

Newsletter

February 2024

Prevent High Blood Pressure with a Healthy Lifestyle

Maybe you have heard that high blood pressure runs in your family, or your doctor has mentioned that you should watch your blood pressure. Regardless of why you are interested, you can take steps each day to keep your blood pressure in a healthy range. You can help prevent high blood pressure, also called hypertension, by making healthy choices on a daily basis.

Choosing to eat a variety of healthy foods, including lots of vegetables and fruit, is a great first step. Additionally, choosing foods rich in potassium, fiber, and protein and lower in [salt](#) and saturated fat are good for heart health. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

Being physically active is another great lifestyle choice that also is proven to help lower and manage blood pressure. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week, such as, brisk walking, bicycling, or other forms of cardiovascular exercise. Another way to think about it is planning to incorporate about 30 minutes of activity per day, 5 days a week. Children and adolescents should get 1 hour of physical activity every day.



Certain habits also increase your likelihood of having high blood pressure, such as, smoking and drinking alcohol excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake also can help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin. Your local Extension office has many resources to help you make healthy choices one small step at a time!

Reference: https://www.cdc.gov/bloodpressure/prevent_manage.htm

Source: Katherine Jury, Extension Specialist for Family Health

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Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.

Practical Ways to Love Your Valentine

Valentine's Day can be a good reminder for us to stop and cherish our partner. However, it can easily get a bit too commercialized and have you believing that buying something is the only way to show them love and appreciation. Maintaining a strong and loving relationship with a mate requires intentional effort and commitment rather than a bouquet of flowers or a box of chocolates. Here are three practical ways to express love and strengthen the bond between you and your Valentine this year:



Effective communication: Open and honest communication is the foundation of a healthy relationship. Research shows couples who communicate effectively tend to be more satisfied. Practice active listening, expressing emotions, and discussing both positive and challenging aspects of your lives. Regular, meaningful conversations foster understanding and emotional connection, creating a sense of intimacy between partners.

Acts of service: Demonstrating love through actions can be powerful in strengthening your bond. Gary Chapman, in his book "The Five Love Languages," identifies acts of service as one of the primary ways people express and receive love. Simple gestures such as helping with household chores, preparing a meal, or helping when needed show a willingness to invest time and effort for the well-being of the relationship. These acts reinforce a sense of partnership and mutual support.

Quality time together: Spending quality time is essential for maintaining emotional connection. Research suggests that couples who prioritize shared experiences report higher relationship satisfaction. Set aside dedicated time for activities you both enjoy, whether it's a date night, a weekend getaway, or simply relaxing together at home. Quality time fosters a sense of togetherness, creating lasting memories, and reinforcing the emotional bond between partners.

References:

- Chapman, G. (2015). *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. Northfield Publishing.
- Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. Harmony.
- Larson, D., & Arp, C. (2014). *The 10 Great Dates Series*. Zondervan.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



Save the Date!
Planning for another
Adult Sewing Class
Thursday, April 4, 2024
Time and projects to be announced.





Herbs & Spices

This lesson encourages participants to use herbs and spices to add flavor and make nutritious meals more exciting.

Tuesday, March 26
1:30 PM, CT
Extension Office Basement

Everyone is invited to attend!

Upcoming Educational Lesson Topics

Mar. 26 Herbs & Spices @ 1:30 PM, CT
Apr. 30 Understanding and Preventing
Suicide @ TBA

Everyone is invited to attend!



Self Care



Self-care is about realizing and prioritizing one's own importance and well-being. This lesson will help individuals take control of their own well-being beyond the basic self-care recommendations (eat, move, manage stress, sleep).

These materials will be mailed to all homemaker members in early March. Others who received this newsletter may contact the office to request a copy of the materials.

Synette Allen

Extension Agent for Family and Consumer Sciences Education
Breckinridge County

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KEHA Cultural Arts and Heritage

Writing Contest

The winter is a great time to get expressive and create a wonderful entry for the KEHA Writing Contest. Categories include poetry, memoirs and short stories.

Entries must be submitted and received by Monday, March 1, 2024 at the Breckinridge County Extension Office.

**Send to: Barbara Seiter
State Chairman,
8669 Valley Circle Drive
Florence, KY 41042
859-653-7655**



seiterbarbara@yahoo.com

A complete listing of the rules is available at the Breckinridge County Extension Office or can be emailed contact the office at 270-756-2182.

The contest is open to all club and mailbox members!



2024 KEHA State Meeting

Save the Date

May 7-9, 2024,

Sloan Convention Center and
Holiday Inn University Plaza
Bowling Green, KY

The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block!

The group rate is \$126/night
(1-2 people; scaled pricing for more people per room).

Details are on the [State Meeting](#) webpage.

2024 Recipe Calendars Available

Stop by the
Extension Office
to pick up a free copy!



Homemaker Advisory Council Meeting

Date Change

Thursday, March 21

10 AM, CT

Extension Office Basement

Save the Date

Homemaker Annual Meeting

Thursday,

May 30, 2024

Dates to Remember

- Mar. 1 Cultural Arts & Heritage Writing Contest Deadline
- Mar. 21 Homemaker Advisory Council —**DATE CHANGE**



Roll Call & Thought for February

Roll Call: Which is your favorite season and why?

Thought for the Day: "If winter is too cold and summer is too hot, you are not a hiker."—unknown

Club Meetings

- Feb. 19 Cloverport, 1 PM, CT, Cloverport Methodist Church
- Feb. 19 New Heights, 1 PM, CT, Extension Community Building
- Feb. 20 Irvington, 10:30 AM, CT, Lincoln Trail Christian Church
- Feb. 23 Flower Rangers, 6 PM, CT, Extension Office Basement,
- Feb. 26 Countryside, 5 PM, CT, Pizza Hut, Hardinsburg
- Feb. 27 Sunshine Sisters, 11 AM, CT, Extension Community Building

AARP Foundation®
For a future without senior poverty.

Tax-Aide Preparation

Every Wednesday

February 7 thru April 10, 2024

Hardinsburg United Methodist Church

Please call 1-601-207-0894 to make an appointment and be prepared to stay for 90 minutes.



ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Why Annie's Project?

This six-week course that is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing, and the legal field. Each session offers time for questions, sharing, reacting and connecting with presenters and fellow participants.

**Breckinridge County
Extension Office -
Farmers' Market Building**
1377 HWY 261 N, Hardinsburg

Tuesdays | 6 PM

Cost: \$25 | dinner included

Register by calling
Breckinridge County
Extension at (270) 756-2182
no later than February 23.

February 27 | People
labor liability (physical/mental)
working with family
stop the bleed activity
true colors ice breakers

March 5 | Financial
cash flow
input cost
marketing commodities
off-farm income
money habitudes activity

March 12 | Production
enterprise selection
resources for the farmer

March 19 | Marketing
creating and marketing your brand
goal setting
ag advocacy/industry involvement

March 26 | Legal
how land is titled
liability
investments
you're dead game

April 9 | Insurance
property insurance
life insurance and succession planning
crop insurance
liability insurance
transferring cherished possessions

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Lexington, KY 40506



KENTUCKY  
COOPERATIVE EXTENSION



Extension Homemakers

Spring Bazaar




Saturday, May 11, 2024

9 a.m. CT - 2 p.m. CT

***Shop local arts and crafts vendors for
spring holiday gifts and decor.***

Free Admission



Breckinridge County Extension
Community Building & Farmers' Market &
Educational Facility
1377 S. Hwy 261, Hardinsburg, KY 40143
270-756-2182

*Proceeds to benefit
local high school
scholarships!*



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with prior notification.

March 21, 2024

FREE DIABETES SUPPORT GROUP

Breckinridge County Extension Office Basement
1377 S Hwy 261 Hardinsburg, KY 40143

NOTE: Building Change

No Registration Required!

1:30 —2:30 p.m. CT

- * **Relaxed Group Setting**
- * **Recipe Sampling**
- * **Nutrition Information**
- * **Door Prize!**



Bring a friend or family member, everyone welcome!

Call 270-756-0711 or 270-756-2182 for more information.



UK Martin-Gatton
College of Agriculture,
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University of Kentucky.

Serves: 18
Serving Size: ½ cup

Nutrition Facts

18 servings per container
Serving size 1/2 cup (101g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 1mcg	6%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 177mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Quick Creamy Banana Pudding

2 (1 ounce) boxes instant sugar-free vanilla pudding
3 cups skim milk
1 (5 ounces) container low-fat vanilla yogurt
1 (8 ounces) container creamy frozen whipped topping, thawed
4 ripe bananas
48 vanilla wafers

1. In large bowl, whisk together the pudding and milk until smooth.
2. Stir the yogurt into the pudding mixture; fold in whipped topping and set aside.
3. Peel and slice bananas into ¼-inch thick round pieces and set aside.
4. In the bottom of a trifle bowl or a glass dish, layer one-third of the cookies, one-third of the pudding mixture and one-third of the bananas. Repeat layers twice more, ending with pudding mixture.
5. Garnish as desired.
6. Refrigerate until serving.

Note: *Banana slices can be dipped in lemon or pineapple juice before assembling the recipe to prevent browning.*



Source: Brooke Jenkins,
Nutrition Education Program Extension Specialist for Curriculum



Friday, May 3, 2024

9:45 AM to 3:30 PM, CT

Breckinridge County Extension Community Building

1377 S Hwy 261

Hardinsburg, KY 40143

Call (270) 756-2182 to register by April 26th

Topics covered:

*Defensive driving techniques *Proven safety strategies

*New traffic laws and rules of the road

Lunch break time will occur during class.

Refreshing your driving skills could reduce your auto insurance costs.*

*Contact insurance agent for details regarding discount qualifications.

AARP Member—\$20

Non Member—\$25

**Bring your Driver's License and
AARP Membership Card (for discounted price) with you to the class.**

Note: Pay day of training with check made out to AARP or exact cash

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ADULT HEALTH BULLETIN



FEBRUARY 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

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page →



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If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



➔ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

**ADULT
HEALTH BULLETIN**

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