



Reply to:

**Cooperative
Extension Service**
Boone County
6028 Camp Ernst Road
P.O. Box 876
Burlington, KY 41005
(859) 586-6101
Fax: (859) 586-6107
boone.ca.uky.edu

Raising Kids, Eating Right, Spending Smart, Living Well

OCTOBER 2018

TIMELY TIPS



People Need People, Especially in Late Life

Throughout the lifespan, friends hold powerful roles in healthy development—they help you learn, sharpen your mind, influence romance, make you happier, promote self-esteem, enhance health and well-being, combat loneliness and even influence thoughts and behaviors. Throughout the life cycle, parents, siblings, mates, friends and co-workers help fill these rolls. Yet, maintaining such relationships, can be more difficult in old age due to circumstances such as divorce, retirement, location, illness and death. In some instances, older adults may be geographically and even emotionally close to their adult children and their families, but generational differences and/or the desire for adult children to live their own lives can limit the degree of intimacy. In other instances, older adults come to believe in the significance of living in the minds of others and having others in their own minds, but that is not enough. According to Joyce Edward, Clinical Social Worker, people need people in the flesh throughout the life cycle, and especially in old age. According to Joyce, it is important for older adults to appropriately mourn their losses and feel open enough to meet and engage with people. Friends can be found in unexpected places. It is important to take a risk and be open minded to find them. AARP suggests the following ways to meet friends in old age:

- Accept invitations
- Sign-up for classes and events
- Volunteer
- Engage in group physical activity classes
- Embrace social media
- Buy a pet or volunteer at a local shelter
- Participate in church or faith group

References: Edwards, J. (2016). Friends in Old Age. *Clinical Social Work Journal*; 44(2). 198-203; Mohler, M. (2011). AARP. Never too old to find new friends. Retrieved November 18, 2017 from <https://www.aarp.org/relationships/friends/info-04-2011/never-too-old-for-friends.html>; Whitbourne, S.K. (2013). Fifteen Reasons We Need Friends: Why and how friends can shape your life. Retrieved November 18, 2017 from <https://www.psychologytoday.com/blog/fulfillment-any-age/201303/fifteen-reasons-we-need-friends>

Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment



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**COOPERATIVE
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“I believe that the greatest gift you can give your family and the world is a healthy you.” - Joyce Meyer

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An Apple A Day

I'm sure everyone has heard, "An apple a day keeps the doctor away." While there is no actual scientific evidence to support this saying, there is evidence that apples are a healthy snack. Apples are a great source of both soluble and insoluble fiber, especially if you eat the peel. And why wouldn't you eat the peel? Apples are actually more flavorful when eaten with the peel on. One medium apple has 4 grams of fiber, which is almost 20 percent of the daily recommended amount of fiber. That same apple is only 81 calories and it does not contain any fat, sodium or cholesterol either. Apples are also a great source of vitamins A and C, Calcium and Potassium.

Apples are available year around, but most ripen in September and October. There are hundreds of varieties on the market today. They can be sweet, tart, soft and smooth, or crisp and crunchy, depending on the variety you choose. Apples are an easy go-to snack. Try pairing them with peanut butter, cheese or yogurt for a power packed afternoon snack or breakfast. Apples are about 85 percent water by weight. And with such a generous amount of fiber, they can fill you up without a lot calories. Apples are also a simple and tasty way to provide a nutritious addition to any meal. Fresh apples are great in salads and salsas. They add crunch and a burst of flavor to many recipes. Cooked apples are a favorite as a dessert sauce or accompaniment for pork. There is an apple to suit almost everyone's taste, so choose one today!

Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment



Charitable Giving and End-of-Year Tax Planning

There are several things you can do to realize some year-end tax-savings. One of the most common ways to reduce your federal tax obligation is through charitable giving.

Need is often the highest for organizations, who are either trying to meet year-end budgets or provide additional services during the holiday season. People often give donations in the form of cash or household goods, however, you may also give charitable donations in the form of stocks or real estate. The actual amount of tax savings realized through charitable donations will vary for different people based on tax bracket. If you make a cash donation, it is always a good idea to write a check; your cancelled check provides appropriate documentation of the contribution.

If you make a donation of household goods or actual cash to an organization, be certain to get a receipt. If you donate non-cash items, such as clothing or other household goods, you will need to estimate the fair market value of the items donated. For example, if you donate a bag of clothing to the local thrift store, make a list of all items in the bag, note the condition of the items as excellent, fair or bad, and then estimate the sales price for the items. Be cautious, as this is not the price you paid for the item, but what it will sell for at the thrift store. The charity may be able to provide a pricing guide.

If your non-cash donations exceed \$500, there will be an additional tax form to complete. If you prepare your own taxes using a computerized software program, you'll be prompted by most programs to complete the additional form. If you have an accountant or other tax professional prepare your taxes, they will complete it.

Donations of stock or real estate can be slightly more complicated, but are an excellent way to reduce or avoid capital gains taxes while reducing taxable income. Be cautious if you choose to donate a car or boat to charity. Typically the deduction is not the fair-market value of the vehicle, but the amount the charity receives for the sale. If you are considering donating stock, real estate or a vehicle, talk to your accountant or tax professional prior to making the donation.

Reference: <http://www2.ca.uky.edu/moneywise/agents/downloads/moneywise-newsletters/volume2/v2-i11-MoneyWise-newsletter.pdf>

Source: Alex Elswick, Extension Associate for Family Resource Management; University of Kentucky College of Agriculture, Food and Environment



Dogs and Your Health

A dog is certainly a great companion to have. Most households in the United States have at least one pet. A growing amount of research has shown that living with a dog can boost human health and simply just petting a dog can reduce blood pressure and heart rate. Below are just some of the many reasons to have a pet.



- **Heart health.**

Animals not only fill your heart with love, but they actually make it stronger. Studies have shown that having a canine companion is linked to lower blood pressure, reduced cholesterol and decreased triglyceride levels. As a result, pets lead to better overall human health and decreasing risks of heart attacks.

- **Keeps you active.** It is recommended that adults get about 2 hours and 30 minutes of moderate exercise per week. Dogs can increase your opportunities for exercise and being active outside making it easier to get the recommended level of physical activity. Pets contribute to maintaining a healthy weight status, improved mood, and overall happiness.
- **Improves the lives of older individuals.** Caring for a pet provides friendship. Owning a pet helps decrease daily living limitations, adds meaning and purpose to life, spreads joy, wards off depression, leads to fewer doctor visits and increases moderate and vigorous activity. Adult caregivers also feel less burden when a pet is present in the home.
- **Makes you more social and less lonely.** Having a pet truly gives you a reason to get up in the morning and a great way to meet people when you are out with your pet. Walking your dog in your neighborhood or at a dog park makes it easier to strike up a conversation. Pets help prevent loneliness and isolation, which decreases cognitive decline and risk of disease.
- **Teaches children responsibility.** For many children, the family dog is their first friend. Having a dog as part of the family allows parents to teach their children the right way to treat animals and how to care for them. Exposing young children to pets at an early age helps their immune systems cope with allergies that arise from pet hair or dander.

Although pets are wonderful motivators for moving, they are a commitment that will last for many years. Before getting a pet make sure you are ready and willing to take on that responsibility. If you already have a pet, you know how rewarding it is to have a loving and active connection.

References:

<https://www.cdc.gov/healthypets/health-benefits/>; <https://www.health.harvard.edu/staying-healthy/get-healthy-get-a-dog>; https://www.aaha.org/pet_owner/default.aspx
Source: Natalie Jones, Extension Physical Activity Program Coordinator; University of Kentucky, College of Agriculture, Food and Environment

Ward Off the Flu This Season

The best way to beat the flu bug is to maintain a healthy lifestyle year round. This includes nutritious eating, active living, proper rest and reduced stress. Nutritious eating includes keeping MyPlate in mind at every meal. Half of your plate should be fruits and vegetables. Active living for adults means at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level or 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. And don't forget to rest! Aim for 8 hours of sleep each night. All of these components will help reduce stress and build immunity to fight off the flu this season.

Reference: <http://www.eatright.org/resource/health/wellness/preventing-illness/beat-the-bug>
Source: Jean Najor, Senior Extension Associate, University of Kentucky; College of Agriculture, Food and Environment



Apple Cranberry Waldorf Salad

Yield: 8, 1 cup servings

- 1 cup chopped Granny Smith apple
- 1 cup chopped Red Delicious apple
- 1 cup diced celery
- 1 cup halved seedless green grapes
- 1 cup halved seedless red grapes
- 1½ cups dried cranberries
- 1/2 cup chopped walnuts
- 8 ounces non-fat vanilla yogurt
- 2 tablespoons honey
- 1/4 teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries and walnuts to the mixture. Stir ingredients together.
2. In a separate bowl, add the yogurt, honey and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Nutritional Analysis: 210 calories; 5 g fat; 0 mg cholesterol; 35 mg sodium; 41 g carbohydrate; 3 g fiber; 34 g sugar; 3 g protein
Source: Plate it Up Kentucky Proud, University of Kentucky Extension

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE



Family Meals – The Real Value Meal

by David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment

One of my father's favorite sayings is, "You can call me what you want, just don't call me late for dinner." While it still makes me laugh and think of my father as a man who loves to eat, I recognize the true importance of his words. Growing up in my home, dinnertime was a sacred time of day when all 10 of my siblings and I were required to gather around the dinner table ready to eat. While it felt inconvenient at times, I was always ready to share with my parents and siblings what I had accomplished that day. It was my time to shine, and in a family of 11 children those times felt rare.

Sharing meals together as a family provide benefits for parents and children that surpass the value of a regular family routine. For instance, frequent family meals have been associated with healthy eating, lower rates of obesity and decreased rates of food insecurity in children.

In addition, children of families who eat together regularly have better academic performance, personal well-being, less alcohol and substance use, and fewer behavioral problems. While other variables may also be contributing to these outcomes, it is important to note that family mealtimes promote a sense of family closeness and create a positive environment in which parents and children can benefit.

So I encourage you to make the time to share a meal together as the benefits reach far beyond the table. Make the meal a family affair and build a pizza together. Make family meals a fun experience.

FOR MORE INFORMATION CONTACT

DIANE MASON
BOONE COUNTY EXTENSION AGENT FOR FAMILY AND
CONSUMER SCIENCES EDUCATION
6028 CAMP ERNST ROAD ♦ P.O. BOX 876
BURLINGTON, KY 41005-0876
BOONE.CA.UKY.EDU

PREPARE TO CARE

TUE, 10/2, 6:30 – 8:00 PM (OR) WED, 10/3, 10:00 – 11:30 AM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington) Discover tips for ensuring you and your loved ones are ready to face a time when someone needs an extra hand with their lives. Registration appreciated.

MEDICARE BASICS AND MEDICARE FRAUD

WED, 10/3, 1:00 – 3:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level) Learn about Original Medicare, Medicare Advantage Plans, Prescription Drug Plans, Medicare Supplement Insurance, and Medicare Fraud. Presented by Brighton Center representatives.

BONE AND JOINT HEALTH

FRI, 10/5, 10:00 AM–2:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level) Learn the latest on bone and joint health from a healthcare professional and explore physical activity to enhance bone health. Light lunch for those registered by 10/2/18. Presented in cooperation with the United States Bone and Joint Initiative.

AND FOR THE ENTRÉE...

(Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level)

 **CHICKEN - TUE, 10/9, 6:30 – 8:30 PM.** Learn to cut up a whole chicken discover facts about how today's chickens are raised. Registration required. If you wish to practice cutting up a whole chicken you will need to bring one to the program.

 **BEEF - TUE, 10/23, 6:30 – 8:30 PM.** Kentucky Beef Council representatives will share information about today's lean beef and how to properly prepare it. Registration required.

HOMEMAKERS 101: COME GROW WITH US!

THU, 10/18, 4:30–6:30 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Learn about Boone County Extension Homemakers, the clubs, membership and all they do. See demonstrations of heritage arts and crafts. Drop in anytime during this open house. Can't make it to the event? Call 859-586-6101 to ask about the organization.

FRIDAY FOOD FUN: ROASTING VEGETABLES

FRI, 10/26, 10:00 AM–NOON. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Learn tips for successfully roasting a variety of vegetables to get the best results in this demonstration class.



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