

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER

UK Cooperative Extension Service August/September 2024

PICKLEBALL: WHAT IS THAT?

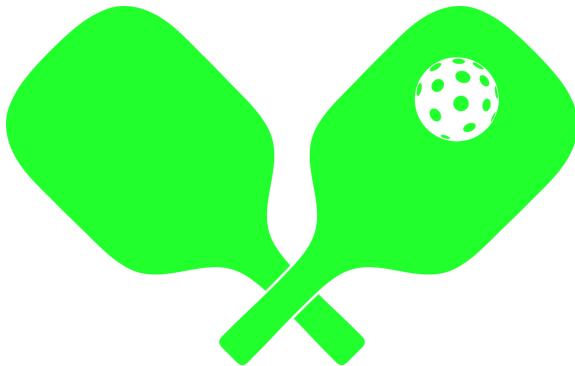
Over the last two years, what is the fastest growing sport in America that combines features of badminton, ping-pong, and tennis? If you said pickleball, you are correct.

Pickleball is an easy-to-learn, affordable, fun, social, and friendly game played with a large paddle and plastic ball.

According to the Sports and Fitness Industry Association (SFIA) (2022), 60% of core pickleball participants are 55 or older and 33.7% are 65 or older. It has grown in popularity because most ages, body types, and skill levels can play.

Some of the reasons that people enjoy pickleball include:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score and can evolve into a more fast-paced competitive match for more experienced players.
- All skill levels from beginner to professional can play.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.
- It is social and associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal mastery.



- There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.

Not only is pickleball fun and accessible, but there are benefits for your health as well. These include the physical activity of moving, improving hand-eye

coordination, improving reflexes and balance, along with other physical health aspects. By getting out and playing with others, pickleball is associated with enhanced social health. It promotes fun, friendly competition and combats social isolation and loneliness. It is also associated with enhanced mental health by reducing stress and boosting your mood through exercise.

Due to the popularity of the sport, many local parks and recreation departments now have pickleball-specific courts or have adapted tennis courts for pickleball use.

Other places with recreational space, such as senior centers, local YMCAs, and faith communities, are also using that space for pickleball.

The USA Pickleball Association website is a great place to start to learn the basic rules and regulations, and how to play this popular sport.

References:

<https://thepickleballplayer.com/pickleball-popularity-statistics-demographics-infographic> - Accessed 10/09/23

<https://www.silversneakers.com/blog/pickleball-health-benefits> - Accessed 10/09/23

<https://usapickleball.org/> - Accessed 10/09/23

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2023

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Lexington, KY 40506



Disabilities accommodated with prior notification.

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.

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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**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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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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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.

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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

The 2024-2025 Kentucky Extension Homemaker year is set to start September 2024! 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 the first

Monday of each Month at 11 AM.

Monthly Lesson Topics:

September: Understanding Suicide

October: Addiction 101

November: Pathways to Wellness

January: Indoor Air Quality

February: Move Your Way: Exercise for Everyone

March: Air Fryer

April: Mealtime Rut

May: Grancooks

SAVE THE DATE

September 9, 2024

Allen Homemaker Meeting

September 17, 2024

Homemaker Annual Meeting

September 30, 2024

Homemaker Council Meeting

September 19, 2024

Lunch & Learn

October 7, 2024

Allen Homemaker Meeting

October 24, 2024

Lunch & Learn

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of August & September 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 August & September 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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Like us on Facebook & stay up to date on FCS programming!



College of Agriculture,
Food and Environment
Cooperative Extension Service



FLOYD COUNTY EXTENSION HOMEMAKERS

2024

KICK OFF!

Please Join us for the
Floyd County Homemaker Annual Meeting Luncheon

September 17, 2024

12:00 PM

Floyd County Extension Office

3490 KY RT 321

Prestonsburg, KY 41653

Please *RSVP* to the Floyd County Extension Office at (606) 886-2668.

Guests are welcome.

Cultural Art Entries

Please have your Cultural Art Entries at the
Floyd County Extension Office
no later than 12:00 PM on Wednesday, September 16, 2024.

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August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 <u>Nimble Thimble Quilt Guild</u> 10 AM	8	9	10 <u>Kids Day at the Farmers' Market</u> 9 AM-1 PM
11	12	13	14 <u>Woolies</u> 10 AM	15	16	17
18	19 <u>Evening Quilt Group</u> 5:30 pM	20	21 <u>Nimble Thimble Quilt Guild</u> 10 AM	22	23	24 <u>Leadership Toolbox</u> 10 AM
25	26 <u>Evening Quilt Group</u> 5:30 pM	27	28 <u>Nimble Thimble Quilt Guild</u> 10 AM	29	30	31 <u>Emergency Preparedness Fair</u> 11 AM—3 PM

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <u>Nimble Thimble Quilt Guild</u> 10 AM	5	6	7
8	9	10 <u>Heart Healthy Cooking</u> 5:00 PM	11 <u>Woolies</u> 10 AM	12	13	14 <u>Kids Day at the Farmers' Market</u> 9 AM-1 PM
15	16 <u>Evening Quilt Group</u> 5:30 pM	17 <u>Homemaker Annual Meeting</u> 12:00 PM	18 <u>Nimble Thimble Quilt Guild</u> 10 AM	19 <u>Homemaker Lunch & Learn</u> 12:00 PM	20	21
22	23 <u>Evening Quilt Group</u> 5:30 pM	24	25 <u>Nimble Thimble Quilt Guild</u> 10 AM	26 <u>Diabetes Support Group</u> 10 AM	27	28
29	30 <u>Homemaker Council Meeting</u> 1:00 PM					

FLOYD COUNTY

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Asian Asparagus Salad

1 pound fresh asparagus

1½ tablespoons low sodium soy sauce

2 teaspoons sugar or artificial sweetener

1 tablespoon olive oil

2 teaspoons sesame seeds

- 1. Snap** off and discard the root ends of the asparagus.
- 2. Wash** remaining stalks thoroughly.
- 3. Slice** stalks into 1½ inch lengths on the diagonal.
- 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
- 5. Cool** immediately under cold water and drain.
- 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
- 7. In** a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.

Yield: 4, ½ cup servings.

Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

