

Family & Consumer Sciences

September 2024

Life with Liz!

Wow, it is already September! It seems like this year is flying by. With the hustle and bustle of busy schedules, we often forget to set aside time to take care of ourselves. As the temperatures cool and the leaves begin to change, this September brings the perfect opportunity to focus on nurturing our own well-being for National Self-Care Awareness Month.

Self-care is a term used widely today, but it is not just about occasional pampering or treating yourself. It is about creating sustainable habits that promote physical, mental, and emotional health. Whether those habits include setting aside time for relaxation, spending time in nature, finding and/or pursuing a hobby, or practicing mindfulness, self-care is essential for finding balance and resilience in life.

Take this month to evaluate your self-care practices and consider incorporating new, positive routines, such as enjoying a quiet walk after dinner, spending time connecting with loved ones, allowing yourself a break, or checking out one of our many upcoming classes at the Boone County Extension Office. Prioritizing our self-care can help us lead more fulfilling lives and strengthen our ability to support those around us. As they say on an airplane, put on your oxygen mask before helping others. So embrace this month as a chance to refresh, rejuvenate, and celebrate the importance of caring for yourself.

~Liz Evans, Boone County FCS Agent





PARENT

HEALTH BULLETIN



SEPTEMBER 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

STEP INTO NATURE: HIKING FOR HEALTH



Hiking is a great activity for whole families to do together. It gets kids and adults alike away from screens, enjoying nature, and spending quality time together. Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!

Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike — that is a good thing! It means you are engaging muscles that don't get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder. This makes hiking a great way to build endurance. Hiking on uneven surfaces improves balance and coordination for both kids and adults.

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There are also mental benefits to hiking. Many people say that being in nature helps them to feel less stress, improves their mood, and helps them to sleep better at night. All great reasons to get outdoors and go for a hike!

It is easier said than done, however, to take kids on any kind of adventure. To help your hike succeed, there are a few things to consider when taking kids on a hike.

- **Plan hikes to see interesting things.** A summit lookout, interesting rock formations, or waterfalls are great destination hikes to keep kids engaged.
- **Come prepared.** Remember a bag with water, bug spray, snacks (if needed), and a way to navigate.
- **Keep kids in view.** Set boundaries about how far ahead or behind an adult you feel comfortable with them being.
- **Stay on the trail.** Limit exposure to unwanted poisonous plants and animal encounters by staying on marked trails.
- **Take regular breaks.** Kids may wear out faster than adults. A short break to reset may help them last longer.
- **Consider bringing an activity** like a nature journal or scavenger hunt to encourage curiosity and interest.

If you are looking for places to hike close to home or farther away, here are a few resources on hiking opportunities in Kentucky.

- Plan a hike at a Kentucky state park. Their website has information about trail head locations, trail lengths, and other helpful information: <https://parks.ky.gov/things-to-do/trails/hiking>.
- Kentucky has seven national parks as well, many with trails to hike and sights to see: <https://www.nps.gov/state/ky>.
- Kentucky Tourism has also curated a list of destinations with hiking trails and information to plan trips to visit each location: <https://www.kentuckytourism.com/things-to-do/outdoors/outdoor-recreation/hiking>.

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT
HEALTH BULLETIN

Written by:
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Adobe Stock



RECIPE OF THE MONTH!

Autumn Sweet Potato Chili

Servings: 8 Serving Size: 1 cup Recipe Cost: \$5.19 Cost per Serving: \$0.65

 Cooperative
Extension Service



Ingredients:

- 1 (15 ounce) can sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 (16 ounce) jar salsa
- 2 (15 ounce) cans black beans (do not drain)
- Water to achieve desired consistency
- ½ cup reduced-fat sour cream
- Shredded sharp cheddar cheese
- Dried or fresh chopped cilantro

Directions:

1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through. 5. Serve with sour cream, cheese and cilantro on the side.

Notes

Option: To reduce sodium, use vegetables canned without added salt.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutritional facts per serving: 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

MONTHLY SPOTLIGHT

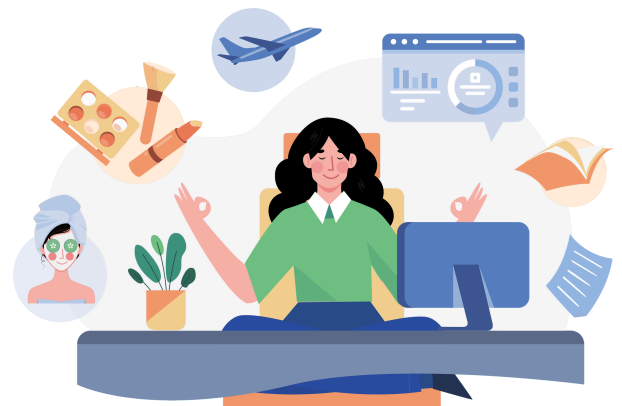
Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
- Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- Stay connected. Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- Don’t waste time staring at your screen. It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

Contact the Boone County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.





UPCOMING EVENTS

<p>FRIDAYS</p> <p>9/27-10/25</p> <p>1:30PM - 3:30PM</p>	<p>CRAFTING CALM: MINDFULNESS IN HANDMADE CREATIONS</p> <p>Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005</p>
<p>OCTOBER</p> <p>1</p> <p>6 - 7:30PM</p>	<p>CRAFT & TREAT</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p>
<p>OCTOBER</p> <p>8</p> <p>1 - 2:30PM</p>	<p>AGING WITH OUR FURRY FRIENDS</p> <p>Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p>
<p>OCTOBER</p> <p>9</p> <p>1:30 - 3:30PM</p>	<p>FCS ADVISORY COMMITTEE MEETING</p> <p>Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p>
<p>OCTOBER</p> <p>11</p> <p>1:30 - 3:30PM</p>	<p>AGING & ALZHEIMER'S : WHAT YOU NEED TO KNOW</p> <p>Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p>
<p>OCTOBER</p> <p>30</p> <p>12 - 1:30PM</p>	<p>HOMEBUYING 101 (virtual)</p> <p>Will be taught via zoom. A link will be sent to registered participants prior to class.</p>

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



LIFE THROUGH THE LENS OF FCS



Laugh & Learn Summer Camp
July 23, 2024



Renewable Northern Kentucky
August 27, 2024



Laugh & Learn Summer Camp
July 24, 2024



Hands-on Food Preservation
(pressure canning)
August 2, 2024



Laugh & Learn Summer Camp
July 25, 2024



Hands-on Food Preservation
(water bath canning)
July 27, 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

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Boone County Extension Agent for Family & Consumer Sciences

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