

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



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

February 2024

Estill County Extension Homemakers

Hi everyone,

I hope you all had wonderful holiday and the new year is off to a great start.

I will be having a Heart Healthy Lunch and Learn on February 7th from 11:30 to 1:00. We will wear red and learn about how to have a healthy heart as well as enjoying a heart healthy meat. Call to sign up by February 2nd.

We are starting to work on Homemaker Lessons for next year. If you have something that you would like to learn about, please e-mail or call me. The ballet for lessons will be in the March edition.

I am planning the Homemaker Cultural Arts Fair for April 30th to tie in the Estill County Homemakers Annual Meeting. Categories and rules are in this newsletter as well as the following link: https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/2023_CAH_Cultural_Arts_Exhibit_Categories_and_Rules.pdf.

All programs are cancelled if school is canceled for weather. If we have slick road conditions and can not make it in to work, the office may be closed. We will post on notifications on Facebook.

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.

Have a great February!

Dates of Interest

- ◇ February 1st at 4:45—Not Your Momma's Homemakers meeting
- ◇ February 7th at 11:30-1:00—Heart Healthy Lunch and Learn
- ◇ February 13th at 11:30—Sugar and Spice at El Ranchito
- ◇ February 27th, 4:00—Coping with Natural Disasters Leader Lesson
- ◇ February 28th at 10:30—Laugh and Learn at the Library
- ◇ 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

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

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accommodated
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Homemakers News

Hello Estill Homemakers,

I hope everyone is doing well in this new year.

Not Your Momma's group met in January. During this meeting Estill County FCS Agent, Judy Vaughn, taught those in attendance how to make foil packet meals and we watched a video on chair exercise. The lesson from the meeting was trying to get a healthy start to the year. We had a short business meeting and discussed upcoming meetings and service projects this year.

The Homemaker plant group meeting was postponed in January and hopefully weather will let us begin in February (Feb. 13th at 6p.m.). This special interest group is open to all Homemakers and is held the

second Tuesday of each month at 6:00 p.m. at the Extension Office.

The Bluegrass Area Homemakers committee meeting will be working on KEHA state meeting details. The KEHA State Conference in May will be held in Bowling Green this year. Hopefully some of you will be able to attend. More details about these events will be available in the coming months.

It's about time to start discussing our county meeting in May, so please share any ideas you may have. Let's make this year even more fun! Stay Healthy and Safe.

Rebecca Lamb

Estill County Homemaker - President

Cultural Arts Categories can be found on the estill.ca.uky.edu webpage at:

[2023 CAH Cultural Arts Exhibit Categories and Rules.pdf \(uky.edu\)](#)

KEHA 2023-2024 Book List can be found on the estill.ca.uky.edu webpage at:

[KEHA 2023 Booklist 5-5-23.pdf \(uky.edu\)](#)

Homemaker Volunteer Service Hour (VSU) Fillable PDF can be found on estill.ca.uky.edu webpage at:

[Microsoft Word - Appendix Landscape 2022 in revision \(uky.edu\)](#)

**Make plans to attend the 2024 KEHA State Meeting
at Sloan Convention Center
and Holiday Inn University Plaza in Bowling Green!**



MAY 7-9, 2024

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL**
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING**
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING**
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY**
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
- 13. FELTING***
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS**
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

- 15. JEWELRY**
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
- 16. KNOTTING (HAND – with knitting needles)**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
- 17. KNOTTING (OTHER – machine / loom)**
- 18. NEEDLEPOINT**
 - a. Cloth Canvas
 - b. Plastic
- 19. PAINTING, ART**
 - a. Acrylic
 - b. Oil
 - c. Watercolor
- 20. PAINTING, DECORATIVE**
 - a. Metal
 - b. Wood
 - c. Other
- 21. PHOTOGRAPHY (mounted or framed) ****
 - a. Black & White
 - b. Color
- 22. QUILTS*****
 - a. Baby-size or Lap-size (hand quilted)
 - b. Baby-size or Lap-size (machine quilted)
 - c. Hand Appliqué (hand quilted)
 - d. Hand Pieced (hand quilted)
- 23. PAPER CRAFTING**
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking****
- 24. RUG MAKING**
 - a. Braided
 - b. Hooked
 - c. Punch Needle
 - d. Woven
- 25. WALL or DOOR HANGING**
 - a. Fabric
 - b. Other
- 26. WEAVING**
 - a. Hand (macrame, caning)
 - b. Loom (includes pin weaving)
- 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)**

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition
- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.
- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition
- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member's entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

HEART HEALTHY LUNCH & LEARN



**LEARN HOW TO TAKE
CARE OF YOUR HEART
WHILE ENJOYING A HEART
HEALTHY LUNCH.**

**Wednesday, February 7th
11:30 a.m. - 1:00 p.m.**
at the Estill County Extension Office
76 Golden Court, Irvine

This lunch and learn is free and open to the public.
There are limited spaces available.
Please call 606-723-4557 to sign up no later than Feb. 2nd
for this lunch and learn.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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COPING WITH NATURAL DISASTERS

**February 27, 2024
at 4:00 P.M.**

at the Estill County Extension Office
76 Golden Court, Irvine

Contact Judy Vaughn at

judy.vaughn@uky.edu or 606-723-4557

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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Extension Service**

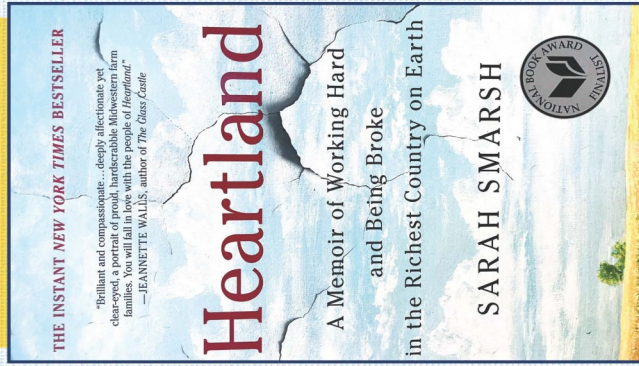
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BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Marsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024** will be **April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

Five extra books will be provided for Estill County. Sign-up for the books at the registration above for the chance to receive the free books. You can also check with the library to see if they have the book in stock or download the Libby app for the local library. The book is available in audio for free on the Libby app.

LEARNING TO GROW & THE BENEFITS OF

MICROGREENS

February 29, 2024 at 4:30 P.M.

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

Join agents, Emma Lee and Judy Vaughn, for this Microgreens workshop. During this workshop you will learn how to grow your own microgreens and learn the benefits and how to use them in cooking. Please call 606-723-4557 to sign up for this workshop.

THOSE WHO ATTEND WILL RECEIVE A MICROGREEN KIT AND TRY SOME TASTY MICROGREEN SAMPLES!



Emma Lee

County Extension Agent
for Agriculture & Natural Resources

Judy Vaughn

County Extension Agent
for Family & Consumer Sciences

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PARENT HEALTH BULLETIN



FEBRUARY 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 LIMIT YOUR CHILD'S EXPOSURE TO CAFFEINE



Many adults drink a cup of coffee in the morning to help wake up or a soda in the afternoon for a pick-me-up. That's because of the caffeine. Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (gives cola its flavor). Caffeine is classified as a drug because it stimulates the central nervous system. It can make people feel more alert and energetic, and has similar effects in kids and adults. While food and drinks with caffeine are everywhere, it is wise to limit caffeine consumption, especially in children.

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Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine.

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In both children and adults, too much caffeine can cause negative health effects such as:

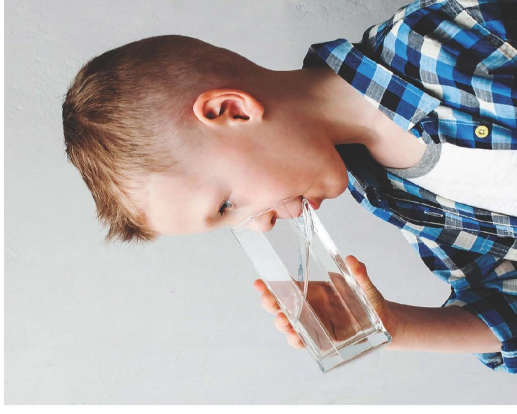
- jitters and nervousness
- upset stomach
- headaches
- problems with concentration
- trouble sleeping
- faster heart rate
- higher blood pressure

Especially in young children, it doesn't take a lot of caffeine to produce these effects. Caffeine sensitivity refers to the amount of caffeine that will cause an effect in someone. Caffeine sensitivity is mostly related to daily caffeine intake, but the smaller the person, the less caffeine you need to produce side effects. Kids are more sensitive to caffeine than adults.

Caffeinated drinks, like sodas, coffee, tea, and energy drinks, often also contain lots of sugar. Kids and teens who fill up on them get lots of empty calories without the vitamins and minerals they need for their bodies to grow and develop. Children ages 12 and younger do not need any caffeine at all; teens are encouraged not to consume any more than 100 mg daily.

Parents can help children look at food and drink labels to determine if the item contains caffeine, help monitor how much they consume, and guide children toward alternative drink and treat choices. The list below contains common sources of caffeine and how much caffeine a serving contains.

- **Jolt soft drink** (12-ounce can): 71.2 mg
- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Brewed coffee, drip method** (5 ounces): 115 mg
- **Tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg



Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine. You can still allow the occasional soda or tea — just make it decaffeinated.

If your child consumes a lot of caffeine, cut back slowly. Abruptly stopping caffeine may cause withdrawal symptoms (like headaches, low energy, and irritability), especially for those who consume a lot of it.

REFERENCE:
<https://kidshealth.org/en/parents/child-caffeine.html>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jun, MS
Edited by: Alyssa Simms
Designed by: Rusty Maneau
Stock images: Adobe Stock





FEBRUARY 2024

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THIS MONTH'S TOPIC

FAMILY CAREGIVERS AND SLEEP

Family caregivers support the health and well-being of family members with chronic conditions and illness. Although caregiving can be a rewarding experience, it can also take a toll on a caregiver's physical and emotional health, including sleep. It is common for caregivers to experience poor sleep quality, such as short sleep duration, frequent night awakenings, and increased time to fall asleep. Figuring out what's causing poor sleep and changing it can improve a caregiver's quality of life.

Caregivers may struggle with sleep because of chronic worry, hypervigilance, listening for a family member while in bed, and attending to overnight caregiver needs (toileting, medication, re-settling, etc.). Types of caregiving also affect caregiver sleep quality. For example, nighttime dementia-related behaviors, including sundowning and agitation, can often disrupt quality sleep.



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If you are struggling with sleep, be sure to talk with a health-care provider.

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Various cancer treatments, conditions associated with pain, and hospice care are also associated with increased caregiver sleep disturbances.

One study says caregivers living with a care recipient report worse sleep than those who live apart.

The negative effects of poor sleep can last a lifetime. Poor sleep is associated with:

- Daytime sleepiness
- Impairment in daily function
- Depression
- Anxiety
- Fatigue (physical and mental)
- Health problems (increased risk of stroke, obesity, diabetes, hypertension cardiovascular disease)
- Increased negative affect (negative emotions and expression, like sadness, disgust, lethargy, fear, and distress)
- Burden
- Distress
- Lack of focus or concentration
- Decreased reaction time
- Emotional instability
- Napping
- Cognitive problems
- Medication mismanagement
- Caregiver safety concerns (driving, operating equipment, mistakes at work)
- Caregiver errors (forgetting to administer medication, missing an appointment)

To improve sleep, some studies suggest trying meditation or yoga. Others recommend stress management, relaxation, and massages. Some caregivers find it helpful to work with a health-care professional to learn behavioral interventions like learning how to re-establish the relationship with sleep and the bed environment.

It is important for family caregivers to fall asleep and stay asleep. AARP suggests these five tips for better sleep:

- Create a sleep sanctuary that is dark, cool, quiet, and free from stressful paperwork and thoughts.

- Sleep in a separate room from the person for whom you provide care.
- Get a baby monitor to keep from straining your ears to hear your family member.
- Train yourself to worry during the day. Create to-do lists and note concerns you can put away until the next day.
- Establish proper sleep routines and sleep hygiene. In addition to maintaining regular sleep cycles, this may include nightly relaxation, meditation, gentle stretching, and deep breathing exercises.

The Centers for Disease Control and Prevention recommends these general tips for better sleep:

- Go to bed and get up at the same time.
- Sleep in a dark, quiet, relaxing space.
- Set the thermostat at a comfortable temperature.
- No electronic devices in bed.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Engage in physical activity throughout the day.

Sleep is restorative. Caregivers need sleep to maintain their own health and well-being as well as the health and well-being of their loved one. If you are struggling with sleep, be sure to talk with a health-care provider.

REFERENCES:

- AARP. (2017). 4 Tips for Better Sleep While Caregiving: Improve sleep quality while taking care of your loved one. Retrieved December 18, 2023 from <https://www.aarp.org/caregiving/life-balance/info-2017/tips-for-better-sleep.html>
- Byun, E., Lerdal, A., Gay, C. L., & Lee, K. A. (2016). How Adult Caregiving Impacts Sleep: a Systematic Review. Current sleep medicine reports, 2(4), 191–205. <https://doi.org/10.1007/s40675-016-0058-8>
- CDC. Tips for Better Sleep. (2022). Retrieved December 18, 2023 from https://www.cdc.gov/sleep/about_sleep/_jygiene.html
- Cooper, C.I., Owen, P.L., Sprajler, M., Crowther, M.C., Craig, E.A., Ferguson, S.A., Gupta, C.C., Gibson, R., Vincent, G.E. (2022). Interventions to improve sleep in caregivers: A systematic review and meta-analysis. Sleep Medicine Reviews, 64. <https://www.sciencedirect.com/science/article/abs/pii/S1087079222000715>

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



ADULT

HEALTH BULLETIN



FEBRUARY 2024

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THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

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If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



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Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurers offer telemedicine providers. You may want to consider a telemedicine appointment for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:
<https://kidshealth.org/en/parents/emergencies.html>

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ADULT HEALTH BULLETIN





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

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Estill County
76 Golden Court
Irvine, KY 40336

RETURN SERVICE REQUESTED

Broccoli and Beef Stir-Fry

- 4 tablespoons** canola oil, divided
- 1 medium red onion,** cut into 1/2 inch dice
- 1 medium yellow** sweet red pepper, cut into 1/2 inch dice
- 1 cup cauliflower florets**
- 2 cups** fresh broccoli florets
- 1/2 teaspoon** crushed red pepper flakes
- 1 pound** lean beef steak, sliced diagonally across the grain into thin strips
- 1 tablespoon** plus 1/2 cup stir-fry sauce
- 1 clove** minced garlic
- 4 tablespoons** canola oil, divided
- 1 medium red onion,** cut into 1/2 inch dice
- 1 medium yellow** sweet red pepper, cut into 1/2 inch dice
- 1 cup** cauliflower florets
- 2 cups** fresh broccoli florets
- 1/2 teaspoon** crushed red pepper flakes

- 1. Combine** 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.
- 2. Heat** 1 tablespoon canola oil in a large skillet or wok.
- 3. Add** beef and stir fry for one minute. **Remove** beef from skillet.
- 4. Heat** the remaining 3 tablespoons canola oil in the skillet or wok. **Add** the vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.
- 5. Return** beef to skillet.
- 6. Add** the remaining 1/2 cup stir-fry sauce and red pepper flakes. **Cook** and

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



90% recommended allowance for vitamin C.

15 g protein.

carbohydrate; 2 g fiber; 3 g sugar;

fat; 0 g trans fat; 25 mg

cholesterol; 630 mg sodium; 9

calories; 10 g fat; 1.5 g saturated

Nutrition Analysis: 180

Yield: 8, 1 cup servings

until heated through.

stir 1 to 2 minutes longer,



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