

# July FCS Newsletter

**Mason County**  
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mason.ext@uky.edu  
606-564-6808

**FAMILY &  
CONSUMER  
SCIENCES**



*Creating Healthy & Sustainable Families*

## Agent Update

### Summer

The weather is starting to get hot! Make sure to stay hydrated and wear plenty of sunscreen for all of those outdoor activities. Fair season is upon us! The office will be having some Fair rally days coming up, a couple of which I included under upcoming events, so be on the lookout for those other dates! Congratulation's to those lucky 10 who were awarded the Homemakers scholarship award! A big THANK YOU to those who helped make that happen!

*Abbigale Gray*



## Check It Out

### Upcoming Events

- 20, July 2023 9:00 AM Identify Monarchs and Caterpillars @ Old Washington Park
- 25, July, 2023 11:00 AM Cooking Through The Calendar a@ Mason Extension office
- 26, July, 2023 9 AM Dehydration & Water Bath Food Preservation @ Mason County Extension Office
- 26, July 2023 9:00 AM Embroidery Hoop fair rally day Project @ Mason Extension office
- 27, July, 2023 1:00 PM Faux Stained glass Fair rally day project @ Mason Extension office

Visit our social media (*facebook*)  
@MasonCoFCS



## IN THIS ISSUE

- Cooking Through The Calendar Flyer
- Local Events
- Canning Class Flyer
- Money Wise
- Health Bulletin
- Peach and Blueberry Crumble Recipe

Congratulation's to those who got the Homemakers scholarship award!



*Thank you!*





JULY  
25th

# COOKING THROUGH THE CALENDAR

*Tuscan Chicken and Pasta*

Tuesday July 25th 11:00 A.M.  
Mason County Extension Office  
Call Ahead to Register 606-564-6808

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 40546



Disabilities  
accommodated  
with prior notification





# LUNCH & LEARN HEALTHY TALKS

## Wrapping Your Mind Around Healthy Eating with Mysty Pfeffer

July 26, 2023

11:30am - 1:00pm

Mason County Health Department

Reservations are required  
call (606) 956-2090 by July 21, 2023

*Sponsored by:*





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# How to Identify Monarchs & Caterpillars



Thursday, July 20th, 9:00 A.M  
 ID Monarchs and Caterpillars,  
 Make a Pollinator Waterer  
 Located at Old Washington Park  
 Please Call ahead to register at 606-564-6808



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# Summer Food Preservation Series

Class	Date/Time/Location
<b>Dehydration &amp; Water Bath Food Preservation</b>	Wednesday, July 26th 9:00 AM, Mason County Extension
<b>Pressure Canning &amp; Freezing Foods</b>	Thursday, August 10th 9:00 AM, Bracken Extension Office

Join us for this highly requested Summer Food Preservation Series! This series is perfect for beginners or those who just want to brush up on their skills. This will be a hands-on all day class. The cost for each class will be \$15 per day and we ask that you register and pay at least one week prior to each class. Lunch will be provided. Check our facebook page for up to date information and deadline reminders. Call 735-2141 for more information!

### Bracken County Extension Service



# COOPERATIVE EXTENSION

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COLLEGE OF  
AGRICULTURE,  
COMMUNITIES AND  
THE ENVIRONMENT



JULY  
26th  
27th

# KIDS RALLY PROJECT DAYS

**FREE!!!**



CALL TO  
REGISTER  
606-564-6808

## FUN AND CREATIVE PROJECTS

- EMBROIDER HOOP (JULY 26TH 9:00 AM)
- FAUX STAINED GLASS (JULY 27TH 1:00 PM)
- MASON COUNTY EXTENSION OFFICE

Projects have an opportunity to  
qualify for State Fair



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# If you are planning on pressure canning, you can bring in your pressure gauge to be tested for accuracy!



We have a testing unit to check your pressure gauge to make sure it is accurate, because if your gauge is off it can cause your canned products to go bad or even cause sickness.

## The Pressure Gauge on a pressure canning system needs to be tested annually!

For more information on getting your pressure gauge tested, you can call the Mason County Extension office:



**(606)564-6808**





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

## THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

### STAYCATIONS

A staycation, which joins the words stay and vacation, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

### TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

### PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully

## KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around — whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

### BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

### RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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# FAMILY CAREGIVER HEALTH BULLETIN



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



JULY 2023

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:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



Social connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, and maintain

Continued on the next page →

## Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance self-confidence and self-worth. Friends are

there for you during the highs and lows of life. Socially connected people sleep better, including loss and experience less stress, live longer, maintain better health habits, can be challenging. Do experience better not be afraid to reach out to people you enjoy overall health, feel talking to at events or a greater sense of gatherings you attend. of belonging and Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

## REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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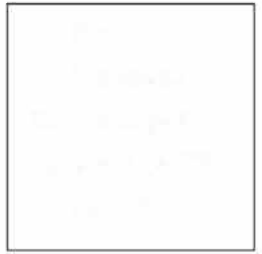
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Mason County  
800 US HWY 68

Maysville, KY 41056

*Return Service Requested*



## Peach and Blueberry Crumble

### Ingredients:

- 1 (28 ounce) can peaches in juice, drained
- 1 ½ cups fresh or frozen blueberries
- 1 cup old-fashioned rolled oats
- 3 tablespoons brown sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 3 tablespoons softened unsalted butter

### Directions:

1. Preheat oven to 350 degrees F.
2. Place peaches in a 10-inch cast iron skillet. Sprinkle blueberries on top of peaches.
3. In a separate bowl, using a fork, mix together oats, brown sugar, cinnamon, and salt with softened butter. Sprinkle oat crumble over top of peaches and blueberries.
4. Bake for 25 to 30 minutes.

Servings: Makes 8 servings Serving Size: 1 slice Recipe Cost: \$5.92  
Cost per Serving: \$0.74

150 calories; 5g total fat; 3g saturated fat; 0g trans fat; 10mg cholesterol; 80mg sodium; 27g carbohydrate; 3g fiber; 18g sugar; 5g added sugar; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.



Source: Sarah Spears, Floyd County SNAP-Ed Assistant