

Family & Consumer Sciences

February & March 2025

Life with Liz!

Hi All!

It is with mixed emotions that I share with you that this will be our final Family & Consumer Sciences newsletter, as I will be leaving my position as the Boone County Extension Agent for Family and Consumer Sciences. This position has brought me so much joy, and I feel incredibly fortunate to have had the opportunity to teach, learn from, and connect with so many wonderful individuals.

From leading classes to engaging with the community, every moment has been deeply fulfilling. I have loved helping others build valuable life skills—whether through early childhood education, health and wellness programs, or leadership initiatives. The relationships I've built and the inspiring people I've met along the way will always be cherished.

Your support—whether through attending programs, volunteering, or simply being a part of this journey—has meant the world to me.

Although I'm excited about the next chapter, I will always hold my time here at Boone County Extension in high regard. Diane Mason, Extension Agent for Family and Consumer Sciences, will continue to offer programs and is available to answer any questions you may have.

For updates on upcoming programs and events, please stay connected by following our Facebook page (@Boone County Family & Consumer Sciences) or visiting our website at boone.ca.uky.edu.

Thank you again for all the incredible memories. I look forward to crossing paths with you in the future.

With sincere gratitude,
Liz Evans, Boone County FCS Agent

For more information or if you have questions, please reach out--I'm here to help!

Elizabeth Evans

Elizabeth Evans

Boone County Extension Agent for Family & Consumer Sciences

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 Boone County Family & Consumer Sciences



FAMILY CAREGIVER

HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Boone County Extension Office
6028 Camp Ernst Road
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(859) 586-6101

THIS MONTH'S TOPIC

RECOGNIZING SIGNS OF SUICIDE



Older adults account for 22% of suicides in the U.S. according to the Centers for Disease Control and Prevention. Men age 75 and older face the highest overall rate of suicide. Older adults are known to plan suicide more carefully and use methods more likely to prove lethal. Older adults who attempt suicide are less likely to recover because of frailty or underlying medical conditions. The tragedy of suicide is a growing public health crisis.

Older adults often face loss and grief. They might lose independence, health, and financial stability. They might face widowhood, death of peers, friends and family, mobility issues, etc. Older adults are more likely to be homebound, live on their own, or lack social connections needed to thrive. When combined with physical, emotional, and

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A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline — available 24 hours a day, 7 days a week.

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cognitive struggles, older adults are susceptible to depression. Some researchers believe that the epidemic of loneliness is fueling suicide.

Health-care providers and caregivers need to recognize warning signs of suicide in older adults. Alone, one or two of these acts may not be a concern. It is common to update a will, for example. But in combination, these warning signs may mean trouble.

- Loss of interest in activities
- Giving away belongings
- Changing a will
- Avoiding social opportunities
- Neglecting self-care
- Changes in appearance
- Ignoring or skipping medications
- Preoccupation with death, talking about dying or killing oneself
- Reckless behavior or lacking concern for personal safety
- Increasing use of alcohol and/or drugs
- Sleeping too much or too little
- Extreme mood swings
- Acting anxious or agitated
- Talking about being a burden to society or others
- Talking about unbearable physical or emotional pain
- Feeling empty or hopeless
- Feeling trapped with no way out

A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline. This telephone number is available 24 hours a day, 7 days a week. It connects you or someone you care about to mental health professionals who can talk to someone in crisis.

The 988 Suicide and Crisis Lifeline spells out five steps you can follow if you think an older adult, or anyone, is thinking about suicide:

1. Ask. Be direct and ask, “Are you thinking about killing yourself?” “How can I help you?” Initiate this conversation and listen carefully to their answers. Acknowledge their pain. Help the person focus on why they should keep living.



- 2. Be there.** If possible, be physically present and ease the feelings of isolation. If being face-to-face is not possible, call or try a video call to help the person feel connected. Ask a friend, family member, or neighbor to help.
- 3. Keep them safe.** If someone has tried before or has a detailed plan, the risk is greater. Call 911 or the 988 Suicide Lifeline for help to determine the next steps.
- 4. Help them connect.** Establish support systems for the present and future. Find local resources for support, connection, and mental health.
- 5. Follow up.** Research shows that follow-up can lower suicide in high-risk populations. Checking in shows you care.

REFERENCES:

- Cleveland Clinic. (2023). What to Know About Older Adults and Suicide Risk. Retrieved 1/7/25 from <https://health.clevelandclinic.org/suicide-in-older-adults>
- National Council on Aging. (2025). Suicide and Older Adults: What You Should Know. Retrieved 1/7/25 from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
- Substance Abuse and Mental Health Services Administration. (2022). Suicide Warning Signs and Prevention Strategies for Older Adults. Retrieved 1/7/25 from <https://www.samhsa.gov/blog/suicide-warning-signs-prevention-strategies-older-adults>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
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Stock images:
Adobe Stock



RECIPE OF THE MONTH!

Blueberry Cheesecake Bars

Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42 Cost per Serving: \$0.46

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Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

UPCOMING EVENTS

<p>MARCH</p> <p>21</p> <p>12 – 1:30PM</p>	<p>HOMEBUYING 101</p> <p>Boone County Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p> <p><i>A light lunch will be provided. Registration appreciated.</i></p>
<p>MARCH</p> <p>26</p> <p>10AM – 12:30PM</p>	<p>FCS ADVISORY COMMITTEE MEETING</p> <p>Boone County Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p>
<p>MARCH</p> <p>28</p> <p>10AM – 12AM</p>	<p>LEAVENERS: PUTTING THE LIFT IN BAKED GOODS</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p>
<p>APRIL</p> <p>15</p> <p>6 – 8PM</p>	<p>PRACTICAL POUCHES: TOILETRY BAG</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p> <p><i>Space limited. Registration Required.</i></p>
<p>APRIL</p> <p>24</p> <p>1 – 4PM</p>	<p>DIABETES BASICS</p> <p>Boone County Extension Office – Florence Location 7111 Dixie Highway, Florence, KY 41042</p>
<p>APRIL</p> <p>30</p> <p>9AM – 3PM</p>	<p>PREPARE. RESPOND. RECOVER. DISASTER PREPAREDNESS PROGRAM</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p> <p><i>A lunch will be provided. Registration is required. Deadline to register 4/15/25</i></p>

Register at boone.ca.uky.edu or call 859.586.6101

MONTHLY SPOTLIGHT

February: American Heart Health Month

Raising Awareness About Heart Health and the Importance of Physical Activity for Overall Well-Being.

Every February, American Heart Month highlights the importance of heart health and raises awareness about cardiovascular diseases, the leading cause of death in the U.S. Heart disease affects people of all ages and genders, but adopting a healthy lifestyle—like regular physical activity, a balanced diet, and avoiding smoking—can reduce the risk. It's also a good time to monitor your blood pressure and cholesterol levels. Physical activity offers numerous benefits:

- It lifts your mood, reducing stress, anxiety, and depression.
- It keeps you physically fit, strengthening muscles and stamina.
- It helps lower the risk of heart disease and stroke by improving blood pressure, cholesterol, circulation, and weight management.

Regular exercise can also lead to fewer medical expenses, longer life, and a higher quality of life, especially as you age. Additional benefits include improved self-image, better sleep, and increased energy. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity each week—just 30 minutes a day, five days a week.

It's simple! Move more, increase the intensity, and sit less. You don't need major life changes to see improvements. Begin by adding more activity to your day, one step at a time.



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FIT TIP 1

Wake up 30 minutes earlier a few days per week to get in your daily physical activity. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

Workout:

Complete the following moves, resting as needed.

Set #1

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- High Knee Running — 20 seconds
- Jumping Jacks — 20 seconds
- Burpees — 20 seconds
- Rest — 1 minute

Set #2

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- Crunches — 20 seconds
- Squat Jumps — 20 seconds
- Pushups — 20 seconds
- Rest — 1 minute

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



Authors: Natalie Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jury, Senior Extension Specialist for Family Healthy, University of Kentucky Cooperative Extension Service.

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Recognizing the warning signs for suicide.



QUESTION. PERSUADE. REFER.



What You'll Learn:

- **Recognize the warning signs and risk factors for suicide.**
- **Intervene and ask tough questions when someone is at risk for suicide.**
- **Refer someone at risk of suicide to an appropriate lifesaving resource.**

**Thursday,
March 20, 2025**

Campbell County Extension Office
3500 Alexandria Pike | Highland Heights, KY 41076

10:00-11:30 a.m.

Subject to cancellation if minimum registration number not met.

**To register, call the Campbell County Cooperative Extension Service
859-572-2600**

or online at: <https://campbell.ca.uky.edu/events>

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

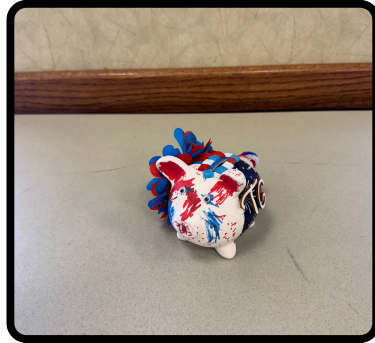


Boone County Celebrates Winners of the Kentucky Saves 2025 Piggy Bank Contest

I am excited to announce Boone County participated in the Kentucky Saves 2025 Piggy Bank Contest, a fun and educational initiative aimed at teaching youth the importance of saving money and reducing debt. As part of Kentucky Saves Week, this contest invited youth to design and create their own piggy banks, encouraging creativity while promoting financial literacy. Through hands-on experience, participants gained an understanding of the critical role savings play in achieving long-term financial success. Boone County is proud to support this creative way of educating the next generation on how to make smart financial decisions. Area winners of the contest will be recognized during Kentucky Saves Week, celebrating both their artistic talent and their commitment to financial well-being. Area winners will have their banks displayed in the Capitol Rotunda in Frankfort during March and April 2025. Boone County's winners can be seen below.



The winner for Boone County was Luke-4th grade and his bank has been sent on to the area contest. Boone County held additional county only contests broken down by age group. The winners of those categories are:



PRESCHOOL WINNER



ELEMENTARY SCHOOL WINNER



MIDDLE SCHOOL WINNER

- Preschool winner: Timothy
- Elementary School Winner: Lydia-1st grade
- Middle School Winner: Aashrita-6th grade
- High School Winner: Hannha-10th grade



HIGH SCHOOL WINNER



COUNTY WINNER



BOONE COUNTY PARTICIPANTS

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- the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032
- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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Lexington, KY 40506



Disabilities accommodated with prior notification.