

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Estill County Extension Homemakers

May 2025

Hello,

I hope everyone is doing well. The Extension Homemaker year is coming to a close and we are already preparing for next year. The Bluegrass Area FCS agents went through the ballots for Leader Lessons and we have the top eight lessons scheduled for next year.

We will have a Alpha Gal Watch Party at the Extension office on May 29th at 6:00 p.m. The University of Kentucky will be streaming the program. We will have Alpha Gal friendly food samples at the office. You can watch it from home if you like. The flyer with the information is in this newsletter. Call the office to sign up if you are interested in watching at the office.

The Estill County Farmer's Market will be opening on Saturdays starting May 3rd from 9:00 a.m. to 1:00 p.m. Go out and get some fresh produce and homemade goods and support your local farmer's market.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606 -723-4557.

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Dates of Interest

- May 3rd 9:00 a.m. to 1:00 p.m. — Opening day of the Estill County Farmer's Market (River Drive in Irvine—gravel lot across from the Twin)
- May 15th at 3:30 p.m.—Mercy Health Mental Wellness Fair at the Extension Office
- May 20th 6:00 p.m.—Freeze Drying and Dehydrating
- May 21st 10:30 a.m. —Laugh and Learn at the Estill County Library
- May 22nd 6:00 p.m.—Acts in Motion Meeting
- May 26th—Memorial Day, Office Closed
- May 29th 6:00 p.m.—Alpha-Gal Watch Party
- June 10th at 6:00 p.m.—Sourdough Class
- June 19th—Juneteenth, Office Closed
- June 24th at 10:00 a.m. —Self-care Seminar
- June 25th at 10:30 a.m. —Laugh and Learn at the Estill County Library
- July 8th, 9th, and 10th—Super Star Chef
- July 16th— Water Bath Canning at 9:30 a.m. and Pressure Canning at 1:00 p.m.
- July 22nd—Extension Homemaker Training in Fayette County.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Nutrition Education Program



Join Jessica Webb, Estill County Nutrition Education Program Assistant, as she demonstrates this month's recipe and talks about ingredient substitutions.

Friday, May 23rd from 12:30 - 1:30 p.m.

**Location: Estill County Public Library, 184 Broadway Street, Irvine
(downstairs meeting room)**

Friday, May 30th beginning at 12:00 noon

Location: Estill County Extension Office, 76 Golden Court, Irvine

****Please call 606-723-4557 to sign up for this Lunch & Learn.**



Jessica Webb
Nutrition Education Program Assistant
Estill County Cooperative Extension
606-723-4557
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This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



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

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AgS



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

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THIS MONTH'S TOPIC

HELP YOUR CHILD GET THE SLEEP THEY NEED



Everyone needs sleep to be healthy. Sleep is important for children because it impacts physical, mental, and emotional growth and development. While asleep, children's bodies release hormones that drive physical growth, bone and muscle development, and overall health. Sleep allows the body to heal from illness and injury and protect against future encounters with disease. Adequate sleep strengthens the immune system, helping prevent serious infections and illnesses. Sleep is vital in cataloging memories and learning new information, helping children remember what they have learned throughout the day. Children who get, on average, the recommended amount of sleep each night tend to have longer attention

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Children who get, on average,
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spans, better focus,
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spans, better focus, problem-solving skills, and concentration, all important for learning and doing well in school. Feeling well-rested helps our brain understand emotions and improve mood, leading to better decision-making and overall behavior.

Just as getting enough sleep helps our body function well, lack of sleep can increase the risk of various health problems, including heart and lung problems, diabetes, and obesity, in the long run. Sleep deficiency can lead to fatigue and impaired judgment, increasing the risk of accidents.

It can be difficult to convince children that sleep is more important than staying awake. They might not understand all the important work their bodies do while sleeping. It might help to reframe sleep or explain it differently. Please share with your child the critical work their bodies do on the inside while sleeping, like healing, growing, and remembering. You might want to use an analogy, such as sleep helping our bodies recharge their batteries.

Here is a list of the recommended daily amounts of sleep for each age, including naps, by the National Institute of Health:

- **For newborns younger than 4 months**, sleep patterns vary widely.
- **Babies 4 months to 1 year old** should sleep 12 to 16 hours per day.
- **Children 1 to 2 years old** should sleep 11 to 14 hours daily.



- **Children 3 to 5 years old** should sleep 10 to 13 hours daily.
- **Children 6 to 12 years old** should sleep 9 to 12 hours daily.
- **Teens 13 to 18 years old** should sleep 8 to 10 hours daily.

You will notice that the range of sleep a child needs can vary. This is because every child and family are different. You may notice that your child needs more sleep. If they have difficulty waking up in the mornings, take a long time to wake up and think clearly, or seem to be dragging by the end of the day, try to increase their sleep time for a few weeks. If they are having difficulty falling asleep or wake up early in the morning on their own, they may not need as much sleep. However, most children's sleep needs should fall within these ranges.

If you are concerned about your child's sleep, bring it up with your child's pediatrician or other health-care provider.

REFERENCES:

- <https://www.nhlbi.nih.gov/health/sleep/how-much-sleep>
- <https://nevanhealth.nih.gov/2021/04/good-sleep-good-health>

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- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

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- Buy pre-treated clothing or treat clothes with permethrin.
- If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.

- Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
- It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
- Do a tick check on your pets too.
- Focus on areas where ticks could find a easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
- Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a "tick kit" with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

- Magnifying glass to find ticks

- **Episode 212:** https://youtu.be/pr2_iPdndI?si=z1u72TXK556QQAOL
- **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT





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THIS MONTH'S TOPIC

MILITARY CAREGIVER MONTH



Military caregiver month happens in May to honor the millions of caregivers who support the nation's veterans. This month helps the public learn about wounded service men and women and the people who care for them. Pay tribute to caregivers and praise the work they do and time they give. These are ways you can help support our troops and military households.

Military caregivers can be spouses, partners, parents, children, relatives, friends, neighbors, and co-workers. They provide a range of physical and mental care to support and help foster faster healing. Military caregivers help the nation save millions of dollars in health-care costs.

To show your support of a military caregiver, try helping with these daily tasks:

- Drive a veteran to a health-care visit or to run errands

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Revised 12/2014
with prior modification.



The VA Caregiver Support Line,

1-855-260-3274,

helps with resources,

gives advice, and offers

networking chances,

such as education groups.

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- Help with grocery shopping
- Make or deliver a meal
- Housecleaning
- Offer to sit with a veteran and offer friendship
- Offer time with the veteran to give a caregiver some rest

You can also reach out to the Department of Veterans Affairs to learn about chances to volunteer that might be near you.

If you are a military caregiver, there are resources, support services, and other assistance to help with the challenge of caregiving.

- **The VA Caregiver Support Line, 1-855-260-3274,**

helps with resources, gives advice, and offers networking chances, such as education groups.

- **The VA Program of Comprehensive Assistance for Family Caregivers** gives approved caregivers support options such as a monthly stipend, respite care, money for approved travel costs, health insurance, and mental health services. To

learn more, go to the U.S. Department of Veterans Affairs website, <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>.

- **Veterans Crisis Line: Dial 988 and then press 1** to reach the Veterans Crisis Line. Responders are trained in crisis intervention and military culture. You can find more information at <https://www.veteranscrisisline.net/about/what-is-988>.

REFERENCES:

- U.S. Department of Veterans Affairs. (2025). The Program of Comprehensive Assistance for Family Caregivers. Retrieved 3/12/25 from <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>
- Veteran.com Community. (2025). Month of the Military Caregiver. Retrieved 3/12/25 from <https://veteran.com/military-caregiver-month>

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Asparagus Tomato Salad

- 1/4 teaspoon seasoned salt
- 1/4 cup cherry or grape tomatoes, halved
- 1/4 cup sliced green onions
- 1/4 cup shredded fresh mozzarella cheese
- 1/4 cup minced fresh parsley

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley. **Yield:** 6 servings

Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.

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



- 1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
- 1/4 inch slices
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 garlic clove, minced

Place the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and mixture; **toss** to coat. **Toss** in



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>