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Raising Kids, Eating Right, Spending Smart, Living Well

SEPTEMBER 2018

TIMELY TIPS



Disasters Happen. Prepare Now. Learn How.

National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year.

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

It is important to prepare in advance to help yourself and your community. Building an emergency preparedness kit is a practical first step. Assemble a kit designed to help you cope with a variety of emergencies with the following items:

- First aid kit, essential medications and a backup power source for any medical equipment such as an oxygen tank. Battery powered radio, flashlight, extra batteries.
- Canned food, manual can opener
- Bottled water (1 gallon of water per person per day for 3 days)
- Red or brightly colored cloth.
- NOAA weather radio. A NOAA weather radio warns the public of severe weather and natural and manmade hazards from floods to forest fires to chemical spills. The radios can be purchased from discount stores, electronic retailers and online merchants.

A vehicle kit should include the above items along with a fire extinguisher, booster cables and tow rope, compass and road maps, shovel, tire repair kit and pump, road flare, small tool kit, and kitty litter or sand for tire traction.

TABLE OF CONTENTS	
TIMELY TIPS	1
EATING RIGHT	2
SPENDING SMART.....	2
RAISING KIDS	3
LIVING WELL.....	3
WHAT'S COOKING.....	3
COUNTY INFORMATION ..	4

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“The fool doth think he is wise, but the wise man knows himself to be a fool.” — *William Shakespeare*

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

Plan Your Weekly Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you will make fewer shopping trips and buy only items you need. Here are some basic tips for creating your menu and grocery list:

- See what you already have. Look in your freezer, cabinets and fridge. Make a note of what you currently have on hand.
- Use a worksheet to plan your meals so everything is organized.
- Create a list of recipes to try. Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.
- Think about your schedule. Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You can also prepare meals in advance to heat and serve on your busiest days.
- Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy and save you time preparing another meal.

Source: USDA MyPlate

Get the Best Deals on Airfare

Airfare costs can be the difference between an affordable trip and an expensive one. Consider some of the following suggestions to ensure that you will get the most convenient flight at the best possible price.

- Book airfare about seven weeks or 50 days in advance.
- Be flexible on your travel dates. The middle of the week (e.g. Tuesday or Wednesday) will give you the cheapest flights.
- Be willing to wake up early. The cheapest flights are at times that most people do not wish to fly.
- Redeem Rewards. There are a number of different rewards that you may be able to redeem for airline miles or flying perks. Although you will always want to compare multiple options, frequently flying with the same airline has its advantages. You may accrue free miles you can apply to a later flight.
- Check your credit card for benefits such as priority boarding or seat selection. Some credit cards allow you to convert your cash back directly into airline miles. If you fly fairly often, a credit card with these kinds of benefits may be useful to you.

Adapted from: MoneyWise Newsletter-August 2018
Alex Elswick



Apple Oatmeal Muffins

- 1/2 cup non-fat milk
- 1/3 cup applesauce
- 1/2 all purpose flour
- 1/2 cup quick-cooking oats uncooked
- 1/4 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple, cored and chopped

1. Preheat oven to 400 degrees F.
2. Place 6 cupcake liners in a baking tin.
3. In a mixing bowl, add milk and

4. applesauce. Stir until blended
4. Stir in flour, oats, sugar, baking powder and cinnamon. Mix until combined.
5. Gently fold in chopped apples.
6. Spoon into cupcake tin.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.



Number of servings: 6
Serving size: 1 muffin

Nutrition facts per serving:
120 calories; 1 g total fat; 0g saturated fat; 0mg cholesterol; 133mg sodium; 26g carbohydrate; 2 g fiber; 13 g total sugars; 8g added sugars; 3g protein

Source: What's cooking? USDA Mixing Bowl

Grandparent and Adult grandchildren relationships mutually beneficial

One of the many benefits of living longer is grandparents get to see their grandchildren become adults. Recent studies conducted about the relationships between grandparents and adult grandchildren show that positive relationships between these two groups are mutually beneficial.

A study conducted by Boston College researchers showed that close emotional bonds between grandparents and their adult grandchildren is associated with fewer symptoms of depression in both generations. Researchers also found that grandparents who helped out their grandchildren and received assistance from their grandchildren had the fewest symptoms of depression. Grandparents who received support but could not reciprocate, had the most depressive symptoms.

Researchers in Texas found that listening, emotional support and companionship were the most common things grandparents gave to their adult grandchildren. Grandparents listening, advice and companionship with their adult grandchildren runs hand-in-hand with parents providing these same types of support to the child.

As we age, it's important not to forget the strong bonds that formed years ago as grandparents and young grandchildren. Everyone gets busy, but it's important for us to take time to enjoy these relationships as much as possible. Whether over the phone or in person, continuing these relationships can be helpful to both generations in ways neither can imagine.

Source: David Weisenhorn, Senior Extension Specialist, and Amy Kostelic, Associate Extension Professor



Developing a workout plan

A workout plan can keep you from burning out too quickly and help you stay focused on your fitness goals.

The plan should include cardio exercises as well as strength training. Take into consideration your current fitness level and goals and customize a plan for you.

Aerobic exercise should be done at moderate intensity for at least 2 hours and 30 minutes each week. Moderate intensity means you are working hard enough to raise your heart rate and sweat. The 2 1/2 hours may be broken up into smaller periods over the week, such as five days of 30-minute workouts or 23, 10-minute activities spread throughout the week.



Customize the length of your workout time to fit your weekly schedule. If you are doing a moderate-intensity exercise for 10 minutes, you are making a difference. Starting slow is always okay. Good examples of aerobic exercises include walking, running, Zumba and swimming. By picking an activity that you think might be fun or is something that you already enjoy doing, you are more likely to stick with it.

A workout plan should include at least two days of strength training exercises that target all major muscle groups including legs, hips, back, abdomen, chest, shoulders and arms.

Strong muscles help maintain balance, while also making everyday tasks such as carrying groceries much easier. Strength train with weights, resistance bands or simply by lifting your own weight through sit-ups and pushups. Begin with one set of muscle strengthening activities if it has been awhile since exercising. Complete eight-12 repetitions of one exercise, and gradually increase to two to three sets to gain the maximum health benefits. Strength training may be done on the same day as aerobic activity, but remember that strength training is in addition to the 2 hours and 30 minutes of aerobic activity.

Source: Natalie Jones, UK physical activity program coordinator

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

September 10 is World Suicide Prevention Day

The World Health Organization estimates that over 800,000 people die by suicide each year. More people in the world die from suicide than by war and murder combined. The week of September 9-15 is National Suicide Prevention Week.

Take 5 to Save Lives offers these ideas to help prevent suicide:

- 1. Learn the signs.** The signs may not always be obvious, but individuals experiencing an emotional crisis usually exhibit one or more of the warning signs of suicide. Spend some time reading about the warning signs. Take a training that helps identify warning signs. Talk with others.
- 2. Do your part.** Every single one of us can play a vital role in preventing the tragedy of suicide. Learn how you can do more to raise awareness and prevent suicide. Think about your roles in life. You might be a parent, a caregiver, an educator or a friend. Read about how you can do your part to prevent suicide in each of these roles you play in your life.
- 3. Practice self-care.** Research indicates that our mental fitness or wellness is crucial to our overall long-term health. Learn some tips for keeping mentally fit. Make it a priority in your life! Get enough sleep and exercise. Eat nutritious food. Make time for yourself and for friends and family.
- 4. Reach out.** If you or someone you know is in emotional distress you must seek help. You are not alone. Talk with someone you trust, call a hotline or crisis line, schedule an appointment with a therapist or get involved with a support group in your community, read positive stories of hope and recovery, and avoid negative stories and negative people.
- 5. Spread the word.** Share the Take 5 campaign with others to raise awareness.

We can help equip people with easy tools to help themselves and others. Together we can all make a difference!

References: National Council for Suicide Prevention (2018). *Take 5 to Save Lives*. Retrieved May 2018 from <https://www.take5tosavelives.org/>.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment

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LIVING WITH ARTHRITIS

FRI, 9/7, 10:00 AM–2:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Hear the basics of arthritis and tips for managing it, explore physical activity, learn about gadgets for the home, and talk about food recommendations for those with arthritis. Light lunch provided to those registered by 9/4/18.

VIRTUAL DEMENTIA TOUR

MON, 9/17, appointments available between 5:00 and 8:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level)

Through this interactive tour participants will experience what dementia may feel like and develop an understanding of care needs for those with dementia. This simulation is appropriate for those caring for others. The tour will take about 1-hour.

SEWING 101 FOR ADULT BEGINNERS

TUES, 9/18, 9/25, 10/2, 10/9 & 10/16, 9:00 AM – NOON. (Ellis House, 1971 Burlington Pike, Burlington) Learn basic machine sewing skills as you make pajama pants. Supply list provided the first day of class.

CHOOSING AND USING FROZEN VEGETABLES AND FOODS

TUE, 9/18, 6:30–9:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Foods from the grocery freezer often get a bad rap. We'll focus on using frozen vegetables but also discuss choosing and using other frozen foods in a healthy eating plan.

FRIDAY FOOD FUN: POTATOES

FRI, 9/21, 10:00 AM–NOON. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Join the fun as we learn about the varieties of potatoes and their best uses.

HOMEMAKERS' QUILT AND FIBER SHOW

FRI, 9/28, 1:00–7:00 PM AND SAT, 9/29, 9:00 AM– 3:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level) Learn about a variety of fibers, view a variety of quilts, quilted products, and items made from fibers. Purchase supplies from on-site vendors.



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