

# ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

Estill County Extension Homemakers

April 2024

Hi everyone,

We have had some beautiful weather. I hope you have had a chance to get out and enjoy it.

Planting season is here for some crops and if you have not heard about the 4-H Seed Library, you need to come by the office and check it out. Families can get 10 packs of seed per week. The seeds are restock or changed out almost daily.

There is also a wonderful app called SOW that the University of Kentucky is part of. It is a free app on Apple and Android. It will tell you what to sow on each calendar day and you can keep track of your yield.

Garden safety is important to keep in mind. Be sure to wear sunscreen, gloves to protect from blisters, closed toed shoes, drink lots of water, and take breaks often if it is hot out. Practice safe lifting practices by always lifting with your knees.

I will be out of the office starting on March 20th through the first of May. If you need anything, someone in the office will be able to help you. I will see you when I return.

Have a wonderful April.

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

## Dates of Interest

- ◇ April 24th—Laugh and Learn at the Library at 1:30 a.m.
- ◇ April 30th—May 2nd—Homemakers Cultural Arts Fair
- ◇ May 2nd—Estill County Homemakers Annual Meeting
- ◇ May 8th-10th KEHA Annual Meeting
- ◇ May 16th—Food Preservation
- ◇ May 21st—Alternative Cooking Methods: Small Appliances
- ◇ May 22nd—Laugh and Learn at the Library at 10:30
- ◇ June 4th - Alzheimer/Brain Healthy Lunch and Learn 11:30-1:00



Judy Vaughn, County Extension Agent  
for Family and Consumer Sciences





Hello Estill Homemakers,

We have had some nice warm days and Spring is coming soon.

Not Your Momma's group met in March and collected Bingo prizes for the local nursing home. We had a short business meeting then started planning our County Annual Meeting. We also discussed upcoming meetings and service projects for this year. During our April meeting (April 4th at 4:45 p.m. at the Estill County Extension Office) we will be finalizing plans for the County Homemaker Meeting.

Our county meeting is scheduled for May 2nd. Kentucky Proud / Estill Proud is the theme. We are planning on having food from local businesses and table decorations representing our theme. We are asking people to decorate their table. So far, we have a quilt themed table and a farm themed table. Any

Homemaker that wants to help please join us for that meeting. We will also have the Cultural Arts Fair April 30<sup>th</sup> – May 2nd.

Bluegrass area is working on items for KEHA State Conference. The state conference in May will be held in Bowling Green this year. Hopefully some of you will be able to attend. If you are interested the extension office has more details.

There is a trip planned to Wilson's Nursery & Sage Garden Café in Frankfort for July 9<sup>th</sup>. If you would like to join us please watch upcoming newsletters for signups.

Hope to see you all at many of our exciting events!

Rebecca Lamb

Estill County Homemaker - President

## Homemaker Cultural Arts Fair

**April 30th-May 2nd**

*All current paid Homemaker members can participate in the Cultural Arts Fair.*

Participants need to drop items off at the Estill County Extension Office on April 30th before 4:00 p.m. Categories and rules can be found at this link:

[https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/2023\\_CAH\\_Cultural\\_Arts\\_Exhibit\\_Categories\\_and\\_Rules.pdf](https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/2023_CAH_Cultural_Arts_Exhibit_Categories_and_Rules.pdf)

## Upcoming Homemaker Trip

Mark your calendars for

**July 9, 2024**

*Wilson's Nursery & Sage Garden Cafe*

*Frankfort, Kentucky*

**\*Limited seating on the van.**

**Watch for upcoming sign up dates.**



You are invited to attend the 2024

Estill County Extension Homemakers

# County Annual Meeting Kentucky Proud



## Thursday, May 2, 2024

Registration at 5:00 p.m.

Meeting will begin at 5:30 p.m.

**Registration Fee: \$15.00**

Checks made out to Estill County Extension Homemakers

**Meal and dessert will be catered by a local business.**

Please mail registration or pay in-person at the office by April 26th

76 Golden Court, Irvine, KY 40336

Please call 606-723-4557 to let us know you will be attending and how you will be decorating your table.

## Estill County 4-H Council

# Spring Flower Fundraiser

The Estill County 4-H Council will be taking orders for their annual Spring Flower Fundraiser. We will be selling hanging baskets and patio pots to raise money for local 4-H programs. Orders must be pre-ordered and pre-paid. **Deadline for orders will be April 15, 2024.** You will be contacted when your flowers are ready for pick-up.

### ITEM

Hanging Baskets

\$15.00

Ferns

\$15.00

Combo Hanging Baskets

\$20.00

Patio Pots

\$20.00

Geraniums

\$20.00

**To order stop by the Estill County Extension Office**

**76 Golden Court, Irvine, KY 40336**





# Alternative Cooking Methods: Using Small Appliances

**Tuesday, May 21, 2024**  
**from 10:30 - 12:30**

at the Estill County Extension Office,  
76 Golden Court, Irvine

Join FCS Agent, Judy Vaughn to learn how  
to use those small appliances as an  
alternative cooking method.

Call 606-723-4557 to sign up for this class.

*Judy Vaughn*

Judy Vaughn  
County Extension Agent  
for Family & Consumer Sciences

**Cooperative  
Extension Service**

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, disability, or any other characteristic. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating



Disabilities  
accommodated  
with prior notification.

Community and Economic Development

Lewington, KY 40366



# FOOD PRESERVATION

**Thursday, May 16th**

at the Estill County Extension Office, 76 Golden Court, Irvine

## CLASS 1 - FOOD PRESERVATION

During this class we will discuss overall Food Preservation.

**TIME: 10:00A.M. TO 12:00 NOON**

## CLASS 2: CANNING TOMATOES

During this class we will be learning how to can tomatoes.

**TIME: 1:00 P.M. TO 3:30 P.M.**

**NOTE: Class size for canning tomatoes is limited.**

Call 606-723-4557 to sign up for this class.

*Judy Vaughn*

Judy Vaughn  
County Extension Agent  
for Family & Consumer Sciences

**Cooperative  
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Community and Economic Development

Lewington, KY 40366

**2024 KEHA STATE MEETING REGISTRATION FORM**  
**"Blazing the Way with KEHA" • May 7-9, 2024 • Bowling Green, Kentucky**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 County \_\_\_\_\_ Special Diet/Food Allergies \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

**Check all that apply:**

KEHA MEMBER     STATE BOARD     MFH GUILD     AGENT     COUNTY STAFF     UK SPECIALIST  
 FIRST TIME ATTENDEE - YES  NO     VOTING DELEGATE - YES  NO     OTHER

|                               | Early-Bird Rate<br>(By April 9) | Late Registration<br>(By April 23) |
|-------------------------------|---------------------------------|------------------------------------|
| Full Conference Registration  | \$140                           | \$175                              |
| 2-Day Conference Registration | \$120                           | \$140                              |

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

**MY REGISTRATION INCLUDES:**

| <input type="checkbox"/> Tuesday 5/7  | <input type="checkbox"/> Wednesday 5/8  | <input type="checkbox"/> Thursday 5/9   |
|---|---|---|
| Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction<br>Seminars—Session 1 & 2*<br>Hands-On Creative Classes—Session 1*<br><input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i><br>Viewing of Cultural Arts, Showcase<br>Bidding on Quilt Squares, Raffle, Auction<br>Trade Show | Seminars—Session 3 & 4*<br>Hands-On Creative Classes—Session 2*<br>Viewing of Cultural Arts, Showcase<br>Bidding on Quilt Squares, Raffle, Auction<br>Trade Show<br>Business Meeting<br>Master Farm Homemaker Guild Luncheon and Meeting*<br><i>(separate registration)</i> | Officer Training Workshops<br>Educational Chairman Trainings<br><input type="checkbox"/> Awards Luncheon (price included!)<br><input type="checkbox"/> <i>Check if attending lunch.</i> |

**NOTE: Select specific sessions and classes on next page.**  
 \* = May include extra costs.

**FULL OR 2-DAY REGISTRATION** \$ \_\_\_\_\_  
**AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6** \$ \_\_\_\_\_  
 (MAKE CHECKS PAYABLE TO KEHA)    **GRAND TOTAL** \$ \_\_\_\_\_

**NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.**  
 CONTACT FAYE KORTHAUS AT: [mfkshorthorns@gmail.com](mailto:mfkshorthorns@gmail.com)



**NOTICE**

Mail by **April 9** for the discounted registration fee. Any registration with a USPS postmark after **April 23** will be returned. This is necessary to allow processing time.

**MAIL TO:**  
**Patsy Kinman**  
**KEHA Treasurer**  
**310 Falmouth St.**  
**Williamstown, KY**  
**41097**

**FOR KEHA TREASURER USE ONLY:**

Date received:

Check number:

Amount Paid:

Balance Due:

Refund Due:

If you would like to receive an email confirmation of your registration and session enrollment check here  or enclose a self-addressed, stamped envelope with your registration. (Continued on other side...)

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

**Tuesday, May 7 - SESSIONS**

- Seminars – Session 1 – 1:45 p.m. – 3:00 p.m. CT  
Who is Robert and How Well Do You Know His Rules of Order? (Maximum: 40 attendees)
- Blazing Fast Communication: An Introduction to Email (Maximum: 40 attendees)
- A Shot of Prevention is worth a Pound of Cure (Maximum: 24 attendees)
- Meatless Mediterranean Cooking (Maximum: 42 attendees)
- The Lavender Lady **Cost \$5** (Maximum: 54 attendees)
- Tour Our Beautiful Kentucky (Maximum: 80 attendees)
- Communicate and Connect! (Maximum: 54 attendees)
- Great Ways to Membership (Maximum: 54 attendees)

**Seminars – Session 2 – 3:30 p.m. – 4:45 p.m. CT**

- Who is Robert and How Well Do You Know His Rules of Order? (Maximum: 40 attendees)
- Blazing Fast Communication: An Introduction to Email (Maximum: 40 attendees)
- Hands-On Canva (Maximum: 54 attendees)
- √SU Hours Made Simple (Maximum: 54 attendees)
- Suicide Prevention: Raising Hope for Farmers (Maximum: 42 attendees)
- Best of Brunch **Cost \$10** (Maximum: 80 attendees)
- Making Up Our Leadership Skills (Maximum: 24 attendees)
- Mindfulness Trails: Incorporating Mindfulness in Walking Programs (Maximum: 54 Attendees)

**Wednesday, May 8 - SESSIONS**

- Seminars – Session 3 – 8:15 a.m. – 9:30 a.m. CT  
The Balancing Act: Time for Everything (Maximum: 42 attendees)
- An Introduction to Computer Basics (Maximum: 40 attendees)
- Gardens, Plants, & Quilts (Maximum: 80 Attendees)
- Health Emergency Cards Can Save Lives (Maximum: 24 attendees)
- Basket Weaving Material: What's the Difference? (Maximum: 54 attendees)
- Fresh & Frugal Feasts: Seasonal & Local Eating on a Budget (Maximum: 40 attendees)
- Microfibers: Magic or Matter of Fact? (Maximum: 54 attendees)
- Treating Common Injuries on the Farm (Maximum: 54 attendees)

**Seminars – Session 4 – 1:30 p.m. – 2:45 p.m. CT**

- Super Smoothies (Maximum: 40 attendees)
- The Balancing Act: Time for Everything (Maximum: 42 attendees)
- Edible Plants and Flowers in Your Landscape (Maximum: 54 attendees)
- Get Healthy with Pickleball (Maximum: 80 attendees)
- Pillars of KEHA: Are We Meeting the Mission? (Maximum: 40 attendees)
- Inspiring Grandchildren to Become Grand Cooks (Maximum: 54 attendees)
- International Alphabet Soup: ACWW, CWC, & NVON (Maximum: 24 attendees)
- KEHA Choir Rehearsal (pre-registered choir members only)

**Tuesday, May 7 - CRAFTS**

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. CT
- Decorative Bird Houses \$8
- Intro to Diamond Painting 1 - Birds \$10
- Round Reed Basket \$10
- Hand Sewn Owl Pin Cushion FREE
- Crochet for Beginners \$6
- Beeswax Candle Making \$7
- Vanilla Extract-ingly Easy \$10

**Wednesday, May 8 - CRAFTS**

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. CT
- Vintage Tea Cup Pin Cushion \$8
- Intro to Diamond Painting 2 - Variety \$10
- Gift Card Basket \$15
- Hand Sewn Owl Pin Cushion FREE
- Crochet for Beginners \$6
- Beeswax Candle Making \$7
- Vanilla Extract-ingly Easy \$10

**Thursday, May 9 - TRAININGS**

**Please check the Officer and Chair trainings you plan to attend. NOTE:** All who are registered are welcome to attend. Learn what it means to lead!

|                   |                          |                        |
|-------------------|--------------------------|------------------------|
| Officer Trainings | <input type="checkbox"/> | 9:00 a.m.-9:15 a.m. CT |
| President         | <input type="checkbox"/> | Vice President         |
| Secretary         | <input type="checkbox"/> | Treasurer              |

|  |                          |
|--|--------------------------|
| Educational Chair Trainings - 9:45-11:00 a.m. CT | <input type="checkbox"/> |
| Management & Safety                              | <input type="checkbox"/> |
| Leadership Development                           | <input type="checkbox"/> |
| Cultural Arts & Heritage                         | <input type="checkbox"/> |
| Environment, Housing & Energy                    | <input type="checkbox"/> |
| Family & Individual Development                  | <input type="checkbox"/> |
| Food, Nutrition & Health                         | <input type="checkbox"/> |
| International                                    | <input type="checkbox"/> |
| 4-H/Youth Development                            | <input type="checkbox"/> |

**STATE MEETING SHIRT \$18**

Qty: \_\_\_\_\_ Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_  
 \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ 4XL \_\_\_\_\_

\$ \_\_\_\_\_

Shirts must be ordered by April 9, 2024.



AMOUNT DUE FROM SESSIONS AND CRAFTS \$ \_\_\_\_\_

STATE MEETING SHIRT \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

PLEASE TRANSFER THIS AMOUNT TO PAGE 5



APRIL 2024

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NAME County Extension Office  
000 Street Road  
City, KY  
Zip (000) 000-0000

THIS MONTH'S TOPIC  
WALK AROUND THE CLOCK

**A**pril 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**



Disabilities accommodated with prior notification.

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-moon-or-night>

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





APRIL 2024

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NAME County Extension Office  
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THIS MONTH'S TOPIC  
SUPPORTING BRAIN HEALTH

If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.



Continued on the next page



Social activity is critical for cognitive stimulation.  
Plan a workout, play a game, visit with your loved ones.

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The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- **Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes. Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.
- **Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses. The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week. Think about ways you can move more and sit less. You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.
- **Social engagement:** Interact with people. Talk, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a workout, play a game, visit with your loved ones.

- **Cognitive challenges:** Stimulate thinking by being engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.
- **Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.
- **Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health,

scan the QR code or visit: <https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>



SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD, associate Extension professor for adult development and aging

REFERENCES:

- CDC. (2023). How much physical activity do older adults need? [https://www.cdc.gov/physicalactivity/basics/older\\_adults](https://www.cdc.gov/physicalactivity/basics/older_adults)
- E. Rhodus. (2024). OLLI Donovan Forum presentation. February 15, 2024. Lexington, KY
- NIH. (2024). What Happens to the Brain in Alzheimer's Disease? <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

Written by: Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Stock images:  
Adobe Stock







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THIS MONTH'S TOPIC

EYE SAFETY FOR EVERYONE



Your child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

**Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

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Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

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**Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.

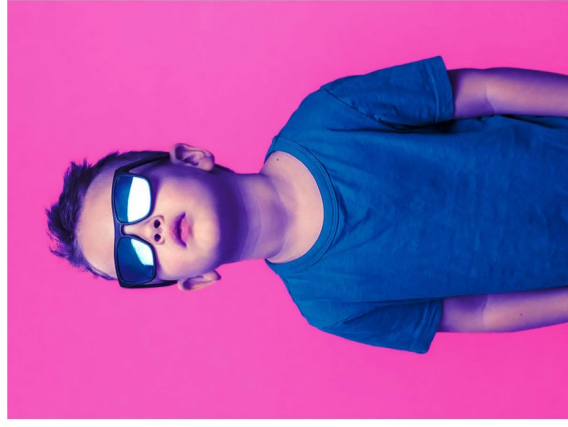
**Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.

**Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.

**Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

**Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles. If your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.

**Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.



You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately, for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

REFERENCE:  
<https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>

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





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

NONPROFIT ORG  
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Estill County  
76 Golden Court  
Irvine, KY 40336

RETURN SERVICE REQUESTED

# Spring Harvest Salad

**2 teaspoons** Kentucky Dressing: **4 teaspoons** lemon juice, honey  
**2 1/2 tablespoons** olive oil  
**1/2 teaspoon** salt  
**1/4 cup** feta cheese crumbles  
**1 tablespoon** balsamic vinegar  
**1 cup** fresh blueberries  
**1/2 cup** thinly sliced green onions

**Yield:** 8, 1 cup servings.  
**Nutrition Analysis:** 130 calories, 9g fat, 1.5g sat fat, 240 mg sodium, 12g carbohydrates, 3g fiber, 7g sugar, 3g protein.



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

- 1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- 2. Prepare** dressing by whisking together the lemon juice, olive oil, feta cheese and sliced almonds.
- 3. Sprinkle** salad with mixture and toss to coat.
- 4. Serve** immediately.



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