

# FAMILY & CONSUMER SCIENCES

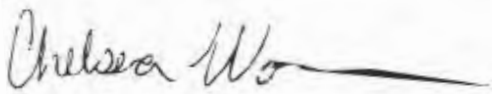
Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your FCS Agent:

Happy Summer! May was a busy month with KEHA State Meeting, Pike County Annual Homemaker Meeting and Cultural Arts, Cooking Through the Calendar, Wits Workout, and more. June continues the pace with several upcoming classes! These classes include Laugh and Learn, Crochet, Cooking Through the Calendar, Turban Workshop, and Wits Workout. Check out the rest of the newsletter for class information. As always, feel free to contact me with any program ideas you have.

Best wishes,



Chelsea Workman  
County Extension Agent  
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The background of the entire page is a light yellow color with several slices of oranges scattered across it. Some slices are in sharp focus, while others are blurred in the background. The orange slices are cut into wedges, showing the segments and the white pith.

# Dates to Remember:

June 4: Laugh and Learn

June 11: Crochet Class

June 13: Cooking Through the Calendar

June 19: Juneteenth Holiday- Extension Office Closed

June 21: Brush and Brunch

June 25: Turban Workshop

June 26: Wits Workout

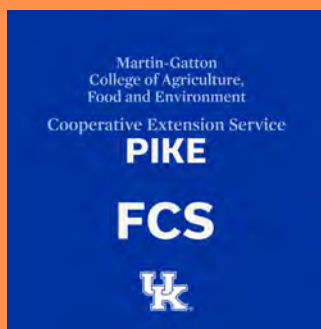
July 4: Independence Day Holiday- Extension Office Closed

July 15: County Extension Council Meeting

July 23: Laugh and Learn

# Reminders & Announcements:

- The Pike County Cooperative Extension Office will be closed on June 19th due to Juneteenth Holiday and on July 4th due to Independence Day Holiday.
- Homemaker Club Financial Reports and Club Chairman reports are due to the county office by July 1st.



Follow us on our  
Facebook page!  
"UK Pike County  
FCS"



# ADULT HEALTH BULLETIN



**JUNE 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, SUMMER EDITION



**A**s the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

**Continued on the next page** 



**Cooperative Extension Service**

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

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***When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.***

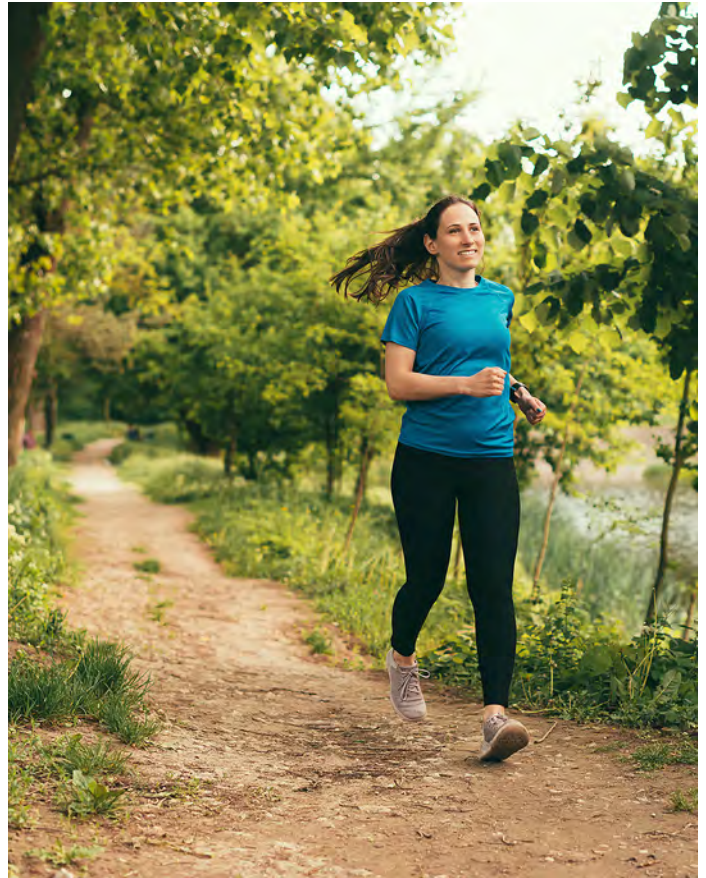
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

**REFERENCE:**

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

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**ADULT  
HEALTH BULLETIN**

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Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

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

## FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

### FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

### CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



## **THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.**



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

### **FOOD AND DRUG ADMINISTRATION (FDA)**

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

### **REFERENCES:**

Federal Trade Commission.  
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.  
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.  
<https://www.fda.gov/>

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# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 Laugh and Learn @10-12	5	6	7	8	9
10	11 Crochet Boot Camp @ 5:30	12	13 Cooking Through the Calendar @12	14	15	16
17	18	19 Juneteenth Holiday	20	21 Brush n Brunch @11	22	23
24	25 Turban Workshop @9:30	26 Wits Workout @1	27	28	29	30

## Cooperative Extension Service

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Lexington, KY 40506

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



Disabilities accommodated with prior notification.





# KEHA State Meeting 2024



The Kentucky Extension Homemakers Association (KEHA) State meeting was held in Bowling Green Kentucky. The theme for the meeting was “Blazing the Way with KEHA”. The State meeting provides opportunities for members to attend educational workshops, leader trainings, hands on craft sessions as well as networking opportunities with Homemakers from across the state. Pike County had 6 Homemakers, along with the FCS Agent, representing the county at the KEHA State meeting. Pike County also earned 5 blue ribbons in the State Cultural Arts Competition.





*Pike County  
Homemakers  
County Annual Meeting*





**The Pike County Homemakers hosted their Annual Meeting and Cultural Arts event on Friday, May 17th, celebrating the 150th Run for the Roses theme. During the meeting, members engaged in cultural arts competitions, connected with fellow members from across the county, celebrated achievements, and made plans for the upcoming year.**



# PIKE COUNTY EXTENSION OFFICE

## Laugh & Learn

Come have fun and learn with our Kindergarten readiness program for children ages 2 to 5 years old.

All kids must be accompanied by an adult.



**CALL NOW TO SIGN UP**

**(606)432-2534**



**148 Trivette Drive, Pikeville Kentucky  
June 4th and July 23rd at 10am-12pm**




# CROCHET BOOT CAMP



COME LEARN THE  
FUNDAMENTALS OF CROCHETING  
WITH THE PIKE COUNTY  
EXTENSION OFFICE!



JUNE 11TH AT 5:30PM AT  
148 TRIVETTE DRIVE,  
PIKEVILLE, KY 41501



CALL US AT (606)432-2534  
TO SIGN UP!



# Cooking Through the Calendar



Fruited Coleslaw  
June 13th At 12pm  
To sign up, call us at:  
(606) 432-2534



# Brush & Brunch

Friday, June 21st at 11:00am

Pike Co. Extension Office  
148 Trivette Dr. Pikeville, KY

**What's better than art and  
food? Both at the same time!**

Class is FREE and you'll leave  
with a finished painting and a  
full belly!

RSVP at 606-432-2534

Space is limited



  
Pike Arts



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# TURBAN WORKSHOP

**June 25th**

**9:30AM-3PM**

Pike County Extension  
Office

**Supplies needed:**

- Serger sewing machine (optional)
- Pack a lunch/snack

*Come join us in making free  
turbans for cancer patients!*

**No registration required. Call 606-432-2534 if you  
have any questions!**

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

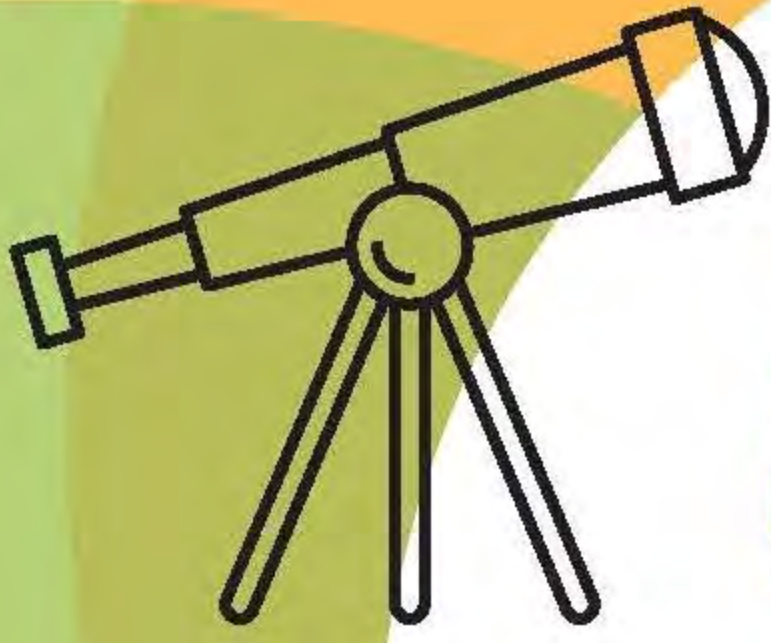
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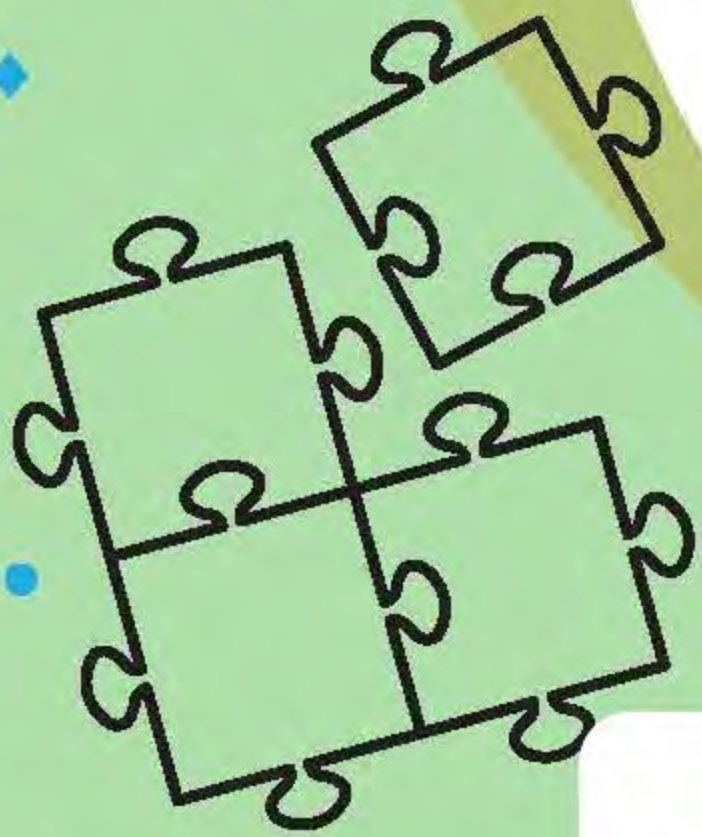




# WITS WORKOUT



An engaging, interactive,  
and educational  
brain health program



Date: June 26th

Time: 1pm

Location: Pike County Cooperative  
Extension Office

Registration: Call 606-432-2534 to  
register

Come put your mind to the test by  
completing fun brain teasers that  
everyone is sure to enjoy!



COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

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## Very Berry Salsa

**4 cups** apples,  
finely diced  
**1 cup** blueberries  
**1 cup** strawberries,  
diced

**1 cup** raspberries,  
halved  
**1 cup** blackberries,  
halved

**1 tablespoon** fruit preserves  
**½ tablespoon** sugar  
**½ tablespoon** brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

**Yield:** 32, 2 ounce servings

**Nutritional Analysis:** 20 calories,  
0 g fat, 0 mg cholesterol, 0 mg sodium,  
5 g carbohydrate, 1 g fiber, 4 g sugar,  
0 g protein



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

## Kentucky Brambleberries

**SEASON:** June-August

**NUTRITION FACTS:** All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat.

**SELECTION:** Look for plump fruit, uniform in color and appearing fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Do not use berries that have moisture leaks staining the carton.

**STORAGE:** Store unwashed, covered berries in the refrigerator. Use within two days.

**PREPARATION:** Handle all berries gently. Raspberries are more delicate and perishable than

other brambleberries. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels.

**PRESERVING:** Berries may be preserved by canning or freezing or used for making jellies or jam.

### KENTUCKY BRAMBLEBERRIES

#### 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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