

# Perry County Cooperative Extension Newsletter

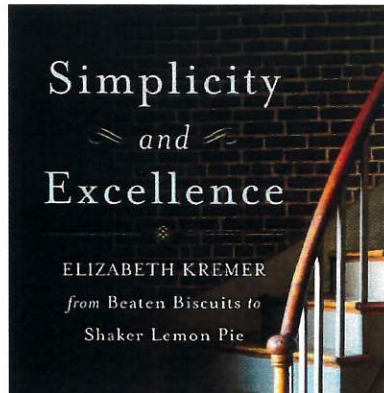
MAY 2024

 Martin-Gatton  
College of Agriculture,  
Food and Environment

PERRY COUNTY  
EXTENSION SERVICE



AGRICULTURE &  
NATURAL  
RESOURCES



FAMILY &  
CONSUMER  
SCIENCE



4-H YOUTH &  
COMMUNITY  
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 [perry.ca.uky.edu](http://perry.ca.uky.edu)

 606.436.2044

 [perry.ext@uky.edu](mailto:perry.ext@uky.edu)

## 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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# MAY

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Estrus Synchronization Course 12 p.m. @ RCARS  Livestock Judging Practice 3:30 p.m. @ Perry Central	2	3	4
	5  6 Charity Sewing @ 9 a.m.  Perry County Homemaker Meeting @ 12 p.m.	7 High Tunnel Field Day in Breathitt County  KEHA State Meeting in Bowling Green	8 Livestock Judging Practice 3:30 p.m. @ Perry Central  KEHA State Meeting in Bowling Green	9 Artificial Insemination Course 12 p.m. @ RCARS  KEHA State Meeting in Bowling Green	10 Open Sewing @ 9 a.m.  Bingocize @ 10 a.m.  Cooking Through the Calendar @ 11:30 a.m.	11
	12  13 Bingocize @ 10 a.m.	14	15 Quicksand Area Homemaker Training 10 a.m. @ RCARS  Livestock Judging Practice 3:30 p.m. @ Perry Central	16 Senior Games @ the Knott County Sportsplex	17	18
	19  20 Bingocize @ 10 a.m.	21 "Sew" Simple @ 9 a.m.  Quilt Guild Meeting 1 p.m.	22 Etiquette & Tea Lesson @ 1 p.m.  Livestock Judging Practice 3:30 p.m. @ Perry Central	23 Homemaker Cumberland Falls Trip	24 Cultural Passport Program @ 1 p.m.	25
	26	27	28	29 Lunch & Learn @ 11 a.m.  Livestock Judging Practice 3:30 p.m. @ Perry Central	30 Bingocize @ 10 a.m.  Kentucky Proud Evening @ 6 p.m.  Art Club 4-6 p.m.	31



**4-H Camp applications are now available in the office and online. Camp will be July 30th through August 2nd!**



# MAY

2024

## Family & Consumer Science:

- May 6 - Charity Sewing 9 a.m.
- May 6 - Perry County Homemaker Meeting 12 p.m. Potluck
- May 7-9 - KEHA State Meeting in Bowling Green
- May 10 - Open Sewing 9 a.m.
- May 10 - Bingocize at the Senior Center @ 10 a.m.
- May 10 - Cooking Through the Calendar @ 11:30 a.m. **MUST PRE-REGISTER**
- May 13 - Bingocize at the Senior Center @ 10 a.m.
- May 15 - Quicksand Area Homemaker Training @ 10 a.m. at RCARS
- May 20 - Bingocize at the Senior Center @ 10 a.m.
- May 21 - Sew Simple @ 9 a.m.
- May 21 - Quilt Guild @ 1 p.m.
- May 22 - Etiquette & Tea Lesson 1 p.m. **MUST PRE-REGISTER**
- May 23 - Homemaker Cumberland Falls Trip **MUST PRE-REGISTER**
- May 24 - Cultural Passport Program @ 1 p.m. **MUST PRE-REGISTER**
- May 29 - Lunch and Learn: Life Story-What is it and how do I write it?@ 11 a.m.
- May 30 - Bingocize at the Senior Center @ 10 a.m.
- May 30 - Kentucky Proud Evening @ 6 p.m.

## Agriculture & Natural Resources:

- May 1 - Improve Reproductive Efficiency: Estrus Synchronization @ 12 p.m.
- May 7 - High Tunnel Field Day in Breathitt County **MUST PRE-REGISTER**
- May 9 - Improve Reproductive Efficiency: Artificial Insemination @ 12 p.m.

## 4-H Youth & Community Development:

- May 1 - Livestock Judging Practice 3:30 p.m.
- May 8 - Livestock Judging Practice 3:30 p.m.
- May 15 - Livestock Judging Practice 3:30 p.m.
- May 22 - Livestock Judging Practice 3:30 p.m.
- May 29 - Livestock Judging Practice 3:30 p.m.
- May 30 - Art Club 4-6 p.m.



# AGRICULTURE & NATURAL RESOURCES

## THIS MONTH:

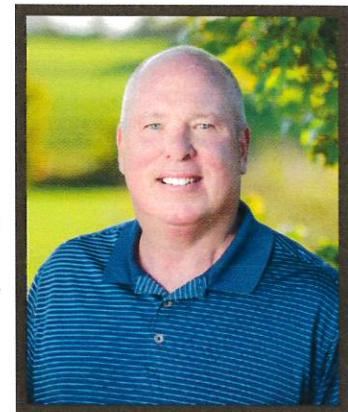
- HIGH TUNNEL  
FIELD DAY
- KRADD 50+ GAMES
- IMPROVED  
PRODUCTION  
EFFICIENCY @ RCARS
- NAVIGATING TICK  
AND CHIGGER  
SEASON:  
TIPS FOR  
PROTECTING  
YOURSELF AND YOUR  
LIVESTOCK

Hello May, and a Happy Mother's Day to all the wonderful moms in our community!

In this edition, discover upcoming events like the Kentucky River Area Development District Senior Games on May 16th at the Knott County Sportsplex, and beef cattle programs at the Robinson Center for Appalachia Resource Sustainability. Vegetable growers, don't miss the High Tunnel Field Day on May 7th in Breathitt County—registration is required. Also, learn about the growing concern of ticks and revisit our article on ticks and chiggers to stay informed.

Enjoy the newsletter!

Charles May  
County Extension Agent  
Agriculture &  
Natural Resources  
[cmay@uky.edu](mailto:cmay@uky.edu)





# AGRICULTURE & NATURAL RESOURCES

## UPCOMING PROGRAMS AND WORKSHOPS:

### High Tunnel Field Day

For all you vegetable growers, there will be a High Tunnel Field Day held on May 7, 2024, in Breathitt County. You must register with the Breathitt County Extension Office to attend. Please call [\(606\)-666-8812](tel:606-666-8812). See enclosed flyer for more information and how to register. There is also a link on the flyer to a video that you need to watch before the Field Day if you plan to attend.



### Improved Production Efficiency in Cattle

We have several beef cattle related programs going on in May and June at the Robinson Center for Appalachia Resource Sustainability at Quicksand. I have enclosed a flyer with the dates, times, and programs.

### Senior Games 2024

The Kentucky River Area Development District 50+ Games will be held on May 16, 2024, at the Knott County Sportsplex. If you are interested in participating, contact the Perry County Senior Citizens Center at [\(606\) 436-5095](tel:606-436-5095) or the KRADD Office at [\(606\) 436-3158](tel:606-436-3158). I have also included a registration form.





## Navigating Tick and Chigger Season: Tips for Protecting Yourself and Your Livestock

I understand that we've discussed this topic extensively, but it appears that ticks are becoming more problematic each year, affecting not only people but also our pets and livestock. During a recent beef cattle association meeting, a veterinarian emphasized that ticks have become one of the major challenges in livestock care. With that in mind, I believe it's worthwhile to revisit an article I wrote last year about ticks and chiggers.

Currently, there are four species of ticks of concern: the American Dog Tick, which carries Rocky Mountain Spotted Fever and is active from April to August; the Lone Star Tick, which transmits Southern Tick-Associated Rash Illness and is active from March to October (sometimes referred to as deer ticks or turkey mites); and the Blacklegged Tick, which is a vector for Lyme disease and active from October to March.

The most recent tick found in our region is the Asian Longhorned tick, a.k.a. Cattle Tick or Bush Tick. (Figure 2)

It was detected and confirmed in Kentucky in July of 2018 from elk research in Martin County. An interesting fact about this tick is, the female can lay eggs and reproduce without mating. This can result in rapidly spreading and reaching high numbers in an area quickly. It's been reported that thousands of these ticks can be found at one time on animals. The Longhorned Ticks live in meadows and grassy areas near forests.



Figure 2 - Asian Longhorned Tick

They are a major livestock pest. It can transmit bovine theileriosis and babesiosis infection to animals. In other countries, bites from these ticks have made people seriously ill. So far, no harmful germs have been found in the ticks collected in the United States. Research is ongoing.

The best defense for ticks is to protect yourself. When you are going to be out in areas where tick encounters are likely, wear light colored clothing to make spotting ticks easier. Tuck pant legs into socks and use repellents. Repellents containing *Deet* are available in a wide range of concentrations for different exposure links.

There is also a product called *Permanone* that is available in hunting or outfitter stores. It contains permethrin and is to be applied to clothing only. It gives a quick knock down for ticks, chiggers, and low feeding mosquitoes. It also lasts a very long time. If you use this product, be sure to only apply it to clothing and wash the clothing separately from other household laundry.

Be sure to also protect your pets from ticks. Flea and tick collars will protect for 3 to 6 months. Spot on treatments usually last around 1 month. Shampoos for ticks also work well.



# AGRICULTURE & NATURAL RESOURCES

Be sure to use the correct product for your pet. **Permethrin and other pyrethroids are toxic to cats.**

Timely detection and removal of ticks is the most important factor in avoiding tick borne diseases. Inspect yourself, children and pets carefully after being outdoors. It takes several hours of feeding before a disease can be transmitted.

40% of tick attachments will be in the mid-section of the body. 25% will be on the legs and ankles, 25% will be in chest area and 10% on the head.

If you find a tick attached to you, a child or pet, be careful how you remove it. Proper removal of an attached tick is important to prevent more tick salivation getting into the body which can increase the chance of disease transmission.

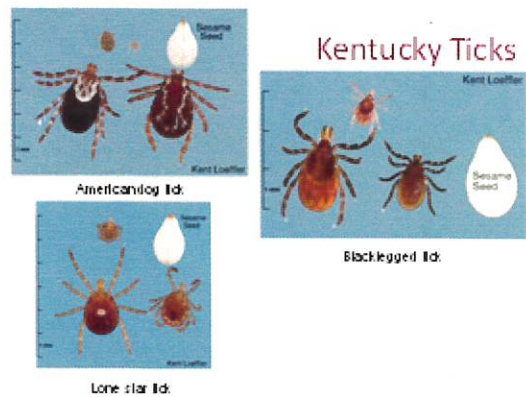
Use tweezers and grab the tick at skin level and use a steady pulling motion. Do not use matches, nail polish, etc. to try and remove the tick. Tick removal tools are available in some stores.

Once the tick is removed, wash the area with soap and water to help reduce the chance of infection.

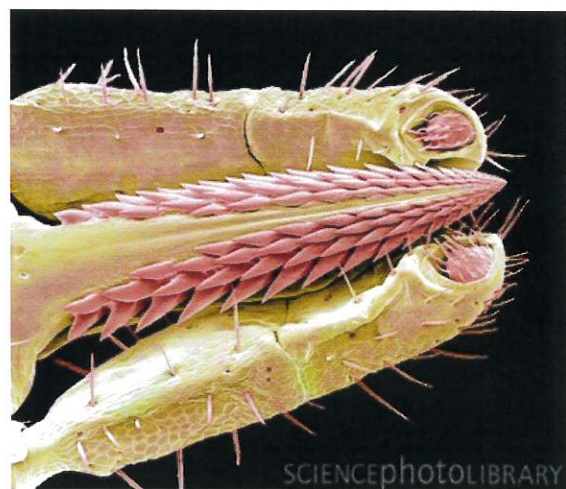
Tick management can help reduce tick encounters. Clear brush around your home and keep the area mowed.

Pesticide (acaricide) applications can also help reduce tick populations. For a complete listing of recommended pesticides, give me a call at the Perry County Extension Office.

Before applying any pesticide, always read and follow label instructions.



Female Lone Star Tick (Photo: CDC, James Gathany)



A magnified picture of a tick's mouthparts.



# AGRICULTURE & NATURAL RESOURCES

It's also chigger time across Kentucky. Just talking about them may make you itch. Chiggers are actually the immature stage of certain mite species. You'll find them most often in overgrown, bushy areas. They also congregate in shady, humid areas near stream banks, under or around shade trees or in berry thickets.

After hatching, larvae crawl around until they find and attach to a suitable host. In addition to humans, chiggers feed on a variety of wild and domestic animals, including snakes, turtles, birds, rodents, and domestic pets such as dogs and cats.



*CHIGGERS ARE EXTERNAL PARASITES ONLY; THEY DO NOT BURROW INTO YOUR SKIN AND LIVE THERE.*

A widespread myth is that chiggers burrow into your skin and feed on your blood. This isn't true. Instead, they attach to a skin pore or hair follicle and then inject a salivary fluid that produces a hard, domed area around them, and they use a feeding tube to withdraw liquefied tissues from hosts. The red welt rash and intense itching are allergic reactions to the salivary secretions and can last for up to two weeks or longer.

The larvae feed for about three or four days; then drop off and eventually mature into non-parasitic adults.

There are ways you can protect yourself from these itchy pests. Avoid walking through unmown fields, brush, and other overgrown areas. Instead, walk in the center of mown trails to avoid brushing up against vegetation where chiggers congregate.

Create a barrier when you hike or camp in potentially infested areas so that chiggers can't come in contact with your skin. Wear long pants that are tucked into boots or socks and long-sleeved shirts. Clothing made of tightly woven fabrics keep chiggers from reaching the skin as easily.

You can also apply an insect or tick repellent; just be sure to read and follow the directions on the container. Products containing *DEET* or *Picaradin* are easy to find and use. You can also find clothing treatments containing permethrin as mentioned in the tick article

Showering or bathing immediately after coming indoors effectively removes chiggers that have not yet attached. If that is not possible, thoroughly and briskly rubbing your skin with a dry towel may remove many chiggers before they are able to attach and feed.

While chiggers are most common in wild overgrowth, they can also make a home in shady areas of yards, parks, camps, picnic sites and recreation areas. You can control chiggers in your outdoor environment with effective vegetation management that allows sunlight in and reduces humidity. Prune trees and bushes, and mow closer. Remove scrub brush piles and accumulated debris to reduce protection for small animals that are important hosts for chiggers. As an added benefit, these steps will reduce problems with ticks as well.

For more information on ticks or chiggers, contact the Perry County Cooperative Extension Service.



# IMPROVE REPRODUCTIVE EFFICIENCY Utilizing Technology on the Herd

*Hands on Learning Experience Series at the Robinson Center*



**Estrus Synchronization**  
 Join us as Dr. Anderson and Dr. Lehmkuhler demonstrate and explain estrus synchronization as well as the Cow Manager system.  
 May 1 NOON



**Artificial Insemination**  
 Join the specialist as they demonstrate and explain how to properly AI as well as the cost, discuss sexed semen benefits, and explore Stocker, the record keeping app.  
 May 9 NOON



**Pregnancy Diagnosis**  
 Join for the final meeting of the series as chute side pregnancy test kits are demonstrated. Final discussion of how cow manager has aided in this process for these heifers.  
 June 10 8:30AM

130 Robinson Road | Jackson, KY

Cooperative Extension Service  
 University of Kentucky  
 Martin Gaitton, College of Agriculture, Food and Environment  
 130 Robinson Road, Jackson, KY 40301  
 Phone: 606-666-8812  
 Email: martingaitton@kentucky.edu  
 Website: [www.caes.uky.edu](http://www.caes.uky.edu)

BY POPULAR REQUEST AT WOLFE - BREATHITT

# HIGH TUNNEL FIELD DAY



MUST REGISTER IN ORDER TO ATTEND

MAY 7, 2024

10:00 AM

HOWARD FARMS | DR. RACHEL RUDOLPH PRESENTING

Call  
 606-666-8812  
 to register

WILL MEET AT THE BREATHITT COUNTY EXTENSION OFFICE AT 9:30AM ON DAY OF EVENT FOR TRANSPORTATION!  
 MUST WATCH VIDEOS AT THIS LINK PRIOR TO FIELD DAY -

<https://www.youtube.com/playlist?list=PLQE0oZRMbybIHAPvsLDmHGIn9YeJgEGj->



## SENIOR GAMES 2024

COME OUT AND SPEND A DAY OF FELLOWSHIP AND FUN WITH US. ANY PERSON WHO IS AGE 50 OR OLDER AND LIVES IN BREATHITT, KNOTT, LEE, LESLIE, LETCHER, PERRY, OWSLEY, OR WOLFE COUNTIES CAN COMPETE. INDIVIDUALS CAN PARTICIPATE IN THE FOLLOWING EVENTS DURING SENIOR GAMES: SOFTBALL THROW, BASKETBALL SHOOT, RING TOSS, WALKING, SHUFFLEBOARD, WASHER TOSS, SPINCASTING, HORSESHOES, CORN TOSS, OR ROOK.

WINNERS WILL BE AWARDED BY AGE AND GENDER CATEGORIES FOR EACH EVENT.

## CONTACT US

Senior Games Coordinator  
Stacie Noble  
606-436-3158  
stacie@kradd.org

OR

Call your local Senior Citizens Center

# SENIOR GAMES 2024



Please circle events you want to participate in:

Basketball  
Shuffleboard  
Softball Throw  
Walking  
Spincasting  
Washer Toss  
Darts  
Ring Toss  
Corn toss  
Horseshoes  
Rook  
Putt Put  
Pool Tournament  
Cheerleading Competition

By submitting this entry to the KY River Senior Games, I for myself, my heirs, executors, and administrators waive and release any and all claims and damages I may have against all persons and agencies, namely KY River ADD or county officials and site location representatives and assigns for any and all injuries suffered by myself while traveling to and from, and while participating in senior games 2024

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## AGENDA

April 11, 2024

Cornhole Tournament & Ping Pong- Letcher Co Senior Citizens @CANES Kitchen

April 30, 2024

Putt Put/Horseshoes/Pool Tournament - Hazard/Perry Co Senior Center

April 5, 2024

Rook- Wolfe Co Senior Center

May 16

Senior Games "Big Day" - Knott Co Sportsplex

## REGISTRATION

NAME: \_\_\_\_\_

COUNTY: \_\_\_\_\_

PHONE: \_\_\_\_\_

Medications: \_\_\_\_\_

Are you allergic to anything?  
Yes/No (circle one)  
If yes, what? \_\_\_\_\_

Doctor: \_\_\_\_\_

Emergency contact name and phone: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Registration fee \$6.00  
(Give to local senior center with form)



# FAMILY & CONSUMER SCIENCE



**MAY  
2024**

## Welcome to the latest FCS newsletter!

Join us for Charity Sewing and a potluck on May 6th at the Perry County Homemakers Meeting. Don't forget to contribute to the KEHA State basket and our Homemaker Cookbook project. Throughout May, we have Cooking Through the Calendar, cultural explorations, wellness programs, sewing classes, and exciting community events. We can't wait to see you there!

Kelsey Sebastian  
County Extension Agent  
Family & Consumer Science  
[kelsey.sebastian@uky.edu](mailto:kelsey.sebastian@uky.edu)

- Upcoming Events
- New Recipe
- Health Bulletin
- Money Wise



### Cooperative Extension Service

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Community and Economic Development

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Lexington, KY 40506



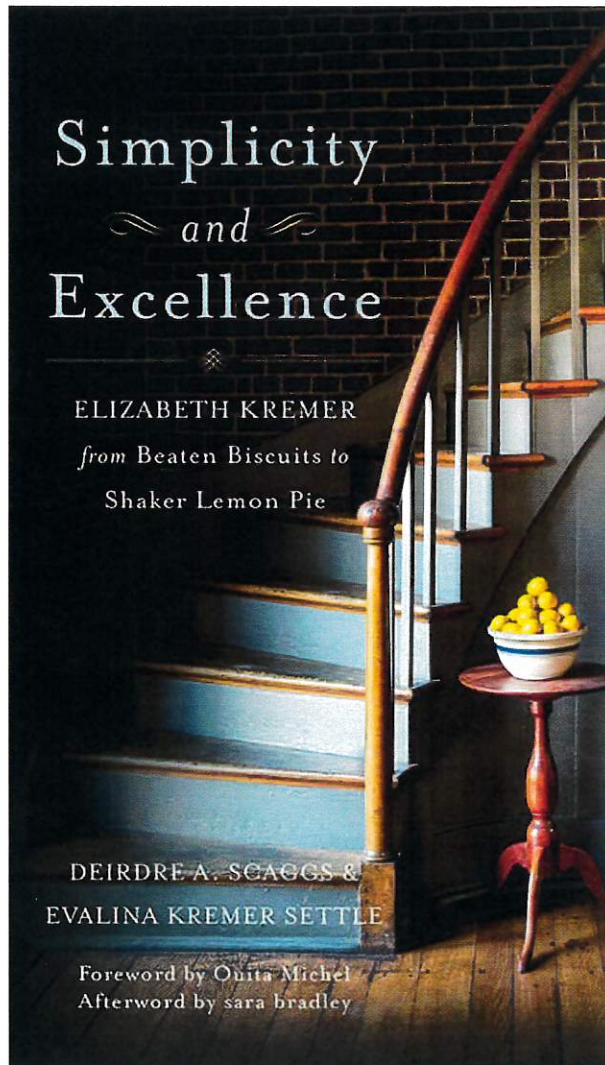
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# NEW EVENTS THIS MONTH

## Come Sew With Us

Register for the summer Come Sew with Us in Knott or Breathitt Counties on June 6 & 13. Find the registration below and register quickly so as not to miss out on your first choices of classes. The cost is \$5 to help cover lunch. A big thanks to our Quicksand Area Master Clothing Volunteers for leading these classes.



## Kentucky Proud Evenings

We are excited to announce our second Kentucky Proud Evening in partnership with Read Spotted Newt. May 30th at 6 p.m. we will have the pleasure of hearing from Deirdre Scaggs and Evalina Kremer Settle about their book *Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie*. We will have several Kentucky Proud Recipes for you to snack on throughout the evening.

## Quicksand Area Homemaker Training

Join us at the Quicksand Community Center in Jackson for the Quicksand Homemaker Training on May 15th. Registration will begin at 9 a.m. with the training beginning at 10. This will be a fun day filled with fellowship with members from all eight counties. Register by May 1st if you plan to attend.

## Etiquette with a Side of Tea

Join us for a midafternoon tea where we discuss the ins and outs of table etiquette. May 22nd at 1 p.m. Feel free to wear a fun hat and outfit as we have a day fit for English royalty.



# RECURRING MONTHLY EVENTS

## **Charity Sewing - First Monday of the Month**

The next date is Monday May 6th upstairs in the Perry County Extension Service office building. Remember this date will be used to organize the sewing room starting at 9:00 AM. We will continue with our sewing projects in June.

## **Perry County Homemakers Meeting - First Monday of the Month**

May 6th at 12 p.m. will be our next Perry County Homemaker Meeting. This will be a potluck so please bring a main dish, salad or vegetable side dish or dessert. Reminders: Bring 12x12 finished built blocks for the KEHA State meeting. If you are able to donate to the Quicksand Area KEHA State basket for the silent auction please bring your items to the office at the meeting. The basket will be car theme. Start bringing in your recipes for the Homemaker Cookbook project.

## **“Sew” Simple - Third Tuesday of the Month**

While Block of the Month has come to an end we will be holding the third Tuesday of the month for Sew Simple, where we create different sewing projects. May 21st from 9 a.m. to 12 p.m. Master Clothing Volunteers Nancy and Cheryl will be leading you in making a tote bag. Call our offices to save your spot today! Thanks to our wonderful volunteers for continuing these projects.



## **Open Sewing Day - Second Friday of the Month**

Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines available on-site May 10th from 9 a.m.-12p.m.



# RECURRING MONTHLY EVENTS

## **Bingocize - Once a Week**

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Check the calendar for upcoming dates and times.

## **Lunch & Learn: Life Story - What Is It and How Do Your Write It? - Once a Month**

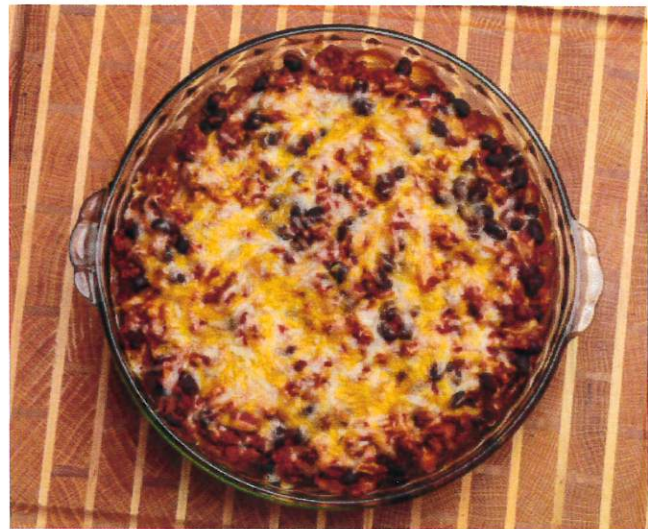
Do you remember when you met your spouse? How much did you pay for your first house? What was your experience like when you went to school or started your first job? Perhaps these things seem ordinary to you. But what if you were asking your parents or grandparents these questions? Would their stories seem uninteresting? Most likely not! In fact, many of us wish we knew more about our family history and experiences. We will be working on our own story telling May 29th at 11 a.m. for a lunch and learn to take a closer look at our family's histories and discuss how to pass these stories down.

## **Quilt Guild Meeting - Once a Month**

Remember the days of the Perry County Quilt Guild? We are bringing it back! Join us May 21st at 1 p.m. following Sewing Class. Contact our office or Charlinda Fugate for more information

## **Cooking Through the Calendar - Once a Month**

The May class will be Friday May 10th at 11:30 a.m. following Bingocize at the Senior Center at 10 a.m. This class will be held in the Annex building. This month we will make and sample Taco Pie.



## **Cultural Passport Program - Once a Month**

Take a look into different holidays, cultures and countries with us in 2024! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! If you complete each cultural visit with us, you'll receive a fun incentive at the end of the year. In May we will visit Mexico with a closer look at Cinco de Mayo at 1 p.m. on May 24th.



### Who is a Beginning Sewer?

A beginning sewer is anyone that has an interest in sewing but has limited or absolutely no sewing experience.

### Who is a Kentucky Master Clothing Volunteer?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

### How do you become an Extension Homemaker?

You may apply at your local Extension Office during their regular hours of business. There are many benefits of being a homemaker. Having local membership includes becoming a part of Quicksand Area and Kentucky Extension Homemakers Association. Homemakers enjoy a big variety of activities! Join today!

#### **KNOT BAG**

Carole Dunhuber will teach you how to make this beautiful Knot bag



#### **SEWING MACHINE MAT**

Betty Harris will teach you how to make this crafty Sewing Machine Mat



#### **FABRIC BASKET**

Lisa Ison will teach you how to make this unique and useful Fabric Basket



COOPERATIVE EXTENSION



College of Agriculture,  
Food and Environment



# Come Sew with Us

Hosted by  
Cooperative  
Extension Service and  
Quicksand Master  
Clothing Volunteers

June 6, 2024  
Knott County Extension Office  
10 a.m. - 1:30p.m.

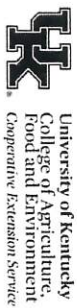
June 13, 2024  
Breathitt County: RCARS,  
Robinson Center  
10 a.m.—1:30 p.m.



Register early! Class size is limited. Please register by May 15th.

Mail this form with registration fee of \$5.00 to:

Kelsey Sebastian, 933 Perry Park Road, Hazard, KY 41701



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## Registration Form

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m.

- \_\_\_\_ KNOT BAG
  - \_\_\_\_ SEWING MACHINE MAT
  - \_\_\_\_ FABRIC BASKET
  - \_\_\_\_ REVERSIBLE HEADBAND
  - \_\_\_\_ FROSTY
  - \_\_\_\_ PLAYING CARDS HOLDER
  - \_\_\_\_ ECO-FRIENDLY SPONGE
  - \_\_\_\_ MINI WALLET
- PLEASE CHECK ONE BELOW:**
- \_\_\_\_ KNOTT             BREATHITT  
(ROBINSON CENTER)

### REVERSIBLE HEADBAND

Rita Rogers will teach you how to make reversible headbands for adults and youth.



### ECO-FRIENDLY KITCHEN SPONGE

Gail Halsey will teach you how to make an Eco-friendly kitchen sponge.



### FROSTY

Cheryl McCauley will teach you how to make a versatile Frosty Winter decoration.



### MINI WALLET

Nancy Pratt will teach you how to make a nice Mini Wallet



Mail form and \$5.00 registration fee to:

Kelsey Sebastian  
Perry County Extension Office  
933 Perry Park Road  
Hazard, KY 41701

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PLAYING CARD HOLDERS

Ashley Phipps will teach you how to make these playing











## Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



- amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
  9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
  10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/6th of pie**  
**Cost per recipe: \$10.20**  
**Cost per serving: \$1.70**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Nutrition facts per serving:**  
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

**Source:**  
Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

### Cooperative Extension Service

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

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# FAMILY CAREGIVER HEALTH BULLETIN



**MAY 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>

Perry County Extension Office  
933 Perry Park Road  
Hazard, KY 41701  
(606) 436-2044

## THIS MONTH'S TOPIC

# EATING WELL FOR HEALTH



**M**aintaining a healthy diet is important across the life span. As we get older, changes in nutritional needs, health, and life circumstances can challenge healthy eating. It is important to make food choices that optimize health and overall well-being.

A variety of factors may challenge healthy eating when older. For example, medical conditions and medication may make it hard to absorb and efficiently use essential nutrients. Cognitive impairment, oral health problems, and mobility issues create barriers to healthy eating and nutrition. Social factors such as bereavement, loss of independence, and social isolation can influence dietary practices. Older adults are also more likely to become less active. As their metabolism slows and energy decreases, they eat less. As a result, eating healthy and getting the proper nutrients necessary for healthy aging can be tough. Despite these factors, the Cleveland Clinic stresses

Continued on the next page 

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 Disabilities accommodated with prior notification.



## ➔ Continued from the previous page

making a conscious effort to eat a well-balanced, nutrient-rich diet. A healthy diet after age 65 is important because it contributes to:

- Cognitive function
- Memory
- Cardiovascular health
- Bone and muscle strength
- Immunity
- Digestion
- Mental health
- Overall well-being

The USDA recommends that a healthy, well-rounded diet after age 65 should limit processed foods and include:

- Variety of lean protein
- Fruits and vegetables
- Whole grains
- Low-fat or fat-free dairy
- Limited sugar, saturated fat, and sodium
- Proper hydration

### Think nutrients

The ability to absorb nutrients decreases naturally with age. Sometimes this happens because of medical conditions and/or medication. Micronutrients are all the nutrients found in foods including all of our vitamins and minerals. Our bodies need micronutrients to work right, meaning healthy development, disease prevention, and overall well-being (CDC, 2022). As we age, it is important to get enough iron, vitamin A, vitamin D, iodine, folate, zinc, calcium, potassium, magnesium, fiber, and omega-3 fatty acids. In addition to talking to a health-care provider about proper nutrients, you should read the Nutrition Facts label to understand how much of certain micronutrients are in your food. You can also take dietary supplements, often in the form of tablets, capsules, gummies, powders, and drinks, to add to or supplement your diet. Always talk to a health-care provider about whether supplements are necessary for your nutritional needs.

### Stay hydrated

Dehydration is a common cause for hospitalization for those 65 and older. A variety of age-related changes in the body, health conditions,

and/or medications may make thirst decline as we get older. But some older adults choose not to drink because of concerns about bladder control. (You do not drink as much so you do not have to “go” as much). Limited mobility may make it difficult to get a drink or use the restroom quickly and/or frequently. Various medications, chronic illnesses, and even a common cold or a sore throat may make people less likely to want to drink. It is important to keep up with your fluids even when you do not feel well. Drinking water prevents dehydration, helps digestion, enhances absorption of some nutrients and can even help us feel more energized and think clearly. Other great sources of fluids include 100% fruit or vegetable juice, low-fat or fat-free milk, fortified soy beverages, and sometimes tea and coffee. Even various foods, such as fruits, vegetables, and soups, help keep up hydration.

### Be social

The USDA recognizes that healthier eating occurs when it becomes a social event. From preparing to consuming, sharing food with others helps increase enjoyment and promotes adequacy of dietary intake for older adults. Eating with others can also improve and sustain mental health.

To find out if you or a loved one is making every bite matter, take the USDA MyPlate quiz. This quiz gives you an overview of how you are doing with the recommended food groups, and it gives personalized resources based on your specific results. You can even download a MyPlate app to set daily food group goals based on your quiz results, monitor progress, and earn badges to acknowledge your healthy eating accomplishments. To start the quiz, go to <https://www.myplate.gov/myplate-quiz>.

#### REFERENCES:

- Cleveland Clinic. (2023). Nutrition for Older Adults: Why Eating Well Matters as You Age. Retrieved March 14, 2015 from <https://health.clevelandclinic.org/how-to-age-better-by-eating-more-healthfully>
- USDA. (2022). Healthy Eating for Older Adults. Retrieved March 14, 2024 from [https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet\\_21\\_HealthyEatingForOlderAdults.pdf](https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_21_HealthyEatingForOlderAdults.pdf)

FAMILY CAREGIVER  
HEALTH BULLETIN

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Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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

## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.

### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the "defined benefit") is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise



a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee's current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

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Disabilities  
accommodated  
with prior notification.



## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse - the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up - from medical emergencies to home repairs to

inflation. Ask yourself questions like: "Do I want to travel?" "What do I want to splurge on in retirement?" "Am I prepared for unexpected expenses that may arise?" "Will I need to provide for a loved one?" Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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# 4-H YOUTH & COMMUNITY DEVELOPMENT

## Newsletter May 2024



### We're Gearing Up for Summer!

Camp registration is now open for our upcoming summer adventures! Don't miss out — applications are due soon for our camping dates from July 31st to August 2nd. We're thrilled to introduce new and returning day camps this summer. Join us for engaging activities and learning experiences that promise a memorable summer ahead! And in this 4-H exclusive, we are focusing on the importance of pollinators in sustaining our food supply. Discover why pollinators matter and how you can make a difference in protecting them for a healthier environment!

### Tate Sasser

County Extension Agent  
4-H Youth &  
Community Development  
tatesasser@uky.edu

A handwritten signature in black ink that reads "Tate Sasser".

### THIS MONTH:

- May Events
- 4-H Exclusive - Buzzing with Purpose: Educating Youth on the Vital Role of Pollinators





## What's Happening in May:

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### Summer Programs & Day Camps

- **Livestock Judging Team** - meetings for this program will end in June, with competition being June 18th.
- **Art Club** - our Art Club will continue to meet throughout the Summer on the last Thursday of each month from 4 to 5 p.m. for students ages 9-13 and 5 to 6 p.m. for students ages 14-18.
- **Wellness Warriors Camp** - Join us this summer for our Wellness Warriors camp, where we look at healthy ways of living and new outdoor activities for your students to enjoy! Specific dates TBD.
- **Gardening Camp** - Join us as we explore the ins and outs of gardening! Specific dates TBD.
- **Robotics Camp** - Join us for an exciting Robotics Day Camp, where participants will engage in hands-on activities to explore the world of robotics and STEM. Specific dates TBD.
- **Youth Pottery** - Discover the art of pottery, where you'll learn fundamental techniques and create your own unique ceramic masterpieces. Specific dates TBD.

### 4-H Camp

Save the date: we are returning to Camp Feltner July 30th through August 2nd! Camp applications are available on our website as a printable PDF, or you can stop by the office to pick up a copy. We can't wait for a summer full of fun!



### Gardening Club

Calling all green thumbs at Hazard High School! Get ready to grow with our new Gardening Club, exclusively for Hazard High School students. Specific meeting details coming soon.

**Upcoming: County Fair Expo**  
**June 13th-15th**



4-H Exclusive

## Buzzing with Purpose: Educating Youth on the Vital Role of Pollinators

Pollinators are essential to a sustainable and secure food supply, so we are making extra efforts to educate our youth about why and how they should care for pollinators.

Bees, butterflies, hummingbirds, bats, beetles, flies and other like species pollinate 75% of our food-producing crops. However, the future looks bleak for many pollinators as their numbers continue to dwindle. Researchers estimate that, across all pollinator species, populations have declined by 30%-60% over the past decade. A major reason for the decline is the destruction and fragmentation of habitats brought about by human activity in cities and suburbs.

To raise awareness of declining pollinator populations and to inspire future generations to take action, Kentucky 4-H youth development extension agents are teaching young people about the importance of pollinators. Many 4-H clubs provide basic educational information. We also have local 4-H groups that are taking conservation a step further and are successfully operating bee hives and installing pollinator-friendly gardens. Some youth will showcase these gardens in Cloverville at the Kentucky State Fair.



The 4-H Bee Ambassador Program was launched in 2017 as a certification program to encourage and reward county extension educators who focus on pollinator education. The program was developed to support the 2017 KY Pollinator Protection Plan and its focus on the creation and preservation of pollinator habitat. Throughout the commonwealth, many youth benefit from the work of the Bee Ambassador counties by being afforded the opportunity to observe beehives, pollinator gardens and day camps among other activities.



# 4-H Youth & Community Development

UK honors counties for their commitment to the welfare of pollinators through the 4-H Bee Ambassador Program every year at the annual state 4-H conference as well as the UK extension's 4-H Bee Ambassador Program website.

In Spring 2023, Perry County 4-H launched our inaugural Pollinator Days program at the Perry Co. Extension Office. Designed to educate students about the vital connection between flowering plants and the local environment, the event featured four booths highlighting the significance of pollinators.

Students learned proper flower planting techniques and the importance of specific flowers for pollinators. They also explored the health benefits of honey and its versatility in recipes. Additionally, they delved into the world of bees, discovering their crucial role in nature and exploring beekeeping.

The highlight of the event was when students got to explore a real beehive up close and try on beekeeping suits. This hands-on activity was a fantastic opportunity for them to learn about beekeeping in a safe and controlled setting. With guidance from experienced beekeepers, students watched bees in action. Wearing the beekeeping suits allowed them to experience what it's like to care for bees firsthand.




Overall, Pollinator Days offered students valuable insights into the importance of pollinators in our ecosystem. Following the event, we discovered that nearly 100 students had been educated about pollinators and the agricultural and dietary uses of bees and honey. Furthermore, over 25 students expressed interest in starting their own beekeeping operations and have taken steps to make that a reality!

For information about ways to support pollinators in your community, contact the Perry Cooperative Extension Service.

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# ART CLUB


The Perry County Cooperative Extension Service, along with Tim Deaton from the Appalachian Arts Alliance, is excited to announce an art club for students ages 9 to 18 years old.

**Last Thursday of each Month**  
 4 p.m. - 5 p.m. (ages 9-13)  
 5 p.m. - 6 p.m. (ages 14-18)

Perry Co. Extension Office  
 (behind Perry Central HS)

606.436.2044






# WELLNESS WARRIORS


## SUMMER DAY CAMP

**For students ages 9-18**

Dates TDB  
 For questions, call the Perry County Extension Office at 606-436-2044

Join us and explore ways to stay active and develop healthy eating habits with hands-on activities like cooking, outdoor games, and more!






# GARDENING SUMMER DAY CAMP

**For students ages 9-18**

Dates TDB  
 For questions, call the Perry County Extension Office at 606-436-2044







# ROBOTICS SUMMER DAY CAMP

**For students ages 9-18**

Dates TDB

For questions, call the Perry County Extension Office at 606-436-2044




# Youth Pottery

Discover the art of pottery, where you'll learn fundamental techniques and create your own unique ceramic masterpieces.

**DATES TBD**  
 Call the Perry County Extension Office for questions at 606-436-2044





# Gardening Club

**@ Hazard High School**

Coming this Summer  
 Date & Times TBD  
 For students of Hazard High School

If you have questions, call the Perry County Extension Office at 606-436-2044







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