

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER

 Cooperative Extension Service

April 2024

TEACHING CHILDREN ABOUT ALZHEIMER'S DISEASE



Have you ever talked to your children or grandchildren about Alzheimer's disease? Dr. Laurie Zelinger is a board-certified psychologist who has focused her career on childhood issues. She has written a variety of books that explain difficult topics to children, including, Please Explain "Alzheimer's

Disease" to Me.

Zelinger wrote this book to help children understand the changes caused by Alzheimer's disease. The story provides a platform for parents and children to talk about how or why an adult, like a grandparent, can become increasingly forgetful or may need help with day-to-day activities. Experts agree that children can become more upset when they do not understand, when they do not know what they are experiencing, or do not know what to expect. Providing children with developmentally appropriate explanations helps decrease anxiety.

Please Explain "Alzheimer's Disease" to Me features two children, Seth and Shepard, who notice changes in their grandmother's memory and behavior. Zelinger highlights situations that may seem all too familiar:

"Grandma's refrigerator started to ring!...We saw Grandma's phone in there, right next to the cream cheese! We laughed so hard that I

got a pain in my side. ...[Mom] didn't think it was so funny. ...I saw her whispering to my aunt. They both looked worried."

As other strange occurrences happen, the children knew something was different, but they were too scared to talk about it. The first half of the story highlights ways to talk to children about dementia and changes in the brain that can affect memory and behavior.

The second half of the book provides parents with information about Alzheimer's disease and tips for living with a family member experiencing dementia. Dr. Zelinger concludes the book with references and resources.

To learn more about increasing parent/caregiver confidence to talk to children about Alzheimer's disease, increase positive family interaction when faced with challenging circumstances, and to enhance positive child and grandparent interactions, contact your local FCS Extension agent, Montana State Cooperative Extension, or your local Alzheimer's Association.

References/Resources

Alzheimer's Association. <https://www.alz.org/>

Marsha A. Goetting, Ph.D., CFP®, CFCS Extension Family Economics Specialist, Montana State University Extension. phone: (406) 994-5695 fax: (406) 994-4838; E-mail: goetting@montana.edu

Zelinger, L. (2021). Please Explain "Alzheimer's Disease" to Me. Loving Healing Press.

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

INSIDE THIS ISSUE

Health Bulletin	2-3
MoneyWise	4-5
Club News	6-7
December Calendar	8
January Calendar	9



Andrea Slone

Andrea J. Slone
County Extension Agent for
Family & Consumer Sciences Education

Floyd County Extension Service
3490 Ky. Rt. 321
Prestonsburg, KY 41653
(606) 886-2668

Web: ces.ca.uky.edu/Floyd/FamilyConsumerSciences

Facebook:
www.facebook.com/FloydExt

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Lexington, KY 40506



Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



APRIL 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

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page →



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Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

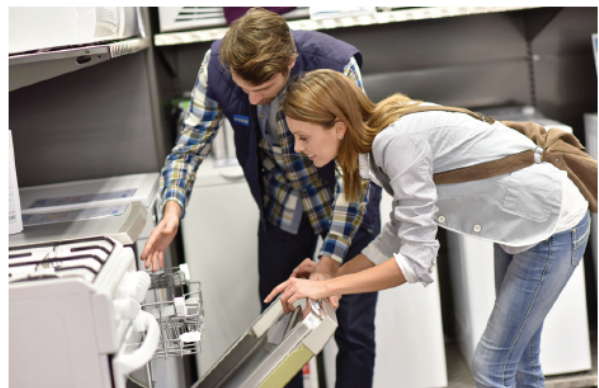
BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item.** Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source.** Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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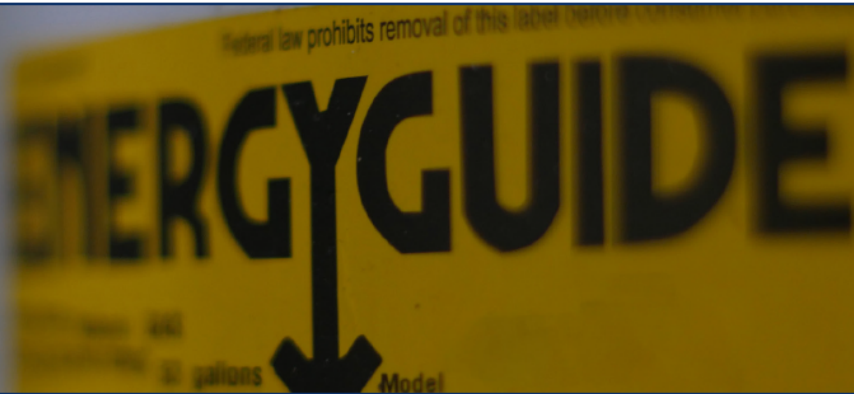
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DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff 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



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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

The 2023-2024 Kentucky Extension Homemaker year is set to start September 2023! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

Facebook: <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on

SAVE THE DATE

April 16, 2024

Lunch & Learn
"Self Care"

May 14, 2024

Lunch & Learn
"strong Bones"

May 16, 2024

Craft Class
"All about Herbs"

Lunch & Learn Monthly Topics

Cherished Possessions	Carbon Monoxide
Savoring the Flavor: Spices	Generational Differences
Planning Thrifty Holiday Meals	Self-Care
Radon	Strong Bones

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of April.

From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Woolies

The Woolies will be meet on Second Wednesday of April at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

Family & Consumer Sciences Programming

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FCS programming!**

FLOYD COUNTY EXTENSION HOMEMAKERS

Haven of Rest Study Tour



College of Agriculture,
Food and Environment
Cooperative Extension Service

April 30, 2024

Haven of Rest
58 Haven Place
Debord, KY 41214



About Haven of Rest:

Haven of Rest is a non profit organization that continues to provide support for families of inmates, but its mission has expanded to embrace a broader audience. They are open for various occasions, including family gatherings, retreats, training events, and mission groups.

10:00 AM	Depart from Floyd Extension Office 3490 KY RT 321 Prestonsburg, KY 41653
10:30 AM	Arrive and tour Haven of Rest
11:30 AM	Lunch provided by Cloud 9 Café
12:30 PM	Depart for Floyd County Extension Service
1:00 PM	Arrive at the Floyd County Extension Service

You **MUST** call and confirm your attendance with the Floyd County Extension Office at **(606) 886-2668**.

Please confirm attendance by April 19, 2024.

Van transportation will be available.



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ARE COOKING SPRAYS SAFE

Nonstick cooking sprays have become a staple in the kitchen. They provide a convenient way to grease pans and baking dishes. But are they safe to consume?

Let's start by looking at the label. Most cooking sprays contain a plant-based oil or a combination of oils, including canola, coconut, and palm. Some sprays are advertised as containing just one oil, like olive or avocado. Many will also contain additives to keep the oils from separating (emulsifiers) and foaming, as well as a propellant. The most common additives are soy lecithin, an emulsifier, and dimethyl silicone, an anti-foaming agent, which keeps the oil from splattering during cooking. Common propellants include butane, propane, carbon dioxide, and nitrous oxide.

The Food and Drug Administration (FDA) has approved all of the ingredients used in cooking sprays. They are considered Generally Regarded as Safe, GRAS. This includes additives and chemicals used as propellants. Some people may still be worried about consuming a propellant. But rest assured, any amount consumed is not a health concern. In fact, the amount in the sprays is very low and most of it dissipates as you spray

it onto a surface.

The FDA affirms that nonstick cooking sprays are safe to consume. However, if you have concerns about the additives or an allergy to soy, you may opt for a cooking spray that is a single oil and propellant free. There are sprays available without additives and propellants. Another alternative is to make your own spray using a mister or spray bottle and the oil of your choice.

If you decide to use a nonstick cooking spray, be sure to store it in a cool, dark place, just as you would store any oil. The cans are flammable, and you should not store them on the stove or near a heat source. Do not spray them near an open flame.

For more information on cooking oils and nonstick sprays, contact your local Extension office.

Reference: <https://www.nutritionletter.tufts.edu/ask-experts/q-are-non-stick-cooking-sprays-healthy-do-they-add-anything-to-food-i-need-to-worry-about/>

Source: Annhall Norris, food preservation and food safety Extension specialist



Broccoli Brunch Casserole

Nonstick cooking spray	1 1/2 cups shredded, part skim mozzarella cheese, divided	1 teaspoon ground black pepper
8 ounces ground turkey sausage	8 eggs	1/2 teaspoon salt
3 1/2 cups broccoli florets, chopped	1 cup part skim ricotta cheese	1 Roma (Plum) tomato, thinly sliced
	1/4 cup skim milk	

Preheat oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

Yield: 8 slices

Nutritional Analysis:

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <u>Nimble Thimble Quilt Guild</u> 10 AM	4	5	6
7	8	9	10 <u>Woolies</u> 10 AM	11	12	13
14	15 <u>Evening Quilt Group</u> 5:30 pM	16 <u>Homemaker Lunch & Learn</u> 12:00 PM	17 <u>Nimble Thimble Quilt Guild</u> 10 AM	18	19	20
21	22 <u>Evening Quilt Group</u> 5:30 pM	23	24 <u>Nimble Thimble Quilt Guild</u> 10 AM	25	26	27
28	29	30 <u>Homemaker Study Tour</u> 10 AM				