



# Family & Consumer Sciences Newsletter



Martin-Gatton  
College of Agriculture,  
Food and Environment

*Kesale DeWald*  
Agent for Family & Consumer Sciences

*Emazon*  
Program Assistant



# 2023

# at a glance!



## Cooperative Extension Service

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

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Disability is accommodated with prior notification.

# FEBRUARY

## FCS EVENTS

## 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 American Heart Celebration @ 11:00 ***Wear RED!***	2	3
4	5 Cooking through the calendar @ 1:00	6 Quilt Guild @ 10:00	7	8 Sevor the Flavor @ 12:00	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Homemakers @ 12:00	23	24
25	26 Knox Threads @ 10:00	27 Laugh and Learn @ 6:00	28 Hunger in NY Lunch and Learn @ 12:00	29	30	

# MARCH

## FCS EVENTS

## 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Cooking through the calendar @ 1:00	5 Woodworking club @ 1:00	6	7 Beginner Wood Carving @ 10:00	8	9
10	11	12 Quilt Guild @ 10:00	13	14 Beginner Wood Carving @ 10:00	15	16
17	18	19 Cook together, Eat together @ 5:30	20 Homebased Micro Processing with Annell Norris @ 9:00	21 Homemaker meeting @ 12:00	22	23
24	25 Beautiful minds @ 1:00 Knox Threads @ 10:00	26 Laugh and Learn @ 6:00	27	28 Beginner Wood Carving @ 10:00	29	30
31						

### NOTES:

\* Please call (606) 546-3447 to sign up for classes!

\*All programs will be cancelled if Knox County Schools close due to weather!



# A Cooking Social!

**COOK TOGETHER EAT TOGETHER**

## At this fun cooking event you will:

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets



**DATE:** March 19th, April 16th, and May 14th.

**LOCATION:** Knox County Cooperative Extension Service

**TIME:** 5:30 p.m.

**CONTACT:** Kelsee Dewees and Renata Farmer



# Laugh and Learn



Come laugh and learn with your 3- to 5-year-old child(ren) at the Knox County Extension Office located at 215 Treuhaft Blvd Barbourville KY, 40906. We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

January	February	March
Date: January 23, 2024	Date: February 27, 2024	Date: March 26, 2024
Time: 6:00 p.m.	Time: 6:00 p.m.	Time: 6:00 p.m.
Theme: The Jungle	Theme: Ice	Theme: Dinosaurs

# FAMILY CAREGIVER HEALTH BULLETIN



**FEBRUARY 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Knox County Extension Office  
215 Treuhart Blvd.  
Barbourville, KY 40906  
(606) 545-3447

## THIS MONTH'S TOPIC FAMILY CAREGIVERS AND SLEEP



**F**amily caregivers support the health and well-being of family members with chronic conditions and illness. Although caregiving can be a rewarding experience, it can also take a toll on a caregiver's physical and emotional health, including sleep. It is common for caregivers to experience poor sleep quality, such as short sleep duration, frequent night awakenings, and increased time to fall asleep. Figuring out what's causing poor sleep and changing it can improve a caregiver's quality of life.

Caregivers may struggle with sleep because of chronic worry, hypervigilance, listening for a family member while in bed, and attending to overnight caregiver needs (toileting, medication, re-settling, etc.). Types of caregiving also affect caregiver sleep quality. For example, nighttime dementia-related behaviors, including sundowning and agitation, can often disrupt quality sleep.

Continued on the next page 



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Disabilities accommodated with prior notification

## If you are struggling with sleep, be sure to talk with a health-care provider.

### → Continued from the previous page

Various cancer treatments, conditions associated with pain, and hospice care are also associated with increased caregiver sleep disturbances.

One study says caregivers living with a care recipient report worse sleep than those who live apart.

The negative effects of poor sleep can last a lifetime. Poor sleep is associated with:

- Daytime sleepiness
- Impairment in daily function
- Depression
- Anxiety
- Fatigue (physical and mental)
- Health problems (increased risk of stroke, obesity, diabetes, hypertension cardiovascular disease)
- Increased negative affect (negative emotions and expression, like sadness, disgust, lethargy, fear, and distress)
- Burden
- Distress
- Lack of focus or concentration
- Decreased reaction time
- Emotional instability
- Napping
- Cognitive problems
- Medication mismanagement
- Caregiver safety concerns (driving, operating equipment, mistakes at work)
- Caregiver errors (forgetting to administer medication, missing an appointment)

To improve sleep, some studies suggest trying meditation or yoga. Others recommend stress management, relaxation, and massages. Some caregivers find it helpful to work with a health-care professional to learn behavioral interventions like learning how to re-establish the relationship with sleep and the bed environment.

It is important for family caregivers to fall asleep and stay asleep. AARP suggests these five tips for better sleep:

- Create a sleep sanctuary that is dark, cool, quiet, and free from stressful paperwork and thoughts.

- Sleep in a separate room from the person for whom you provide care.
- Get a baby monitor to keep from straining your ears to hear your family member.
- Train yourself to worry during the day. Create to-do lists and note concerns you can put away until the next day.
- Establish proper sleep routines and sleep hygiene. In addition to maintaining regular sleep cycles, this may also include nightly relaxation, meditation, gentle stretching, and deep breathing exercises.

The Centers for Disease Control and Prevention recommends these general tips for better sleep:

- Go to bed and get up at the same time.
- Sleep in a dark, quiet, relaxing space.
- Set the thermostat at a comfortable temperature.
- No electronic devices in bed.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Engage in physical activity throughout the day.

Sleep is restorative. Caregivers need sleep to maintain their own health and well-being as well as the health and well-being of their loved one. If you are struggling with sleep, be sure to talk with a health-care provider.

#### REFERENCES:

- AARP. (2017). 4 Tips for Better Sleep While Caregiving: Improve sleep quality while taking care of your loved one. Retrieved December 18, 2023 from <https://www.aarp.org/caregiving/life-balance/info-2017/tips-for-better-sleep.html>
- Byun, E., Lerdal, A., Gay, C. L., & Lee, K. A. (2016). How Adult Caregiving Impacts Sleep: a Systematic Review. *Current sleep medicine reports*, 2(4), 191–205. <https://doi.org/10.1007/s40675-016-0059-8>
- CDC. Tips for Better Sleep. (2022). Retrieved December 18, 2023 from [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)
- Cooper, C.J., Owen, P.J., Sprajcer, M., Crowther, M.E., Craig, E.A., Ferguson, S.A., Gupta, C.C., Gibson, R. Vincent, G.E. (2022). Interventions to improve sleep in caregivers: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 64. <https://www.sciencedirect.com/science/article/abs/pii/S1087079222000715>

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### FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,  
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Adult Development and Aging  
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Designed by: Rusty Manseau  
Stock Images:  
Adobe Stock





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College of Agriculture,  
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# WOOD CARVING FOR BEGINNERS WITH PHYLLIS STONE



Phyllis will prioritize safe carving practices and teach participants how to work with wood's natural grain and sharpen knives for optimal efficiency and comfort.

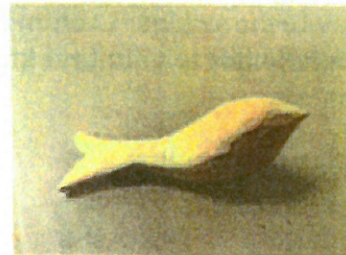
Join us on:

March 7th - 10 a.m. - 3 p.m.

March 14th - 10 a.m. - 3 p.m.

March 28th - 10 a.m. - 3 p.m.

April 4th - 10 a.m. - 3 p.m.



## \$35 per person.

(+ small wood fee)

Fee includes knife and glove for each participant to keep.

Call the office at  
**606-546-3447** to  
sign up and give glove  
sizes.



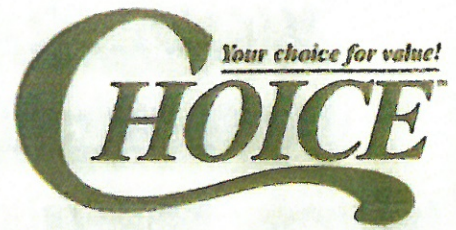
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# Cut-Resistant Gloves Size Chart



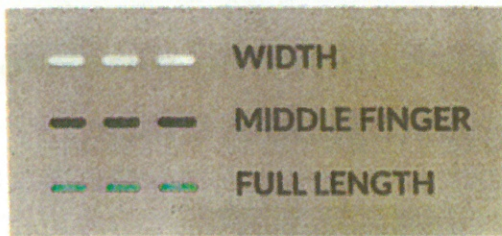
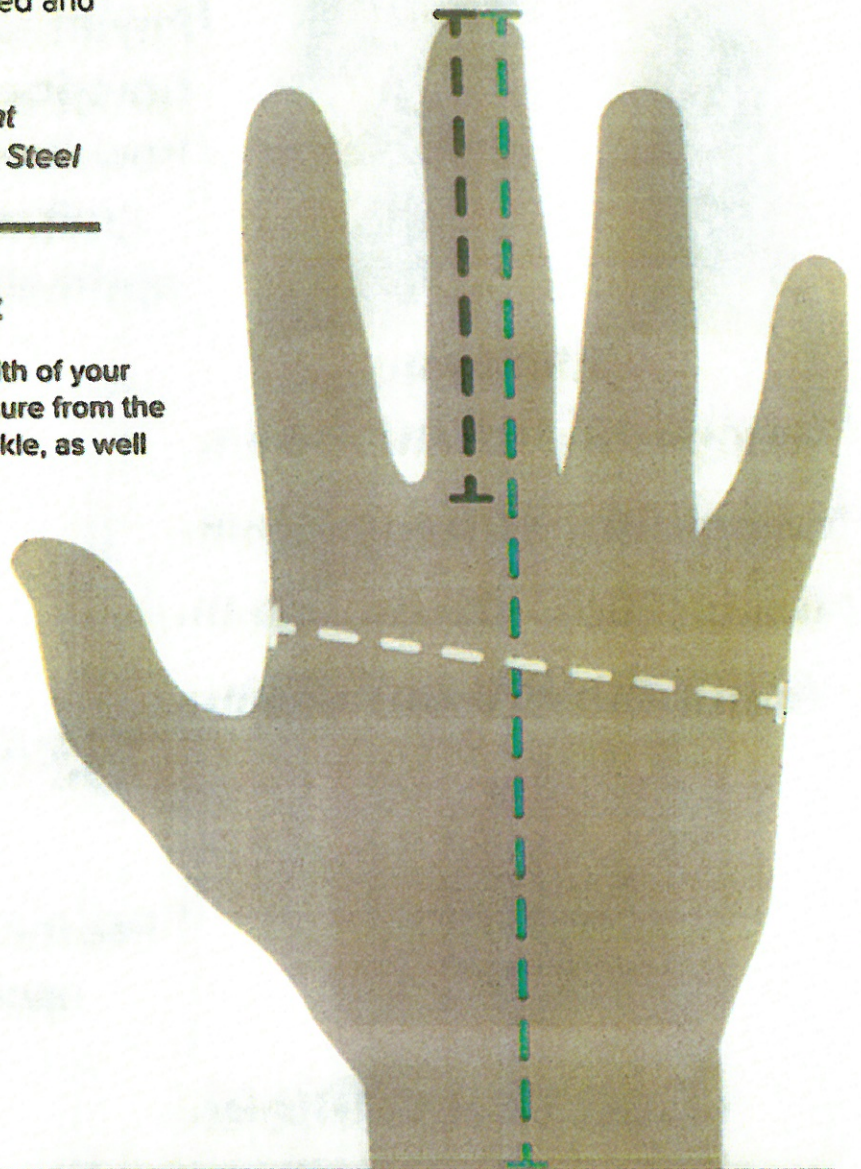
Stay safe and keep your chefs' fingers protected with Choice level A6 cut-resistant glove. Designed with different colored cuffs to indicate size, this addition also allows you to stay organized and differentiate sizes quickly.

*Made from Ultra High Molecular Weight Polyethylene (UHMWPE) and Stainless Steel*

## Measuring for the Perfect Fit

Using a measuring tape, measure the width of your hand just below the knuckles. Then measure from the tip of your middle finger to your first knuckle, as well as your wrist.

Refer to the size chart below to find your correct size.



Item	Color	Size	Width	Middle Finger	Full Length
407CTGLVXS	●	XS	3½"	2½"	8"
407CTGLVS	●	S	4"	3"	9"
407CTGLVM	●	M	4"	3½"	9½"
407CTGLVL	○	L	4½"	3½"	10"
407CTGLVXL	●	XL	4½"	3½"	10½"



# Homebased Microprocessing Workshop

March 20, 2024

9:30 a.m. - 2:30 p.m.

Knox County Cooperative Extension Office

215 Trehaft Blvd Barbourville, KY 40906



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Food and Environment  
*Cooperative Extension Service*

**For more information & to register:**

[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call 606-546-3447

Join our workshop!  
Homebased  
microprocessors are  
farmers who grow and  
harvest produce to use in  
their value-added products.

Homebased  
microprocessors are  
required to grow a  
predominant ingredient in  
the products they make.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

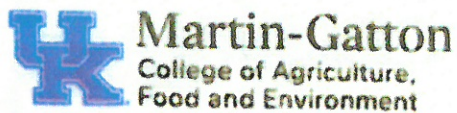
The cost of the workshop is  
\$50.00.

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