

JOHNSON COUNTY Cooperative Extension Service FAMILY AND CONSUMER SCIENCES

July/August 2025

Inside This Issue:

1. FCS agent Update
2. KEHA State Meeting Recap
3. Upcoming Programs
4. Healthy Choices
5. MoneyWi\$e
6. July/August Calendar

**DID YOU
KNOW?**

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.



Macey A. Stewart

Macey Stewart

County Extension Agent for
Family & Consumer Sciences Education
macey.stewart@uky.edu

Johnson County Extension Service
826 F.M. Stafford Avenue
Paintsville, KY 41240
606-789-8108

 Find us on
Facebook
@ Johnson County Extension FCS

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Dear Friends and Neighbors,

I hope this message finds you smiling and feeling great! As Summer continues in full swing, I want to encourage you to Stay Active, Eat Well, and Stay Connected.

☀ Stay Active

Whether it's a morning walk, dancing in the kitchen, or stretching during TV time, every little bit of movement counts! Staying active boosts our energy, lifts our spirits, and keeps our bodies strong. Let's encourage each other to keep moving—maybe even plan a group walk or a fun community activity!

🥗 Eat Well, Feel Well

Healthy eating doesn't have to be complicated. Fresh fruits, colorful veggies, whole grains, and plenty of water can do wonders for our health. Let's share recipes, swap garden goodies, or even host a healthy potluck to inspire each other with delicious, nourishing meals.

💬 Stay Connected

Our greatest strength is each other. A quick phone call, a friendly wave, or a heartfelt chat can brighten someone's day (and yours too!). Let's keep checking in on our friends, family, and neighbors—especially those who might need a little extra love and support.

We've got loads of activities and programs coming up in the next few months to keep us together. I would love for you to join us — it would be awesome to have you! Be sure to check out the July/August calendars at the end of our newsletter for all the ways you can jump in!

Hope to see you soon!

Macey A. Stewart

County Extension Agent for
Family & Consumer Sciences Education
macey.stewart@uky.edu | 606.789.8108



JOHNSON COUNTY
EXTENSION HOMEMAKERS

County Annual LUNCHEON

JULY, 11TH
10AM - 2PM

COUNTRY MUSIC HIGHWAY MUSEUM
\$10 PER PERSON, DUE BY JULY 7, 2025

CULTURAL ARTS ENTRIES
CHECK-IN: 9-10AM
MUST BE CHECKED IN BY 10AM

MAKE YOUR PAYMENT IN THE OFFICE OR THROUGH PAYPAL
TO JOHNSON COUNTY EXTENSION HOMEMAKERS.

FOR CHANGE DONATIONS
COINS

SILENT AUCTION
ITEMS NEEDED!

SCAN HERE

5th Annual
*Quiltin' in the
Mountains Shop Hop*



July 11 - 19, 2025

All shops will be open the same hours
(during the Shop Hop Only)

July 11 - 12 (10 a.m. - 5 p.m.)
July 13 Closed (Sunday)
July 14 - 18 (10 a.m. - 5 p.m.)
July 19 (10 a.m. - 3 p.m.) Saturday



**Johnson County
EXTENSION HOMEMAKER'S
MAKER'S MARKET**

BAKED GOODS | HANDMADE ITEMS | UNIQUE FINDS

12:00 PM - 5:00 PM

THE MOUNTAIN HOMEPLACE SHELTER

**JUNE 21, 2025
JULY 5, 2025
AUGUST 9, 2025
SEPTEMBER 6, 2025**

745 KY ROUTE 2275, STAFFORDSVILLE KY 41256

CHECK OR PAYPAL TO JOHNSON COUNTY EXTENSION HOMEMAKERS

\$25 SEASON FEE

SCAN ME TO REGISTER

UNIVERSITY OF KENTUCKY RESEARCH

Your Story YOUR SUPERPOWER

Researchers at the University of Kentucky are inviting you to participate in a 3-lesson Extension program focused on teaching people how to write and share stories. You may be eligible to participate if you are 18 years of age or older and have access to the internet.

When: August 8, 15, 22, 2025
Where: Johnson County Extension Office
Time: 11 AM - 1 PM

For more information, please contact your county Family & Consumer Extension at: 606.789.8108 or macey.stewart@uky.edu

University of Kentucky Research
An Equal Opportunity University

This 3-session workshop is designed to help individuals collect, craft, and create community through stories.

Through three 90-minute sessions, participants explore the purpose and power of storytelling, learn the ARC method for crafting narratives, and create opportunities to share in a supportive environment.

Martin-Gatton College of Agriculture, Food and Environment

HOMEMADE HOLIDAY SERIES
A HANDS-ON CLASS FOR LEARNING HOW TO MAKE HOMEMADE HOLIDAY GIFTS

**JULY 8TH
GIFTS IN A JAR**

**JULY 15TH
SOOTHING LAVENDER DOOR HANGERS**

**JULY 22ND
BASICS OF PHOTOGRAPHY**

BEGINNING IN JULY


9:00 AM - Noon

Johnson County Extension Office
826 F.M. Stafford Avenue
Paintsville, KY 41240

606-789-8108
Please call to register for each class.

Cooperative Extension Service
Family and Consumer Sciences

*AN EQUAL OPPORTUNITY ORGANIZATION



Cooperative Extension Service

JOHNSON COUNTY FARMER'S MARKET

VEGGIE BUCKS

When: August 14, 21, 28; September 4, 2025
Where: Johnson County Farmers Market Pavilion
Time: 3 PM - 4 PM

- Read Aloud Produce Themed Book
- JCPL Book Mobile
- Recipe Demonstration
- Recipe Sampling
- \$5 Veggie Bucks for Youth Ages 2 - 17

Plate it up! Kentucky Proud

More Info: (606) 789-8108

JCEHA CLUB MEETINGS

Quilt Guild: July 14th & August 11th
Community Club: July 21st & August 18th
Highrisers Club: July 16th & August 20th
Oil Springs Club: July 1st & August 5th
Embroidery: Begin Again in Sept.



STATE MEETING RECAP



Our Johnson County Homemakers are not only leaders in our community, but also for our state!

During the recent 2025 KEHA State Meeting, Johnson County was represent very well.

- **Sandra Arrowood led two Hands-On Creative Classes and received multiple blue ribbons for her Cultural Arts entries.**
- **Amelia Godfrey conducted an Educational Chair Training for Family & Individual Development with an emphasis on Mental Health. She also organized the Trade Show.**
- **Rhonella Chaffin conducted an Educational Chair Training for Environment, Housing, & Energy.**
- **Carletta Campbell sang in the 2025 KEHA Choir.**

Johnson County placed 3rd in having the largest number of first-time ovarian cancer screening participants.



UPCOMING DATES



July 1 Project Day

July 11 County Annual Luncheon

July 5, August 9, Sept 6 Maker's Market

July 12th Quilting in the Mountains

August 5th JCEHA Council Meeting

August 27th North East Area Meeting

Sept. 9 - 11 Enrichment Camp

**If you have questions
or need a registration
form for any of the
programs listed,
please call the office
at 789-8108.**

JULY / AUGUST 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

 **Cooperative
Extension Service**



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Nutrition as we age

Good eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

Key points for older adults

- **Eat a balanced diet.** Older adults should eat more fruits, vegetables, whole grains, and dairy while



cutting down on added sugars, saturated fat, and salt.

- **Eat enough protein.** Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add

calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat foods high in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

CONTINUED ON PAGE 2

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BASIC BUDGET BITES

Shopping tips when cooking for 1 or 2

Buying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Reach out to your local Extension office for more tips to make healthy meals for one or two people.



PARENT CORNER

Tips for kids' sleep health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):** 14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 12 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):** 11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):** 10-13 hours a day (along with naps)
- **School-age children:** (6-12 years) 9 to 12 hours a day
- **Teens (13-18 years):** 8 to 10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>

CONTINUED FROM PAGE 1

- **Choose healthy drinks:** Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.

Sources: Adapted from <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>



SMART TIPS

Family fun through active play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, yet fun.
- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music. It's a great way to boost your mood and get the heart pumping.
- **Nature scavenger hunt:** Take a walk in the park or your backyard with a list of items to find leaves, rocks, or flowers.

COOKING WITH KIDS

Overnight Oats

Time to make: 2 hours or overnight

- *Base oat mixture*
- *1/3 cup old-fashioned oats*
- *1/3 cup skim milk*
- *1/4 cup fat-free vanilla Greek yogurt*
- *1 tablespoon chia seeds*

Variations:

- *Banana bread:* 1/4 cup bananas sliced, 1 tablespoon chopped walnuts, 1/4 teaspoon cinnamon
- *Peanut butter jelly:* 1/4 cup raspberries, 1 tablespoon peanut butter
- *Mixed berries:* 1/2 cup berries of choice

1. Mix the oats, milk, yogurt, and chia seeds in a mason jar.
2. Cover and refrigerate for at least 2 hours or overnight.

3. Top with fresh fruit, nuts, or other mix in flavors.

Servings: One

Serving Size: 1 jar

Nutrition facts per serving: 240 calories, 7g fat, 14g protein, 34g carbohydrates, 9g fiber, and 65mg sodium

Nutrition for variations:

- *Banana bread:* Makes one serving. The recipe has 310 calories, 12g fat, 16g protein, 43g carbohydrates, 10g fiber, and 65mg sodium
- *Peanut butter jelly:* Makes one serving. The recipe has 350 calories, 13g fat, 19g protein, 44g carbohydrates, 12g fiber, and 120mg sodium
- *Mixed berries:* Makes one serving. The recipe has 270 calories, 8g fat, 15g protein, 41g carbohydrates, 12g fiber, and 65mg sodium

Source: North Dakota State University Extension



RECIPE

Game Day Sloppy Joes

- *1 pound ground chuck*
- *3/4 cup onion, chopped*
- *1/2 cup celery, chopped*
- *1 (15 ounces) can tomato sauce*
- *2 tablespoons quick-cooking oats*
- *1 teaspoon seasoned salt*
- *1 teaspoon Worcestershire sauce*
- *1/2 teaspoon chili powder*
- *1/8 teaspoon pepper*
- *Dash hot sauce*
- *12 hamburger buns*

1. In a 10-inch skillet, cook ground chuck, onion, and celery over medium-high heat until meat is browned and onion is tender. Drain off excess fat.
2. Stir in tomato sauce, oats, seasoned salt, Worcestershire sauce, chili

powder, pepper, and hot sauce.

3. Simmer, uncovered, on a low temperature for 30 minutes. Stir often.
4. Spoon about a 1/4 cup of the Sloppy Joe mixture onto each bun.

Servings: 12

Serving size: 1/4 cup sloppy joe sauce on 1 bun

Recipe cost: \$5.29

Cost per serving: \$0.44

Nutrition facts per serving: 220 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 25mg cholesterol; 550mg sodium; 26g carbohydrate; 1g fiber; 5g sugar; 12g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium

FOOD FACTS

Pantry staple: Oats

Did you know? About 20% of all whole grain eaten by adults in the U.S. each year is oatmeal. Oats are a great source of fiber, and you can use them in so many ways. Yes, oatmeal is tasty and healthy, but we will also explore some exciting ways to use oats in recipes!

Types of oats:

- **Rolled oats:** Also known as “old-fashioned” oats or “whole oats.” These oats take longer to cook than instant oats. Rolled oats are great for baking, granola, and to make a more textured oatmeal.
- **Instant oats:** Also known as “quick oats.” Instant oats are more processed than rolled oats. They take less time to cook and make a smoother oatmeal.



Even if the types of oats are made other ways, the nutrition is the same!

Tips and tricks:

- Add oats to turkey burger patties to help them keep their shape when cooking.
- Add oats to a smoothie for a thicker smoothie.
- Don't have time to make breakfast in the morning? Blend oats with milk or yogurt at night and leave in the fridge all night. Top with fruit or honey in the morning for tasty “overnight” oats. Little to no prep time on those busy mornings!

Check out the “Game Day Sloppy Joes” in this issue. The oats help to thicken the sauce and give extra fiber!

LOCAL EVENTS

Johnson County

Local events

If you are interested in nutrition classes, contact your Extension office.

Johnson County Cooperative Extension Office
 826 F.M. Stafford Avenue Paintsville, KY 41240
 (606) 789-8108
 MACEY STEWART
 Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, "A penny saved is a penny earned." But is this principle true? In today's economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at "saving" can fall behind financially. Investing your money is one way to battle inflation.

GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as *"an investor's ability and willingness to lose some or all of an investment in exchange for greater potential returns."* There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.



COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at ukfcs.net/MoneyWise2-23

Cooperative Extension Service

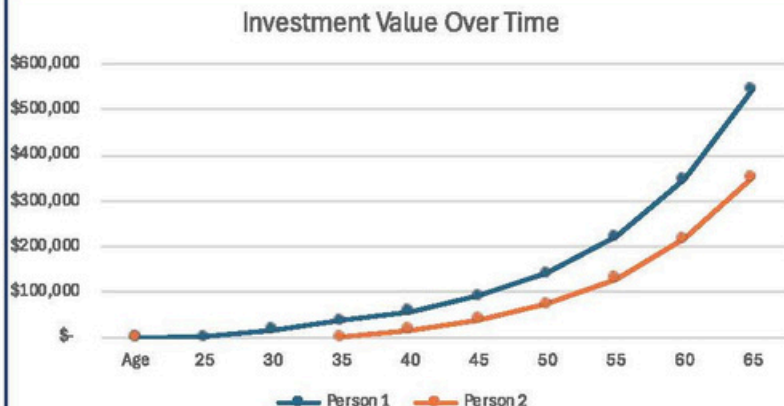
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



NOTE: Both investors contribute \$2,000 per year once they start investing. The example assumes a 9% fixed rate of return, compounded monthly. Reference: Investor Protection Trust. *The Basics of Saving and Investing: Investor Education 2020*. <https://www.tn.gov/content/dam/tn/commerce/documents/securities/posts/The-Basics-of-Savings-and-Investing.pdf>

CAN I AFFORD TO INVEST?

Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell “holdings” like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner’s guide to investing at <https://www.investor.gov/introduction-investing>.

Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period. Your employer can take this amount from your pay and put it into a brokerage account for you. Many companies also “match” contributions up to a certain amount. This means that for every dollar you put in, the company also adds a dollar. This is free money! Try to maximize this amount each year. There also can be tax benefits depending on the type of account you have.

Once the money is in your brokerage account, you can decide what to buy (e.g., stocks, bonds, annuities). Try to learn as

much as you can about the products you are buying, but don’t wait to start investing. There are investment professionals who can help you figure out which purchases are less risky. Make sure your investment portfolio is diversified. That means you should invest in a variety of different things so you have more “eggs” in your “basket.” On average, inflation has been 3.51% each year since 1950, so you should aim to earn at least 3.51% or more on your investments (<https://www.officialdata.org/us/inflation/>).

SLOW AND STEADY

Once you start investing, use the “buy and hold” strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in 8 years! Then it will double again in the next 8 years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5 a month or \$5,000, just get started. Your future self will thank you.

REFERENCE:

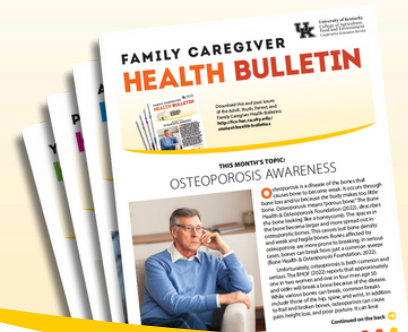
Office of Financial Readiness. *Investing Basics: Bonds, Stocks, Mutual Funds and ETFs*. <https://finred.usalearning.gov/Saving/StocksBondsMutualFunds>

Written by: Barbara Breutinger | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAMILY CAREGIVER

HEALTH BULLETIN



Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:

[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

HSW-AHK.901a

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

Continued on the next page ➔

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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

➔ Continued from the previous page

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

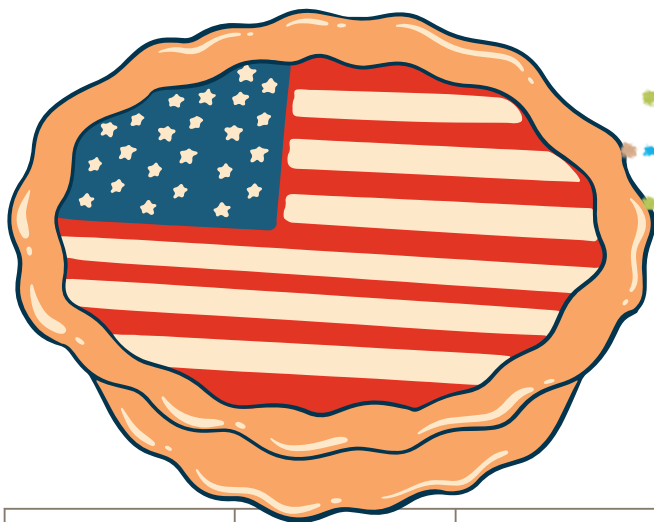
Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and
Aging










Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:
123RF.com





SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1</p> <p>Ticket Sales Open for Dinner Under the Pines</p> <p>JCEHA Project Day 9 AM - 12 PM </p> <p>Oil Springs Club 1 PM @ OSCC</p>	2	3	4	<p>5</p> <p>Makers' Market Mountain Homeplace Farm</p> 
6	7	<p>8</p> <p>Homemade Holiday Series Week 1 9 AM - 12 PM</p> 	9	10	<p>11</p> <p>JCEHA County Annual Meeting 10 AM - 2 PM @ Country Music Highway Museum </p>	<p>12</p> <p>Quilt Shop Hop</p> 
13	<p>14</p>  <p>Quilt Guild 10 AM - 4 PM @ Extension Office</p>	<p>15</p> <p>Homemade Holiday Series Week 2 9 AM - 12 PM</p> 	16	<p>17</p> <p>ARH Heart Healthy Class 5 - 7 PM</p> 	18	19
20	<p>21</p> <p>Community Club 6 - 8 PM @ Extension Office</p>	<p>22</p> <p>Homemade Holiday Series Week 3 9 AM - 12 PM</p> 	23	24	25	26
27	28	29	30	<p>31</p> <p>ARH Diabetes Connection Class 9 AM</p>		

*Pre - Registration Required

AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Oil Springs Club 1 PM @ OSCC JCEHA Council Meeting 10:30 - 1 PM JCEHA Program of Work Meeting 1 PM	6	7	8 Your Story; Your Superpower Class 1 11 AM - 1 PM 	9 Makers' Market Mountain Homeplace Farm 
10  Quilt Guild Club 10 AM - 4 PM	11	12	13	14 Veggie Bucks @ Farmers Market 3 - 4 PM	15 Your Story; Your Superpower Class 2 11 AM - 1 PM 	16
17	18 Community Club @ Extension Office 6 - 8 PM	19	20 High Risers Meeting @ Bristlebuck Manor 1 PM	21 Veggie Bucks @ Farmers Market 3 - 4 PM Johnson County District Board Meeting 6 P.M.	22 Your Story; Your Superpower Class 3 11 AM - 1 PM 	23
24	25	26	27 NEA Meeting @ Lawrence Co.	28 Veggie Bucks @ Farmers Market 3 - 4 PM	29  <u>Looking Ahead:</u> KEHA Audit Meeting Sept. 5 th @ 1 PM Dinner Under The Pines Sept. 13 th	30
31						

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED

 Cooperative
Extension Service

Recipes from the 2025 Food and Nutrition
Recipe Calendar

Chicken Burgers



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts

per serving:
300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde,
NEP Area Nutrition
Agent, University of
Kentucky Cooperative
Extension Service

- Prep time: 10 minutes**
Cook time: 10 minutes
- 1 pound 98% fat-free, ground chicken breast
 - 1/4 cup barbecue sauce
 - 1/2 cup green onions, finely chopped
 - 1/4 cup celery, diced
 - 1 teaspoon garlic powder (or 1 clove of garlic, minced)
 - 1/4 teaspoon salt
 - Nonstick cooking spray
 - 4 whole-wheat hamburger buns
 - 2 cups romaine lettuce, torn or shredded
 - 1 large tomato, cut into 8 slices
- Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese*
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.
 3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
 4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
 5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
 6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
 7. Refrigerate leftovers within 2 hours.
- Makes 4 servings
Serving size: 1 burger on bun with toppings
Cost per recipe: \$8.36
Cost per serving: \$2.09

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, creed, religion, political beliefs, sex, age, marital status, or physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



**Cooperative
Extension Service**

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

Lexington, KY 40506