is associated with:**

- Increased risk of motor vehicle accidents
- Increase in body mass index — a greater likelihood of obesity
- Increased risk of diabetes and heart problems
- Increased risk for depression and substance abuse
- Decreased ability to pay attention, react to signals, or remember new information

**For better sleep, experts recommend that you and your family members follow these sleep tips:**

- Establish consistent sleep and wake schedules, even on weekends.
- Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening



- to soothing music. Begin an hour or more before the time you expect to fall asleep.
- **Create a comfortable sleep environment.** Keep the room dark, quiet, comfortable, and cool.
  - **Be comfortable!** Sleep on a comfortable mattress and pillows.
  - **Finish eating before bedtime**, at least 2-3 hours before you plan to go to sleep.
  - **Exercise regularly** during the day or at least a few hours before bedtime.
  - **Avoid caffeine and alcohol products** close to bedtime and give up smoking.

**REFERENCES:**

- Harvard Medical School. "Importance of Sleep: Six reasons not to scrimp on sleep" Harvard Health Publications. [www.health.harvard.edu](http://www.health.harvard.edu)
- National Sleep Foundation. [www.sleepfoundation.org](http://www.sleepfoundation.org)
- Centers for Disease Control and Prevention. [www.cdc.gov/sleep](http://www.cdc.gov/sleep)

**ADULT  
HEALTH  
BULLETIN**  
JUNE 2011

Written by: Nicole Peritore  
 Edited by: Connee Wheeler  
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 Stock images: 123RF.com

**Download past health bulletins!**  
[www.ca.uky.edu/HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)



The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and budgeted through the CSREES/USDA Federal Administration.

RETURN SERVICE REQUESTED



Are you ready for  
Relay For Life???  
Don't forget...  
mark your  
calendar .

Friday, June 17th

Relay For Life of Franklin County  
will begin at 6:00pm. Franklin  
County High School



*Tamera Thomas*

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](mailto:gil.thurman@uky.edu).

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