



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



2023 NEWSLETTER

A Note from the Agent

Hello all-

In this newsletter, you will find information about entering items into the county fair.

All Jessamine County residents and Jessamine County Extension Homemakers are welcome and encouraged to enter items into our fair!

Also, please RSVP for programs you would like to attend so I can accurately plan enough supplies for all participants.

I look forward to seeing you soon!



Karli Giles
Karli Giles

County Extension Agent
Family & Consumer Sciences

Calendar of Events

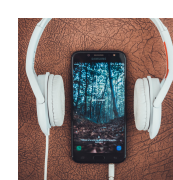
Jul 4		Independence Day, Office is Closed
Jul 9	2-4 p.m.	Fair Entry Check-Ins
Jul 10	9- 11:30 a.m.	Fair Entry Check-Ins
Jul 17	10 a.m.	Laugh and Learn
Jul 19	12 p.m.	Lunch N Learn
Aug 21	10 a.m.	Laugh and Learn
Aug 21	5 p.m.	Homemaker Council
Aug 23	9:30 a.m.	KEHA Officer/ Chairman Training
Aug 29	6 p.m.	Homemaker Annual Meeting
Aug 30	12 p.m.	Lunch N' Learn

Follow us Online!

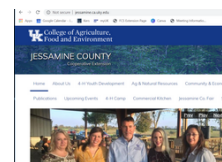
**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



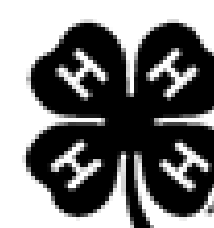
Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences
Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>



Club Reports

Don't forget to submit your club reports and volunteer hours to the office by **August 1st**.

Homemaker Council Meeting

August 21st
5:00 p.m.
John Nickell Room

Homemaker Annual Meeting

August 29th
Registration is to come in the August newsletter.

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

FORT HARROD AREA



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

Extension Homemakers Officer & Chairman Training

August 23rd
9:30 a.m.- 4 p.m.

Boyle Co.
Extension Office

99 Corporate Dr, Danville, KY 40422

Chairperson
Training

Round Table
Discussions
with Area
Officers

Sessions on
membership,
recruitment,
service
projects... and
more!

Training is FREE

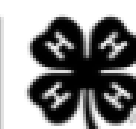
(Lunch will be provided.)

Register by August 15th by calling 859-236-4484

Come join the Fort Harrod FCS Extension Agents and the Fort Harrod Extension Homemaker Officers for an area-wide officer and chairman training. Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

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

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.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



July 17th, 10 a.m.- 11 a.m.

Theme: Water

Jessamine County Extension Office
95 Park Drive, Nicholasville, KY 40356

To register for the July Laugh and Learn play date, call
859-885-4811 or email karli.giles@uky.edu

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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.
LEXINGTON, KY 40546



LUNCH N' LEARN

July Recipe- Tuscan Chicken and Pasta



July 19th, 12 p.m.- 1 p.m.

Jessamine County Extension Office
95 Park Drive Nicholasville

Registration is required by calling 859-885-4811!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Jessamine County Fair

Hearth and Home entries will be taken from

Sunday, July 9th, 2 p.m.- 4 p.m.

Monday, July 10th, 9 a.m.- 11:30 a.m.

Floriculture entries will be taken from

Monday, July 10th, 9 a.m.- 11:30 a.m.

For entry categories, please stop by our office for a printed copy or visit our website at <https://jessamine.ca.uky.edu/jessamine-county-fair>

Financial considerations in retirement

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find,

especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Helping older adults plan for natural disasters

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

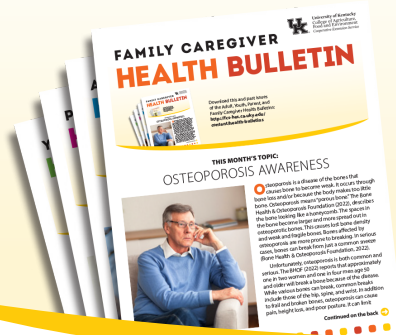
Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit:
<https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

FAMILY CAREGIVER HEALTH BULLETIN



JULY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



Social connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

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better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

FAMILY CAREGIVER HEALTH BULLETIN

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