

July Morgan County FCS NEWSLETTER

 Cooperative
Extension Service

Morgan County Ext. Office
1002 Prestonsburg St.
West Liberty, KY 41472



Nicolette Knuckles

Nicolette Knuckles
County Extension Agent for
Family and Consumer
Sciences
nbkn222@uky.edu

Agent Update

Hi there!

My name is Nicolette Knuckles and I am your new FCS Agent here in Morgan County. I am excited to share all that I have been working on for you! Check out our upcoming events for this month! Please make sure to stop by the office or call to get signed up for programs or if you have any questions!

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- Intro
- Important Dates
- Health Bulletin
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- Moneywise
- Savor the Flavor with Oils
- Farmers Market Dates
- Eating over the Rainbow Challenge
- Summer Reading Nutrition Lesson



**Cooperative
Extension Service**

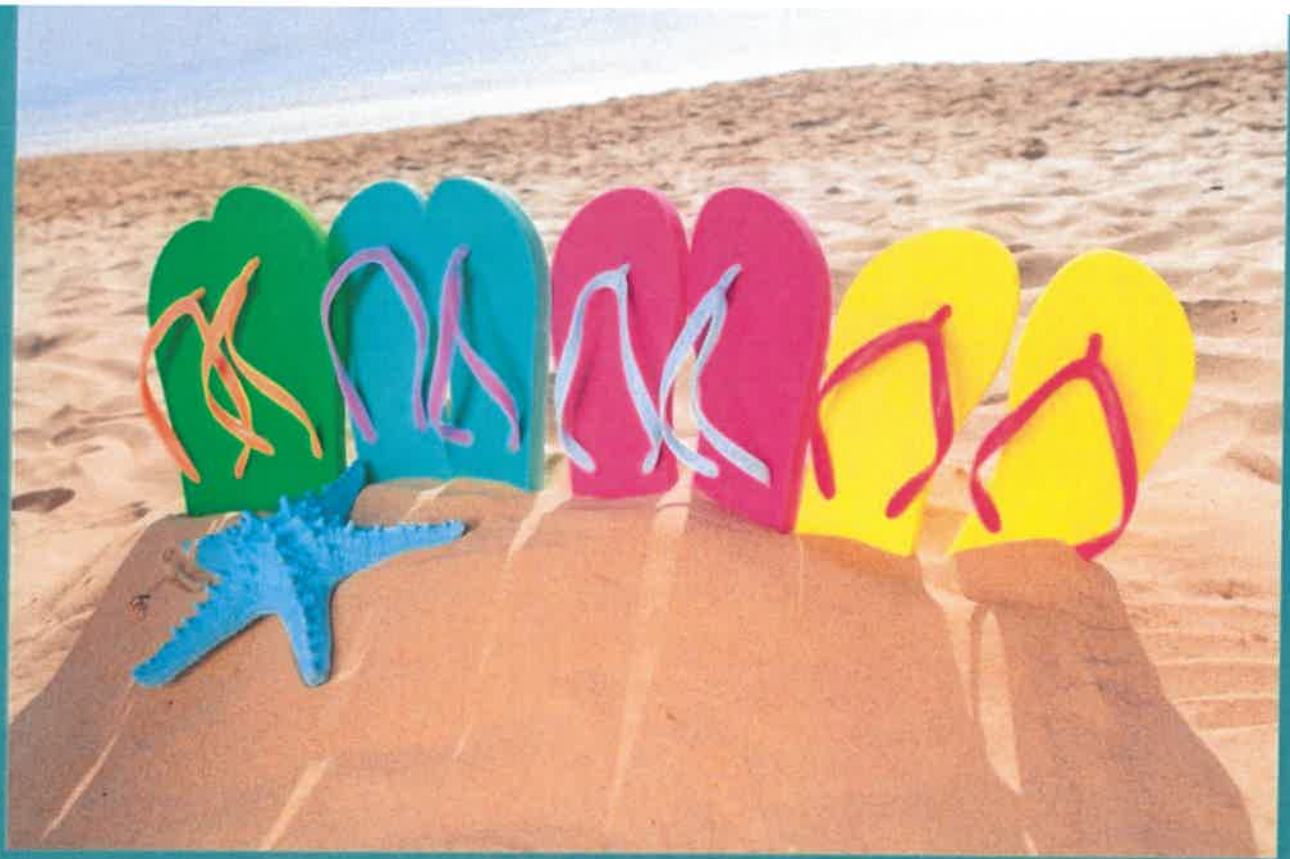
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



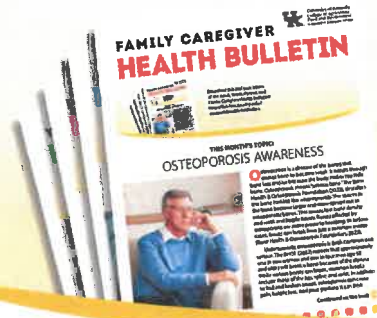
Disabilities
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with prior notification.



Important Dates

- July 4: Independence Day Holiday: Office is closed
- July 6: Soft Opening for Farmers Market 9-12 @ Treadway Park
- 7/9: Sowing Day Camp 10-3 @ Extension Office
- 7/10: Piece by Peace Homemaker Club @ Extension Office 9-6
- 7/11: GRAND Opening for Farmers Market 9-12 @ Treadway Park
- 7/18: Cooking through the Calendar 5pm @Extension Office
- 7/19: Last Day of Summer Reading/Nutrition Lesson 1-2 @ Morgan Co. Library
- 7/22: Savor the Flavor: Cooking w/ Oils 11-12 @ Extension Office
- 7/24 Piece by Peace Homemaker Club 9-6 @Extension Office

FAMILY CAREGIVER HEALTH BULLETIN



JULY 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

KEEP AN EYE ON VISION AND EYE HEALTH



Eye health is important to think about at every stage of the lifespan. As we age, it is common to assume changes in vision are a normal part of getting older. And while vision does naturally change and even start to decline over time, some conditions need medical attention. For example, blurry vision may be a sign of a more serious condition like macular degeneration. Dry eyes could indicate rheumatoid arthritis. Pay attention to symptoms and remember prevention and early treatment are essential to eye health and aging. According to the American Academy of Ophthalmology, paying attention to eye health is not only saving vision, but it is helping boost overall health.

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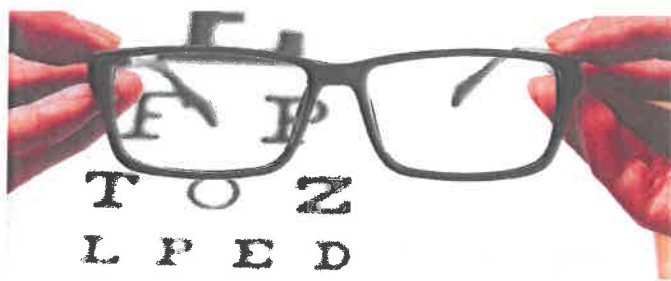
Disabilities accommodated with prior notification.

Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.

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Do's

- **Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.** Schedule an exam if you experience changes in your vision, infections, or symptoms of eye diseases. Let your ophthalmologist know if you have a family history of eye conditions. The American Academy of Ophthalmology recommends a baseline eye exam by age 40 for most people and exams every year for people at age 60 or older. Regular eye exams can detect a surprising number of non-eye diseases such as arthritis, diabetes, and even Alzheimer's disease. Medical advances in eye care are helping ophthalmologists save vision and boost overall health.
- **Maintain a diet rich in plant-based foods and low in saturated fats,** like a Mediterranean diet. Think green leafy vegetables, colorful fruits and vegetables, and nuts. These foods are full of antioxidants, vitamins, and minerals important for eye health.
- **Use supplements.** We try but cannot always get everything from our diets. Omega-3 and Omega-6 fatty acids are ideal for eye health on both the inside and outside parts of the eye.
- **Exercise for your eyes.** Pick something you enjoy so you stick with it. Choose an activity that gets your heart rate up.
- **Wear oversized sunglasses and a hat.** Sunglasses must have a label acknowledging protection against UVA and UVB rays. Also, wear a hat because the sun can affect both inside the eye and the skin around the eye. It is important to protect all of that and provide better coverage.
- **Wear proper prescription lenses** to reduce eye strain and discomfort and increase safety.
- **Wear protective eyewear** during sporting activities, hazardous work, and cooking and cleaning. For example, certain methods of cooking might spatter oil. Some cleaning products include hazardous chemicals and often have information about eye safety. Never



mix chemicals. Even activities like gardening may cause a poke in an unprotected eye.

- **Be mindful of makeup and other cosmetics.** For example, sharing makeup or using eye makeup older than three months can spread bacteria. Thoroughly remove makeup before going to bed. Consider avoiding makeup that is hard to remove. Waterproof mascara can cause issues with the surface of eye, inflammation of eye lids, and problems with your cornea.
- **Be careful around kids.** Kids playing with things like balls and bats or sticks, or Nerf, water, paint, or dart guns might accidentally hit or shoot an eye — their own or someone else's.
- **Avoid smoking and vaping.** Smoking and vaping can lead to diseases that cause problems with eye health.
- **Monitor screen time to reset and relax your eyes.** Practice the 20-20-20 rule. This means that for every 20 minutes you stare at a screen, look away at something that is 20 feet away for a total of 20 seconds.

REFERENCES:

- American Academy of Ophthalmology. (2020). Perfect Vision? 20 Tips to Keep It That Way. Retrieved March 18, 2024 from <https://www.aaopt.org/eye-health/tips-prevention/tips-to-keep-perfect-vision-2020>
- Cleveland Clinic. (2020). 5 Ways to Maintain Good Vision and Healthy Eyes. Retrieved March 18, 2024 from <https://health.clevelandclinic.org/5-ways-to-maintain-good-vision-and-healthy-eyes>

FAMILY CAREGIVER
HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



PARENT HEALTH BULLETIN



JULY 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>

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THIS MONTH'S TOPIC

YOUR CHILD AND SKINCARE: WHAT YOU NEED TO KNOW



Skin care has become a popular topic among school-age kids lately, thanks to viral videos on social media and marketing campaigns from skincare companies targeting younger audiences. But how necessary, or even safe, are these products for kids?

Traditionally, skincare products have targeted adults. They make claims to address cosmetic problems such as wrinkles, dark spots, or loose skin. These are not problems that kids or teens typically need to fix. If fact, using products unnecessarily can cause problems, such as drying out skin, causing rashes, or making skin oilier and causing acne. In extreme cases, over-the-

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

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counter skincare products have caused chemical burns and damage to eyes in young users.

But don't shut down the conversation about skincare products altogether. Consider this an opportunity to discuss with your child the valuable lessons of skin protection, hygiene, and peer pressure.

Skincare companies love to market multistep skincare routines that may include beaded cleansers, masks, scented moisturizers, and oils. Kids do not need many of these products. However, their interest in skincare products can be a terrific way to discuss the use of skin protection, like sunscreen. Your child may be interested to know that sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. There are many sunscreen products on the market today, and some products specifically made for faces. These face products tend to boast a few added benefits, such as being tear-free or not running into eyes and have applicators like roll-on sticks or small brushes. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

Kids of all ages also need to wash their face as a part of their daily hygiene routine. If your child has developed an interest in using special skincare products for their face, an age-appropriate choice may be to find a gentle face cleanser and moisturizer. There is no need to splurge on designer products though. Generally, avoid products that include fragrance, any harsh active ingredient, or abrasive additives like beads or sand. Drug stores or groceries have many affordable choices. Talk with your child about how to wash their face, using warm (not hot!) water, cleansing before moisturizing, and always washing off sunscreen at the end of the day.

As kids get older, it is normal for them to become more concerned about what others do and think. Your child may have become interested in skincare



because their friends are or because they have seen a favorite celebrity in a skincare ad. This is a great opportunity to discuss with your child that everyone has unique needs, skincare included. You may also want to bring up the money that skincare companies invest in influencer marketing, and the profits that those companies stand to make by convincing people to buy products that they may not need.

Always discuss concerns about your child's skin, breakouts, or potential reactions to skincare products with your child's doctor or other health-care provider.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





Learn to Cook *heart healthy*

with  and  Cooperative
Extension Service

Food for Life - A Heart Healthy Cooking Class

**Thu., July 18th
5:00-7:00pm**

**Morgan County
UK Extension Service**

1002 Prestonsburg Street,
West Liberty, KY 41472

**Learn how to make a
healthy couscous salad**

in partnership with the UK Extension Service.

Each family will leave with a goodie
bag of food prep items and a
\$25 gift card to IGA.

**Space is limited, please register
for the event by emailing
Heather Samons at
hsamons@arh.org**



MONEYWISE

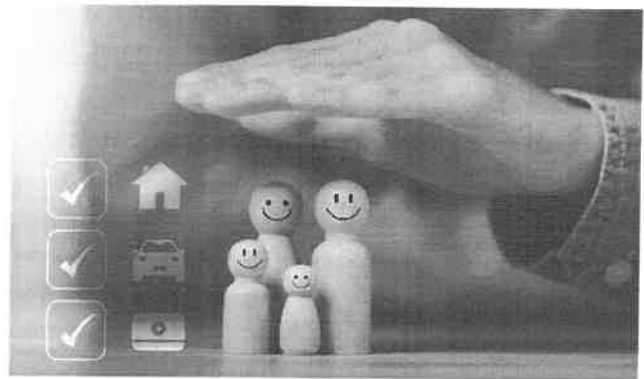
VALUING PEOPLE. VALUING MONEY.

JULY 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.



AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.

HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.

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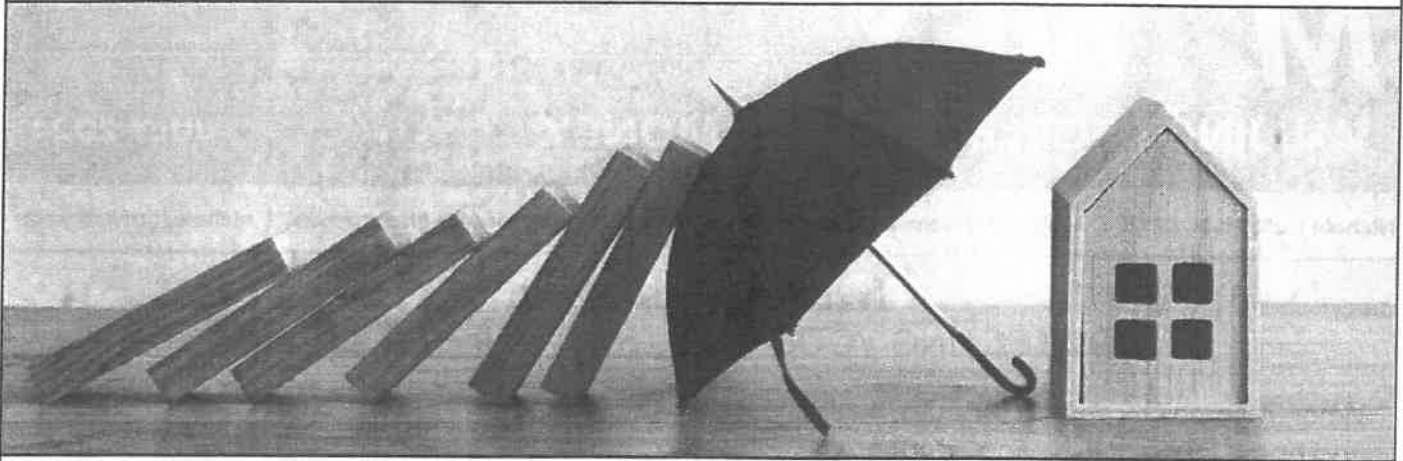
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WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

Contributing Author: Alexia Cassidy, Family Financial Counseling Student, University of Kentucky
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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SAVOR THE FLAVOR



COOKING WITH OILS AND VINEGARS



Learn how you can add flavor
to your foods AND take home
a homemade Vinaigrette!

Join us: July 22nd 11-12
at the Morgan Co. Extension Office
1002 Prestonsburg St. West Liberty,
KY 41472

SIGN UP NOW

 nbkn222@uky.edu
 606-743-3292



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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MORGAN COUNTY FARMERS MARKET



- Soft Opening July 6, 9 am-Noon
- Grand Opening July 11, 9 am-Noon
- Veggie Bucks for youth, July 25th & 30th
- Double Dollar distribution for SFMNP & WIC tentatively July 11, 9am-Noon
- Market in the Park at Old Mill Park, August 3rd, 9 am-2 pm



Regular Days & Hours
Tuesdays & Thursdays, 9 a.m. - noon
First Saturday of each month, 9 a.m. - noon
@ Kiwanis Tredway Park
672 Glenn Ave
West Liberty, KY 41472



For more information
call 606-743-3292 or
email sfannin@uky.edu

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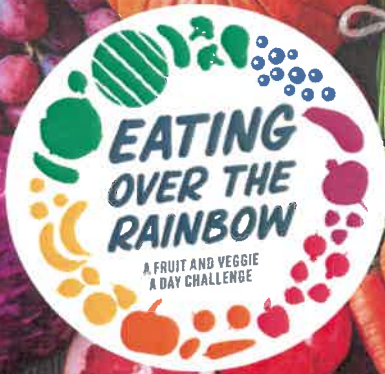
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Martin-Gatton
College of Agriculture,
Food and Environment



Getting to YES with Fruits and Vegetables

August 2024
Morgan Co. Extension Office

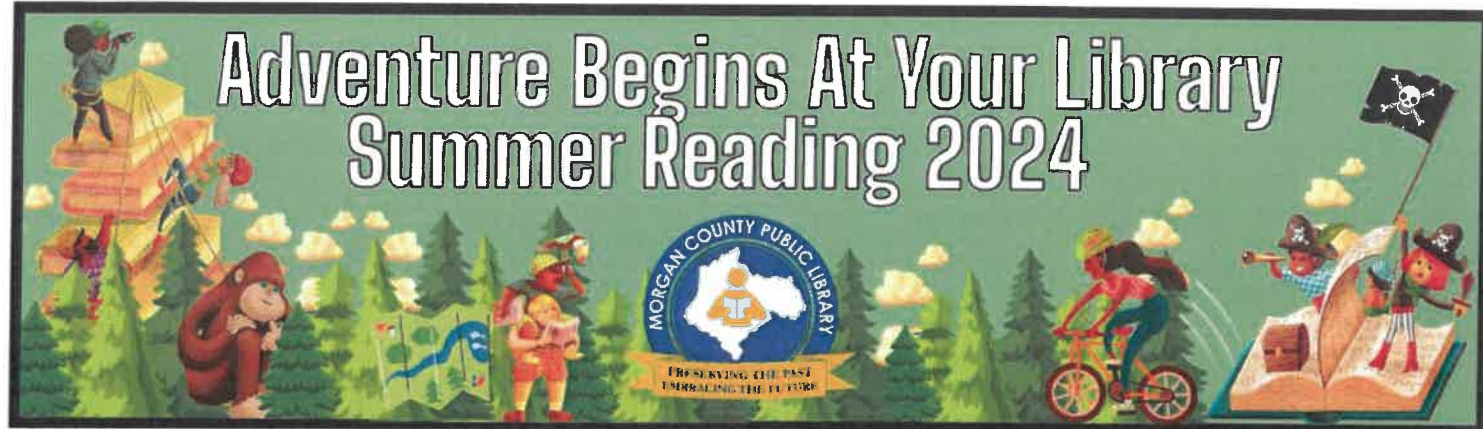
Encouraging kids to eat fruits and vegetables is not always easy. *Eating over the Rainbow: A Fruit and Veggie a Day Challenge* will give parents and caregivers tools to inspire healthy choices

Kids Eat Right Month!

- Stop by the Farmers Market/Tredway Park Aug. 3rd & 5th(9-12) at the Soft Opening and Customer Appreciation Day to pick up your Eating Over the Rainbow Challenge items!
- Return your completed items to the Extension Office to be entered in the drawing for a prize.

morgan.ca.uky.edu

Adventure Begins At Your Library Summer Reading 2024



Morgan County Public Library

Annual Summer Reading Program
June & July 2024

FREE For All Ages!

Join Us For Stories, Crafts, Educational Activities & More!

KICK OFF EVENT/SIGN-UPS | ALL AGES

Saturday, June 1, 2024 | 10:00 a.m. - 3:00 p.m.
Diddly Squat Barnyard Petting Zoo

WEEKLY SCHEDULE June 1 - July 20, 2024

Group	Age	Day	Time
Children	0-6	Tuesdays	1:00 - 2:00 p.m.
	7-10	Thursdays	1:00 - 2:00 p.m.
Tween / Teen	11-17	Wednesdays	1:00 - 2:00 p.m.
Adult	18+	Activity bags can be picked up at the front desk anytime during business hours.	

SPECIAL EVENT FRIDAYS FOR ALL AGES

(NOTE: Must Be A Summer Reading Participant To Attend!!)

Dates and times for special events are subject to change

Movie Event: | June 7th, 2024 | 1:00 - 3:00 p.m.

Smokey the Bear: | June 14, 2024 | 10:00 a.m.

Health Adventures with Juniper Health: | June 21, 2024 | 1:00 - 3:00 p.m.

Adventurous Eats with Morgan County Extension Office | June 28, 2024 | 1:00 - 3:00 p.m.

Bowling Adventure at the Wellness Center: | July 5, 2024 | 1:00 - 3:00 p.m.

Daniel Boone Chautauqua Performance: | July 12, 2024 | 5:30 - 6:30 p.m.

End of Summer Reading Celebration: | Friday, July 19, 2024 | 1:00 - 2:00 p.m.

Call us at 606-743-4151 to get signed up and for more information!



**Morgan County Peace by Piece
Nomination of Veteran to be Honored**

Veteran's name: _____

Branch of Service in the Armed Forces _____

Rank _____ **War Veteran ?** _____

Dates Veteran Served _____

Honorable Discharge _____ **?** **Phone number** _____

Veteran's Address _____

Contact Information:

Your name _____

phone _____ **email** _____

Address _____

Veteran's Next of Kin _____

Please indicate if Veteran will need handicap accessibility:

Has the Veteran ever received a Quilt of Valor? ____ **yes** or ____ **no**

PHOTO RELEASE STATEMENT

I hereby grant permission to Morgan Co. Peace by Piece to use photographs and/or video of me taken on _____ at _____ in publications, news releases, online, and in other communications related to the mission of Morgan County Peace by Piece and Quilts of Valor.

Signature of Veteran or Guardian

Information for presentation:

Duty stations:

Awards, medals, ribbons:

Memorable experiences:

Advice to future recruits:

*Please return to the Morgan Co. Extension Office
or to a Quilt of Valor member.*



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous	¼ teaspoon ground black pepper	4 large bell peppers
1 small tomato, diced	1 teaspoon salt	½ pound lean ground beef
½ cup garbanzo beans	½ cup low fat shredded mozzarella cheese	1 tablespoon chopped green onion
1 teaspoon dried Italian seasoning		1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Bell Peppers

SEASON: June through the first frost, usually September.

NUTRITION FACTS: Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

SELECTION: Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

PRESERVING: Wash and stem peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY BELL PEPPERS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

June 2013

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