

# Family & Consumer Sciences

October 2024

## Life with Liz!

September marked Suicide Prevention Month — a time to raise awareness and understanding about mental health challenges. According to the CDC, in 2022, 49,000 people in the United States died by suicide. That is 1 death every 11 minutes. In addition, 13.2 million people reported seriously thinking about suicide, 3.8 million made a plan for suicide, and 1.6 million people attempted suicide. Suicide rates in Kentucky and our nation have continued to rise since 2003. In general, Kentucky suicide mortality rates are 17% to 27% higher than those in the rest of our nation. Due to these alarming statistics, in August 2023, the eight-county Northern Kentucky area Family and Consumer Sciences Agents provided The B.A.R.N. (Bringing Awareness Right Now) Workshop, and Farm Dinner Theater program, as strategies to address and explore the difficult topics of mental health and suicide within our communities. Agents Kenna Knight (Pendleton County), Kate Thompson (Campbell County), Chelsea Young (Owen County), and Liz Evans (Boone County) trained community members to be able to write and act out skits regarding mental health, stress, and suicide in this farm dinner theater program. Those who were involved in the program did a fantastic job and approximately 160 people attended and heard the message of suicide prevention. We have since found out that the B.A.R.N. program won numerous awards, and we wanted to share those kudos with you!

### Innovation in Programming Award:

- 3rd Place at the State Level
- 2nd Place at the Regional Level
- 3rd Place at the National Level

### Family Health & Wellness Award:

- 1st Place at the State Level
- 2nd Place at the Regional Level
- 2nd Place at the National Level

### Human Development & Family Relations Award:


- 1st Place at the State Level

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. While suicidal thoughts are common, they should not be considered normal, and they often indicate more serious issues. Remember, every conversation about mental health can make a difference, and every act of kindness can offer hope to someone who may be struggling. Together, let's continue to build a community where support and understanding are always available. If you would like to take this a step further, be sure to register for our program Caring Connections: QPR Training for Suicide Prevention on November 6, 2024, from 6:00 pm – 7:30 pm.

For more information on mental health and suicide prevention check out [www.samhsa.gov](http://www.samhsa.gov) or [www.nami.org](http://www.nami.org). If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.



# SUICIDE AWARENESS & PREVENTION TRAINING

 Cooperative Extension Service



*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.

**Wednesday,  
November 6, 2024**

**Boone County Enrichment Center  
1824 Patrick Drive | Burlington, KY 41005  
6:00 p.m.**

**To register, call the Boone County Cooperative Extension Service  
859-586-6101**

or online at: <https://boone.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.*

**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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

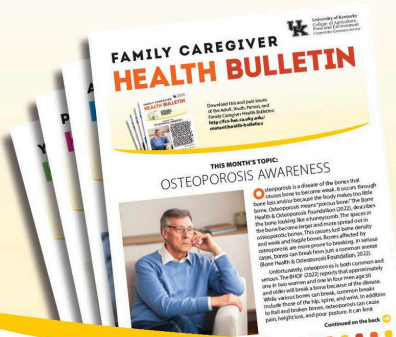
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# FAMILY CAREGIVER

# HEALTH BULLETIN



**OCTOBER 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>

Boone County Extension Office  
6028 Camp Ernst Rd  
Burlington, KY 41005  
(859) 586-6101

## THIS MONTH'S TOPIC

# STORYTELLING ENHANCES CAREGIVING



**A**s a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.

Continued on the next page →



# The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

## → Continued from the previous page

This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the Care Management Journal, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.

#### REFERENCE:

Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

**FAMILY CAREGIVER  
HEALTH BULLETIN**


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Adult Development and Aging  
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Adobe Stock



# RECIPE OF THE MONTH!

## Slow Cooker Chicken Santa Fe Soup

Servings: 8 Serving Size: 2 cups

 Cooperative  
Extension Service



### Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

### Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
3. Return chicken to soup and it is ready-to-serve.

### Make it a Meal

- Slow Cooker Santa Fe Soup
- Fresh orange
- Crusty French bread
- Low-fat milk

Source: Connie Duncan, Fayette County Extension Volunteer

### Tips

- Eat about 5 cups of red, orange and dark-green vegetables each week. Tomatoes, carrots, sweet potatoes, broccoli and leafy dark green vegetables, such as kale and spinach, are good choices.
- Vegetable broth can be replaced with chicken broth.

Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron



## MONTHLY SPOTLIGHT

### October is Fire Prevention Month

The theme for Fire Prevention Week, October 6-12, 2024 is  
"Smoke alarms: Make them work for you!™"

Boone County Cooperative Extension Office is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week™ (FPW™) for more than 100 years—to promote this year's FPW campaign, "Smoke alarms: Make them work for you!™" The campaign works to educate everyone about the importance of having working smoke alarms in the home.

According to NFPA, smoke alarms reduce the risk of dying in a home fire by more than half (54 percent). Meanwhile, roughly three out of five fire deaths happen in homes with either no smoke alarms or no working smoke alarms.

"Smoke alarms serve as the first line of defense in a home fire, but they need to be working in order to protect people," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "This year's Fire Prevention Week campaign helps better educate the public about simple but critical steps they can take to make sure their homes have smoke alarms in all the needed locations and that they're working properly."

For more information about Fire Prevention Week and smoke alarms, visit [fpw.org](https://www.fpw.org).



**GATHER THE WHOLE FAMILY** and do some searching to find the answers to these very important smoke alarm safety questions. Then, go to **Sparky.org** and take the pledge to be a FIRE SAFETY HERO.

**Location, location, location!**

Is there at least one smoke alarm:

- Inside each bedroom?  Yes  No
- Outside all sleeping areas?  Yes  No
- On every level of the home, including the basement?  Yes  No

**Action item:** Figure out **how many\*** smoke alarms you need to make each answer YES. (You need at least one on every level of your home, including the basement, outside all sleeping areas, and inside each bedroom.)

\*Our home needs \_\_\_\_\_ smoke alarms.

**What have you got?**

To find the answer to the question below, look on the back of your smoke alarms. You'll have to take them down to do so, so make sure to put them back up.

Do you know how old your smoke alarms are?  Yes  No

**Action item:** Fill in the chart below. If your smoke alarms are more than 10 years old, it's time to replace them.

**Smoke Alarm Checkup**



Smoke alarm	Date on back	How old	Need a new one	Working
living room	2019 Oct. 1	5 years	No	Yes



**What to do!**

Do you test your smoke alarms each month?

- Yes  No

**Action item:** Test all the smoke alarms in your home at least once a month by pushing the test button.

Does everyone in your home know the sound of the smoke alarm?

- Yes  No

**Action item:** Push the test button so everyone knows the sound of the alarm. Smoke alarms make a loud "BEEP, BEEP, BEEP" sound.

Does everyone in your home know what to do when the smoke alarm sounds?

- Yes  No

**Action item:** Make a home fire escape plan and practice it at least two times a year. This way everyone knows what to do when the smoke alarm sounds and can get outside and stay outside.



**Kids**

Sparky.org • SparkySchoolHouse.org

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# How to make a Home Fire Escape Plan



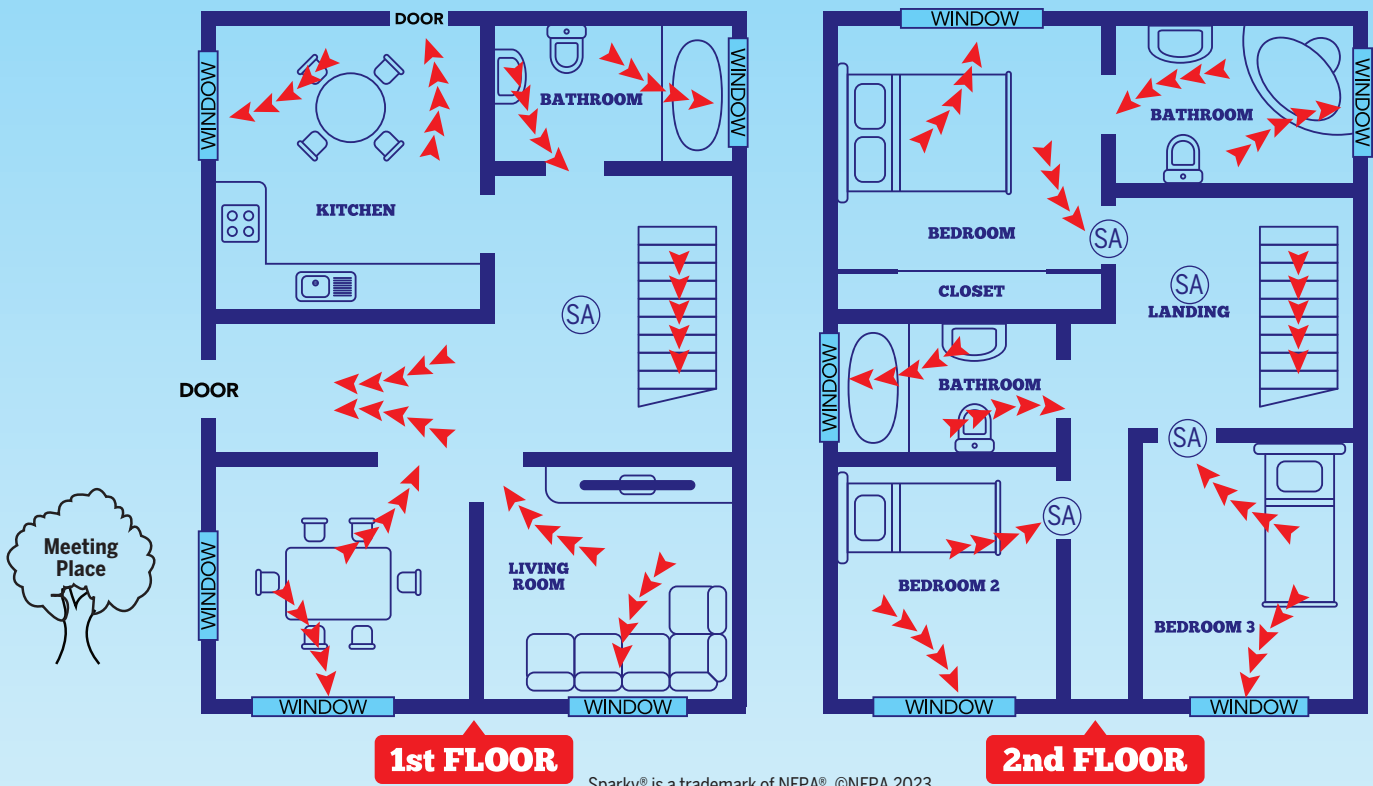
**FIRE PREVENTION WEEK™**



Visit [Sparky.org](http://Sparky.org) for more activities!

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick an outside meeting place a safe distance from your home where everyone should meet.
- The house or building number can be seen from the street.
- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

## Sample Escape Plan







## UPCOMING EVENTS

OCTOBER <b>1</b> 6 - 7:30PM	<b>CRAFT &amp; TREAT</b> Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
OCTOBER <b>8</b> 1 - 2:30PM	<b>AGING WITH OUR FURRY FRIENDS</b> Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005
OCTOBER <b>9</b> 1:30 - 3:30PM	<b>FCS ADVISORY COMMITTEE MEETING</b> Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005
OCTOBER <b>11</b> 8:30AM - 3:30PM	<b>AGING and ALZHEIMER'S: WHAT YOU NEED to KNOW</b> <i>Registration required by October 3, 2024 to be included in the lunch count.</i> Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
OCTOBER <b>15</b> 10-11:15AM or 6-7:15PM	<b>MAKE YOUR HOME A HEALTHIER HOME</b> Will be taught via zoom. A link will be sent to registered participants prior to class.
OCTOBER <b>18</b> 9AM - 12PM	<b>PLANNER HOURS</b> Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005
OCTOBER <b>30</b> 12 - 1:30PM	<b>HOMEBUYING 101 (virtual)</b> Will be taught via zoom. A link will be sent to registered participants prior to class.
NOVEMBER <b>9</b> 9AM - 12PM	<b>CREATIVE SAVINGS: PIGGY BANK CONTEST WORKSHOP</b> Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005

Register at [boone.ca.uky.edu](http://boone.ca.uky.edu) or call 859.586.6101



# LIFE THROUGH THE LENS OF FCS



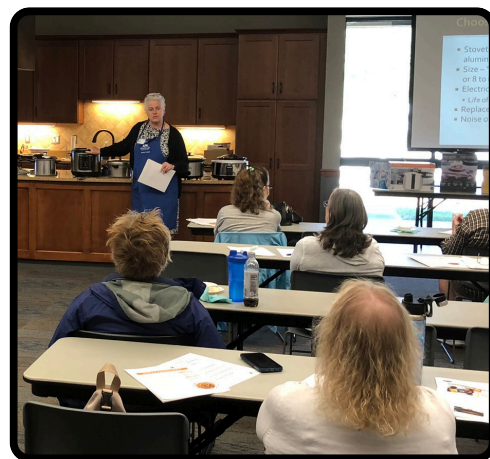
Mentally Tougher First Responders  
August 22, 2024



Walk, Shop, and Chop  
September 20, 2024



Mentally Tougher First Responders  
August 22, 2024



Pressure Cooker and Slow Cooker  
September 10, 2024



Cultural Arts  
September 5, 2024



Induction Cooktops,  
Convection Ovens, & Sous Vide  
September 17, 2024

**Boone County Cooperative Extension Service**  
P.O. Box 876  
6028 Camp Ernst Rd. Burlington, KY 41005



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

*Elizabeth Evans*

Elizabeth Evans

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