

# JOHNSON COUNTY



Cooperative  
Extension Service

# FAMILY AND CONSUMER SCIENCES

## SUMMER 2024

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### DID YOU KNOW?

Watermelons are low in calories (92 calories for one two-thirds cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium.

Source: <https://fcs.hes.ca.uky.edu/commodity/watermelon>



*Macey A. Stewart*

Macey Stewart

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



*We served an estimated 75 strawberry smores during the kick off of Johnson County Trail Days.*

**DID YOU  
KNOW?**

Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

Source: <https://fes.hes.ca.uky.edu/commodity/strawberries>

## Johnson County,

Summer is finally here! My family and I have been taking advantage of as many warm, sunny days as we possibly can. I hope you have been too, just be sure to use your sunscreen! Tips for skincare, including sunscreen usage, are included in this newsletter.

Springtime here at the office was quite busy; we completed Big Blue Book Club, held beginner sewing classes led by Master Clothing Volunteer Sandra Arrowood, offered knitting classes led by Jonathon Picklesimer, hosted Cooking Through the Calendar classes in collaboration with ARH, provided Laugh and Learn Playdates at Thealka Park, joined a couple of Elementary Afterschool Programs to provide nutrition education, demonstrated the Blender Bike for summer school programs, and held 3 programs during Trail Days just to name a few!

Summer is gearing up to be just as eventful as Spring and I cannot wait! Follow us on Facebook so you have access to all updated information about upcoming classes, as well as new events!

See you soon!

*Macey A. Stewart*

# Nutrition Education



Elaine Burton

## Blueberry and Orange Flavored Water



**Ingredients:**

- 1 orange
- 1 cup of blueberries, fresh or thawed frozen
- 2 quarts water

**Directions:**

Thinly slice orange, leaving rind on.  
 Place orange slices and blueberries in the bottom of a 2-quart pitcher.  
 With the back of a wooden spoon, lightly mash fruit to release the flavor.  
 Fill pitcher with water and mix.  
 Chill several hours or overnight for best results. Serve over ice.

Tips: Keep a large cup of water on hand and sip throughout the day to stay hydrated!

Source: Brooke Jenkins-Howard, Kentucky Cooperative Extension Service Nutrition Education Program.

20 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 5g total carbohydrate; 1g fiber; 4g sugar; 0g added sugar; 0g protein; 0% Daily Value vitamin D; 2% Daily Value calcium; 0% Daily Value iron; 0% Daily Value potassium.

**WATER CONTENT OF COMMON PRODUCE**

| Fruit or Vegetable | Percent Water (by weight) |
|--------------------|---------------------------|
| Apple              | 84%                       |
| Banana             | 74%                       |
| Broccoli           | 91%                       |
| Carrots            | 87%                       |
| Celery             | 95%                       |
| Cucumber           | 96%                       |
| Grapefruit         | 91%                       |
| Iceberg Lettuce    | 96%                       |
| Orange             | 87%                       |
| Strawberries       | 92%                       |
| Tomato (red)       | 94%                       |
| Watermelon         | 92%                       |

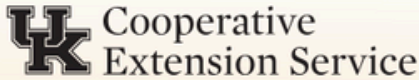
**DID YOU KNOW?**

Source: Bowes & Church's Food Values of Portions Commonly Used, 20th Edition, 2013.  
 Publication: [chrome-extension://efaidnbmninnbpcapcglcglfindmkaj/https://www2.ca.uky.edu/agcomm/pubs/fcs3/fcs3530/fcs3530.pdf](https://www2.ca.uky.edu/agcomm/pubs/fcs3/fcs3530/fcs3530.pdf)



July / August 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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.

## Sand, surf, and great eats

Each summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

[Continued on page 2](#)

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Parent Corner

# Summer is time for kids to try new foods

Summer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.



Try these four summer produce superstars.

### Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.

### Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

## Continued from page 1

### Protect your food

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reuseable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### Stay hydrated

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

**Food Facts**

# A very berry summer

Are berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**Cooking with kids**

# Berry Crunch Roll-Ups

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings

Serving Size: 1 roll-up  
Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**RECIPE**

# Blackberry & Cucumber Salad

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. In a small bowl, whisk together oil, vinegar, honey, and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
4. Toss with dressing.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings

Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

## Basic Budget Bites

### Create a grocery budget

One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you figure out the food cost for your family.



**To use our Food Savings tool, scan the QR code or visit <https://www.planeatmove.com/budget-calculator>**

## Local Events

## Smart tips

### Farmers' markets

What's in the way for you to eat healthy? Perhaps you think fruits and vegetables cost too much or you just don't like the way they taste. Your local farmers' markets can help. In many cases, food at the farmers' market can be a good buy.

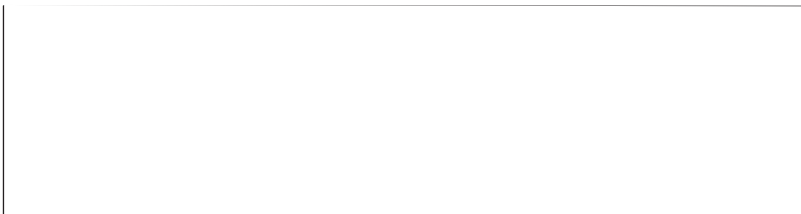


It is local, meaning it was grown nearby. When food from the farmers' market is tasty and fresh, it makes it easy to eat the right amounts.

**To find your local markets, scan the QR code or visit <https://www.planeatmove.com/farmers-markets-food-banks>**

Source: Adapted from <https://www.eatright.org/food/planning/smart-shopping-for-tops-in-nutrition-shop-farmers-market>

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



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[Extension.ca.uky.edu/County](http://Extension.ca.uky.edu/County)

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

## THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.



### AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.

### HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.





## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

### HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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# FAMILY CAREGIVER

# HEALTH BULLETIN



**JULY 2024**

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

# KEEP AN EYE ON VISION AND EYE HEALTH



**E**ye health is important to think about at every stage of the lifespan. As we age, it is common to assume changes in vision are a normal part of getting older. And while vision does naturally change and even start to decline over time, some conditions need medical attention. For example, blurry vision may be a sign of a more serious condition like macular degeneration. Dry eyes could indicate rheumatoid arthritis. Pay attention to symptoms and remember prevention and early treatment are essential to eye health and aging. According to the American Academy of Ophthalmology, paying attention to eye health is not only saving vision, but it is helping boost overall health.

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## Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.

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### Do's

- **Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.**

Schedule an exam if you experience changes in your vision, infections, or symptoms of eye diseases. Let your ophthalmologist know if you have a family history of eye conditions. The American Academy of Ophthalmology recommends a baseline eye exam by age 40 for most people and exams every year for people at age 60 or older. Regular eye exams can detect a surprising number of non-eye diseases such as arthritis, diabetes, and even Alzheimer's disease. Medical advances in eye care are helping ophthalmologists save vision and boost overall health.

- **Maintain a diet rich in plant-based foods and low in saturated fats,** like a Mediterranean diet. Think green leafy vegetables, colorful fruits and vegetables, and nuts. These foods are full of antioxidants, vitamins, and minerals important for eye health.

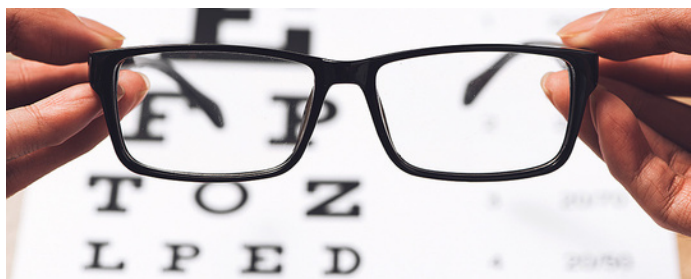
- **Use supplements.** We try but cannot always get everything from our diets. Omega-3 and Omega-6 fatty acids are ideal for eye health on both the inside and outside parts of the eye.

- **Exercise for your eyes.** Pick something you enjoy so you stick with it. Choose an activity that gets your heart rate up.

- **Wear oversized sunglasses and a hat.** Sunglasses must have a label acknowledging protection against UVA and UVB rays. Also, wear a hat because the sun can affect both inside the eye and the skin around the eye. It is important to protect all of that and provide better coverage.

- **Wear proper prescription lenses** to reduce eye strain and discomfort and increase safety.

- **Wear protective eyewear** during sporting activities, hazardous work, and cooking and cleaning. For example, certain methods of cooking might spatter oil. Some cleaning products include hazardous chemicals and often have information about eye safety. Never



mix chemicals. Even activities like gardening may cause a poke in an unprotected eye.

- **Be mindful of makeup and other cosmetics.**

For example, sharing makeup or using eye makeup older than three months can spread bacteria. Thoroughly remove makeup before going to bed. Consider avoiding makeup that is hard to remove. Waterproof mascara can cause issues with the surface of eye, inflammation of eye lids, and problems with your cornea.

- **Be careful around kids.** Kids playing with things like balls and bats or sticks, or Nerf, water, paint, or dart guns might accidentally hit or shoot an eye — their own or someone else's.

- **Avoid smoking and vaping.** Smoking and vaping can lead to diseases that cause problems with eye health.

- **Monitor screen time to reset and relax your eyes.** Practice the 20-20-20 rule. This means that for every 20 minutes you stare at a screen, look away at something that is 20 feet away for a total of 20 seconds.

#### REFERENCES:

- American Academy of Ophthalmology. (2020). Perfect Vision? 20 Tips to Keep It That Way. Retrieved March 18, 2024 from <https://www.aaopt.org/eye-health/tips-prevention/tips-to-keep-perfect-vision-2020>
- Cleveland Clinic. (2020). 5 Ways to Maintain Good Vision and Healthy Eyes. Retrieved March 18, 2024 from <https://health.clevelandclinic.org/5-ways-to-maintain-good-vision-and-healthy-eyes>

FAMILY CAREGIVER  
**HEALTH BULLETIN**

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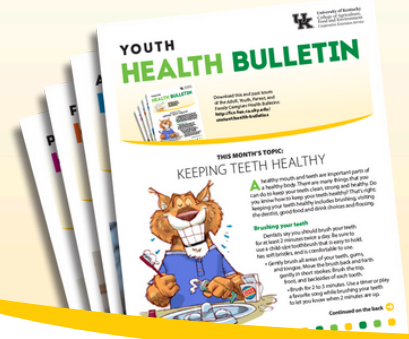
**Designed by:** Rusty Manseau

**Stock images:**  
Adobe Stock



# YOUTH

# HEALTH BULLETIN



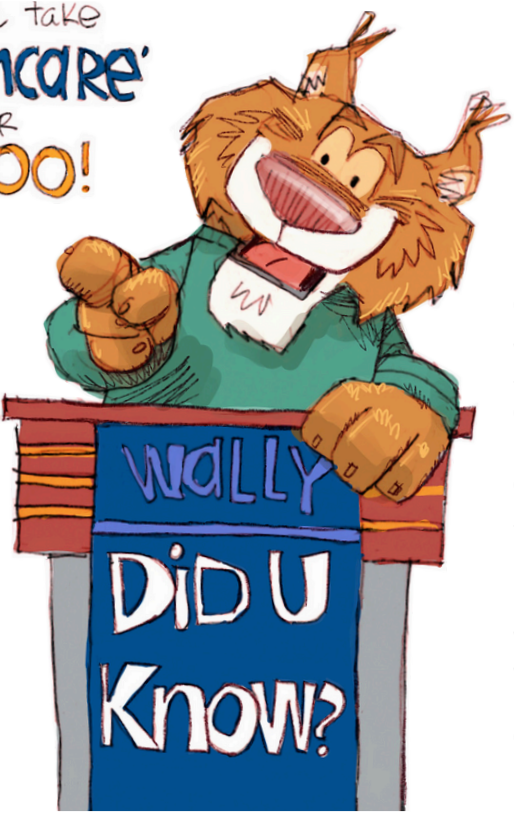
JULY 2024

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## THIS MONTH'S TOPIC

# THE BUZZ ABOUT SKINCARE

I'll take 'SKINCARE' FOR \$500!



**W**hat is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right – the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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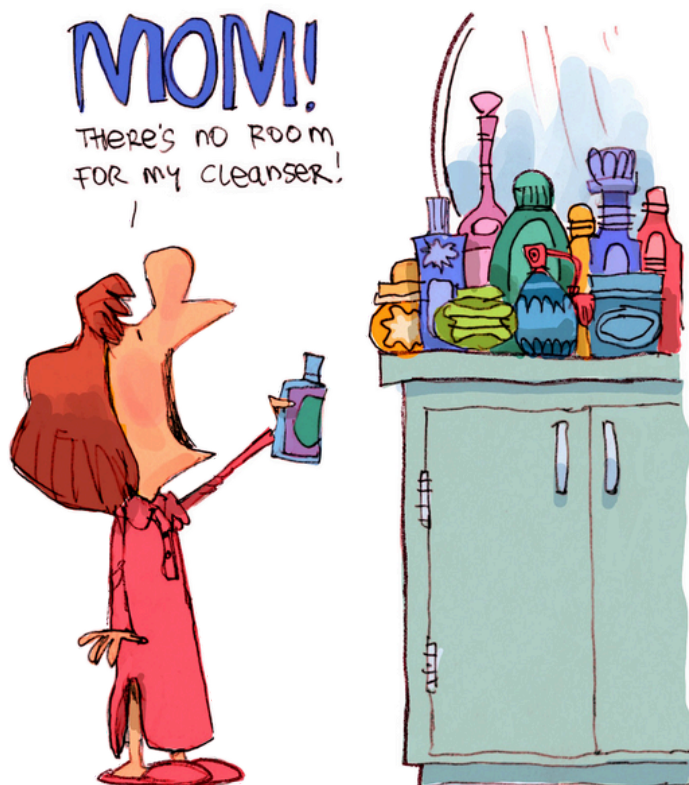


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you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners



FISH  
ARE LUCKY.  
YOU DON'T  
NEED ANY  
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

**REFERENCE:**

<https://kidshealth.org/en/parents/skincare-products.html>

**ADULT  
HEALTH BULLETIN**

**Written by:**

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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





## Johnson County

Our Johnson County Extension Homemakers provided wonderful representation at the KEHA State Cultural Arts Competition during State Meeting in Bowling Green this year!

Pamula Blanton received a blue ribbon for her entry in the Jewelry with Mixed Media category.



Sandra Arrowood received 4 blue ribbons. From right to left: Book entered as Art/Recycled, Grey and Red Crocheted Purse entered as Crochet/Accessories, Christmas Table Mat entered as Holiday Decorations/Winter, and Book entered as Paper Crafting/Origami.



JCEH enjoying State Meeting!

(Right) Rhonella Chaffin received a blue ribbon for her entry of a household item in the Art, Recycled category.



(Left) Amelia Godfrey was elected to the state board as the Family and Individual Development Chair.



Are you interested in joining Homemakers? Find them on Facebook at **Johnson County Extension Homemakers** or call our office to request more information!

# MAKERS' MARKET



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

SENSORY ART | HANDMADE ITEMS | LOCAL FOOD TRUCKS

10:00 AM - 2:00 PM

THE MOUNTAIN HOMEPLACE SHELTER

JUNE 8, 2024  
JULY 13, 2024  
AUGUST 10, 2024  
SEPTEMBER 14, 2024  
OCTOBER 2024: TBA

745 KY ROUTE 2275, STAFFORDSVILLE KY 41256





# Cooperative Extension Service

Family and Consumer Sciences

REGISTER NOW



SCAN HERE



\$10 Per Person

Johnson County Est. 1936

# County Annual

Membership Celebration Luncheon

JULY 23, 2024

Country Music Highway Museum in Staffordsville, Kentucky

- Volunteer Check-In: 8:30am
- Cultural Arts Entries Check-In: 9:30 - 10:30am
- Silent Auction Items Check-In: 9:30 - 10:30am
- Lunch & Programming: 11am - 2pm

**GIVEAWAY**

Paid Memberships for 24/25 will be entered into self-care drawings!

*Donating quality items to the Silent Auction contributes to Ovarian Cancer Research. Participation in the Coins for Change donation supports the KEHA International Program.*



Register and make payment either online or in person at the Johnson County Extension Office by July 15, 2024.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities accommodated with prior notification.





Kentucky Master Clothing Volunteer, Sandra Arrowood, is a major asset to our FCS team! She spends countless hours volunteering to prepare for classes, teaching the classes, and assisting as needed with sewing and textile questions. Thank you, Sandra, for all of your hard work!



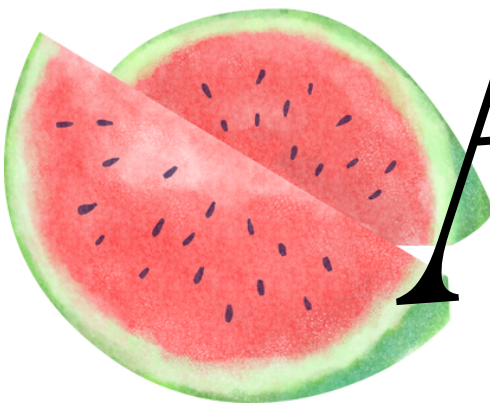
Alexandria Patrick, a beginner sewer, was able to successfully complete her first project (modeled above), while participating in Sandra's class.



# July 2024

| SUN  | MON  | TUE  | WED   | THU  | FRI   | SAT  |
|--|--|--|---|--|---|--|
|  <p>SCAN ME</p> <p>30</p> <p><b>Easy Peach Cobbler</b></p>                 | 1  | 2  | 3   | <p>4</p> <p>Office Closed<br/>Independence<br/>Day</p> | 5   | <p>6</p> <p>Quilt Shop<br/>Hop Begins</p>  |
|  <p>7</p> <p><b>TALKING FACS</b></p> <p>Cooperative Extension Service</p> | 8  | 9  | 10  | 11   | 12  | <p>13</p> <p>Makers' Market 10-2 PM @ Mountain Home Place</p> <p>Yoga 10 AM @ Mountain Home Place</p> <p>Quilt Shop Hop Ends</p> |
| 14   | 15   | 16   | 17  | 18   | 19  | 20   |
|  | <p>Community Club 6 - 8 PM @ Extension Office</p> <p>Final Day to pay for Annual Meeting</p> <p>4-H Sewing Camp Day 1 10 AM - 3PM*</p> | <p>4-H Sewing Camp Day 2 10 AM - 3PM*</p>      | <p>Highrisers Club 1 - 3 PM @ High Rise</p> <p>4-H Sewing Camp Day 3 10 AM - 3PM*</p> | <p>4-H Sewing Camp Day 4 10 AM - 3 PM*</p>             |   |  |
| 21   | 22   | 23   | 24  | 25   | 26  | 27   |
|  |  | <p>County Annual Meeting 10 - 2 PM @ CMHM</p>  |   | <p>Sourdough Class 4 - 6 PM @ JCPL*</p>                |   | <p>Dinner Under The Pines 6 PM @ Mountain Home Place Farm*</p>   |
|  <p>SCAN ME</p> <p>28</p> <p><b>Confetti Chicken Quesadillas</b></p>     | 29   | 30   | 31  | 1  | 2   | 3  |
|  |  | <p>Laugh and Learn 10 - 11 @ Thealka Park*</p> |   |  |  <p>Tips for Summer Safety</p> |  |

\*Requires Pre-Registration



# August 2024

| SUN   | MON  | TUE  | WED   | THU   | FRI | SAT   |
|---|--|--|---|---|-----|---|
|  <p>SCAN ME</p> <p>Farmer's Market Skillet Bake</p> | 29   | 30   | 31  | 1   | 2   | 3   |
|  <p>TALKING FACS</p>                              | 5  | <p>Oil Springs Club<br/>1 - 3 PM @ Oil Spring Community Church</p> | <p>First day of school for Johnson County</p>  | 8   | 9   | <p>Makers' Market<br/>10 - 2 PM @ Mountain Home Place</p> <p>Yoga 10 AM @ Mountain Home Place</p>   |
| 11  | <p>Quilt Guild<br/>10 AM - 4 PM @ Extension Office</p>                       | 13   | 14  | 15  | 16  | 17  |
| 18  | <p>Community Club 6 - 8 PM @ Extension Office</p>                            | <p>Vendor Marketing Workshop<br/>5 - 7 PM @ Extension Office</p>   | <p>Highrisers Club<br/>1 - 3 PM @ High Rise</p>   | <p>ARH Heart Healthy Cooking Class<br/>5 - 7 PM @ Extension Office*</p> | 23  | <p>Homemaker Chairman Toolbox Training 10 AM @ Boyd Co. Fairgrounds</p>   |
|  <p>SCAN ME</p> <p>Triple Berry Crisp</p>         | <p>BACK TO SCHOOL</p> <p>First day of School for Paintsville Independent</p> | <p>Laugh and Learn Playdate<br/>10 - 11 AM @ Thealka Park</p>      | 28  | 29  | 30  | <p>Knitting Class<br/>5 - 7 PM @ Extension Office</p>  <p>Tips for Packing Lunch</p> |

\*Pre - Registration Required

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

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## Mozzarella Basil Chicken with Roasted Grape Tomatoes

|   |  |   |
|---|--|---|
| <b>4</b> (4 ounce) boneless chicken breast halves | <b>12</b> large fresh basil leaves                                   | <b>2 ½ cups</b> grape tomatoes, halved        |
| <b>½ cup</b> lite balsamic vinaigrette dressing   | <b>2 ounces</b> low-fat skim mozzarella cheese, cut into four slices | <b>4 tablespoons</b> shredded Parmesan cheese |

**Place** chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

**Yield:** 4 servings

**Nutritional Analysis:** 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

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