

Family and Consumer Sciences

 Cooperative
Extension Service
Family and Consumer Sciences

AUGUST

2024 NEWSLETTER



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

**FAMILY &
CONSUMER
SCIENCES** 
Creating Healthy & Sustainable Families

*Thank you to everyone
who took time to help
with the Jessamine
County Fair! It was such a
big success!*

*Stay tuned for the date
for our Homemaker
Kickoff event!*

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 ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



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

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 p.m.
in a member's home*

Garden Club

*Third Monday of the month, 1 p.m.
at the Extension Office*

4-HMothers

*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
RoomA*

** Some Clubs may not meet during the summer.
Please call if interested in any Club Meetings*

**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.

Meet the new FCS Agent,

Sara Haag



About Me:

Hello Everyone! My name is Sara Haag! I am from Lexington and have been in Lexington since the age of 3. Before this position, I was a Nutrition Education Program Assistant in Fayette County at the Fayette County Cooperative Extension Office. I have a passion for nutrition and healthy living! I am very excited to meet everyone! Please feel free to come by and say hello whenever!

My Favorites:

Store: Target
Food: Pizza
Hobby: Being with friends and spending time outdoors!
Drink: Coke Zero
Season: Summer
Color: Pink

Education:

I went to Eastern Kentucky University and completed my degree in Food and Nutrition with a concentration in Dietetics. I graduated in May of 2023.

Contact Information:

Phone # 859-885-4811
Email: sara.haag@uky.edu

Fun Facts:

- I love to spend time with family and time outside
- I was a Nanny for 5 years to 4 incredible kids.
- I am a proud aunt to 2 beautiful nieces, Skylar and Madelyn.



Fort Harrod Area

Extension Homemakers Officer & Chairperson Training

**FREE TRAINING WITH LUNCH
PROVIDED**

Join the Fort Harrod Area FCS Extension Agents for this area-wide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

Topics discussed will include membership, recruitment, service projects, parliamentary procedure, and more!

**August 20th
10am-1pm**

**Mercer County Extension
Office**

1007 Lexington Rd,
Harrodsburg, KY 40330

**Please register by
August 13th by calling
859-734-4378**

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Individuals
accommodated
with prior notification



Fort Harrod Area Homemaker's Day Out Maysville

September 13

Meet at the National Underground
Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town

Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

**National Underground
Railroad Museum**
38 West 4th Street

Tumbleweed
511 Market Square Drive

**Gateway Museum
Center**
215 Sutton Street

ADULT

HEALTH BULLETIN



AUGUST 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

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

Continued on the next page 



An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



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Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT
HEALTH BULLETIN

Written by:

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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

THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.

SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including



needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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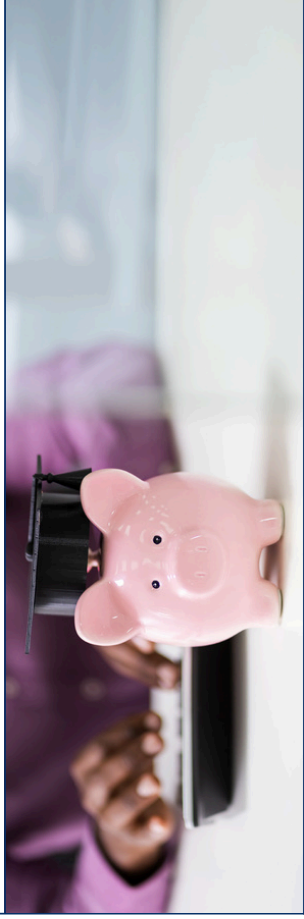
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MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF), if you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024). "Average Cost of College & Tuition." EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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SUMMER SQUASH CASSEROLE

- ½ cup diced onion
- 1 tablespoon fresh thyme leaves, chopped or 1 teaspoon dried thyme
- 1 cup cooked brown rice
- 1 tablespoon extra-virgin olive oil
- 1 small tomato, diced
- ½ teaspoon salt
- ½ teaspoon black, ground pepper
- 1 medium zucchini, thinly sliced
- 1 medium yellow summer squash, thinly sliced
- ½ cup shredded Italian cheese blend (2 ounces)



Makes 6 servings
Serving size: ⅓ of Casserole

Source: Elizabeth Buckner, Nutrition Education Program Specialist, University of Kentucky, Cooperative Extension Service

Nutrition facts per serving:

180 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 310g sodium; 27g carbohydrate; 2g fiber; 2g sugar; 4% Daily Value of vitamin A; 10% Daily Value of vitamin C; 10% Daily Value of calcium; 4% Daily Value of iron.

Tip: Vitamin-packed summer squash can be eaten raw in a salad or with dip: stir-fried, steamed, grilled, roasted or baked. Choose a low-water cooking method and avoid over-cooking to retain all of the vitamins.

1. Preheat oven to 400 degrees F. Spray 1½ to 2-quart shallow casserole dish with cooking spray.
2. In a small bowl, stir together onion, half of the thyme leaves, rice, oil, tomato, ¼ teaspoon salt and ½ teaspoon of the pepper. Spoon into casserole; spread evenly. Alternatively layer zucchini and squash, overlapping slightly, on top of rice mixture. Sprinkle with remaining thyme and remaining ¼ teaspoon salt.
3. Cover; bake 20 minutes. Sprinkle with cheese. Bake uncovered 10 to 12 minutes or until cheese is melted and starting to turn golden brown. Cool 10 minutes before serving.

GROCERY LIST

- Onion
 - Thyme leaves
 - Brown rice
 - Olive oil
 - Tomato
 - Zucchini
 - Yellow summer squash
 - Italian cheese
- (need 1/2 cup)

MAKE IT A MEAL

- Baked pork chop
- **Summer Squash Casserole**
- Watermelon wedge
- Biscuit
- Low-fat milk

TIP

Grilled or roasted vegetables taste great in a submarine sandwich or pita pocket with cheese or hummus.

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