

TAYLOR COUNTY EXTENSION NEWSLETTER

May 2025

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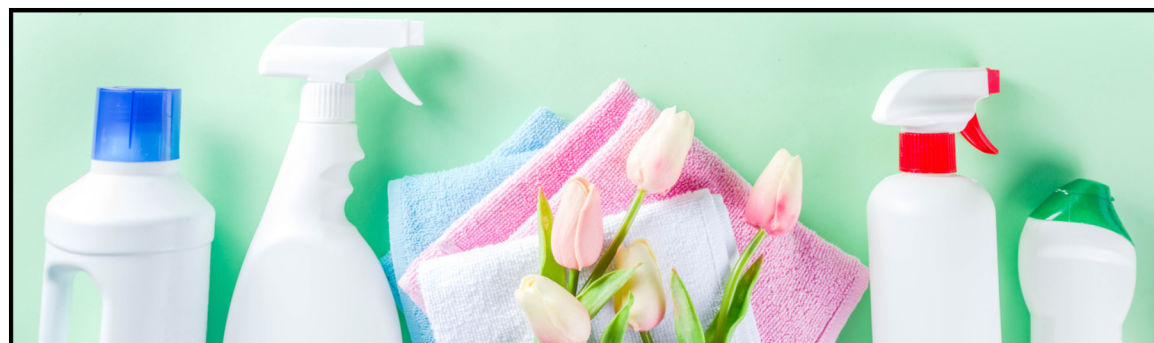
Spring Cleaning for Your Mental Health

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up, along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too. Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home, and your mind, here are some practical strategies:

1. Prioritize tasks: Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job, like decluttering a drawer or organizing a single shelf, and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. Focus on one room at a time: It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. Use a timer: Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. Spread out the cleaning: Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. Ask for help: Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. Mindful cleaning: As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. Celebrate your progress: Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Source: Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being



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Easy to Sew

Cooperative
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CASSEROLE CARRIER



Wednesday, May 7
10 AM - 12 PM

Please call the Extension Office
at (270) 465-4511 to RSVP.

What You Need to Bring:

- Two 22 in. squares of cotton
- One 5 in. by 22 in. strip of cotton
- Two 7 in. lengths of wide ribbon
- Matching thread

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EMBROIDERY STITCHES

THURSDAY, MAY 8 | 5:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

Please bring a 5 - 6 inch Embroidery Hoop.
You may also bring any project that you want to
work on or need assistance with.

Spots are limited!
Call the Extension Office at 270-465-4511 to RSVP!

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INDOOR AIR QUALITY

with Bobby Barker, Environmental Specialist

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Friday, May 9
10:00 AM

Taylor County Extension Office
1143 S Columbia Ave.
Campbellsville, KY

Call the Extension Office at
(270) 465-4511 to RSVP.

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DASH Eating Plan

Dietary Approaches to Stop Hypertension

Focused on reducing high blood pressure and
promoting overall health.

Emphasizes fruits, vegetables, whole grains, low-fat
dairy, and lean proteins.

Tuesday, May 13 at 5:30 PM
or
Monday, May 19 at 11:00 AM

Spots are limited!
Call the Extension Office at (270) 465-4511 to RSVP!



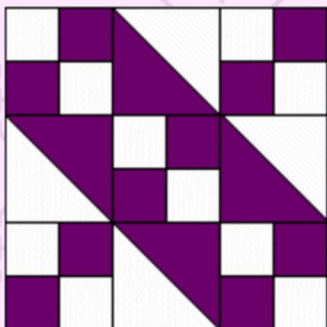
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Beginner Quilting

Join us and learn how to make a quilt using strip piecing and half-square triangles.

BEGINNER SEWING EXPERIENCE IS REQUIRED!



**Tuesday, May 13
Tuesday, May 20
Tuesday, May 27
10:00 AM to 12:00 PM**

This will be a progressive series. Attendees must attend all classes.

SPOTS ARE LIMITED!

Call the Extension Office at
270-465-4511 to reserve
your spot today!

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

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Materials needed:

- 1 ¼ yard for border 2
- ½ yard for border 1
- light & dark for color blocks, 2 ½ yards of light and 2 ½ yards of dark.
- basic sewing supplies

Organizing & Decluttering

Wednesday, May 14 at 1:00 PM

Successes
& Failures

What worked?
What didn't
work?

Where do we go from here?

Bring pictures and stories of what worked for you and what didn't, plus ideas for future classes.

RSVP by calling the Taylor County Extension Office at (270) 465-4511.

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PASSPORT TRIP



Saturday, May 17, 2025

We will be leaving the Taylor County Extension Office at 8:00 a.m.

You will pay \$5 at the gate.

You will also need money to purchase food and money for vendors.

Reserve your spot on the van today by calling the Taylor County Extension Office at (270) 465-4511.

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Blankets of Love




In April, we donated 6 blankets to the Cancer Center at Taylor Regional Hospital.

**Tuesday, May 20
1:00 PM**


**Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY**

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made at the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.

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 **Homemaker Leader Lesson**

Air Fryer 101




Air fryers are a popular kitchen appliance. They provide a healthier alternative to conventional frying by using no oil.


Come learn if an air fryer might be right for your kitchen!

**Thursday, May 22
10:00 AM
Taylor County Extension Office**

Please RSVP by calling the Taylor County Extension Office at (270) 465-4511.

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MIND Diet


Mediterranean-DASH Intervention for Neurodegenerative Delay

**Tuesday, May 27
11:00 AM**

FLEXIBLE | EASY TO FOLLOW | WELL-BALANCED | APPROACHABLE | HEALTHY EATING

- This diet is specifically aimed for brain health and reducing dementia risk.
- It is a combination of two well studied diets: the Mediterranean Diet and the DASH Diet with a focus on adding brain healthy foods.
- Emphasis on nutrient-rich foods, such as leafy greens, berries, nuts, whole grains, and lean proteins, which are known to support cognitive function.

Spots are limited!
Please call the Extension Office at (270) 465-4511 to reserve your spot!



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LUNCH & LEARN

It's an International Potluck!

Bring your favorite international dish along with a copy of the recipe. Whether it's something we learned or your personal favorite, come join us!

MAY 28 | 11 AM

Call the Taylor County Extension Office at (270) 465-4511 to RSVP.

Recipes can be e-mailed to elizabeth.burton@uky.edu or rebecca.despain@uky.edu or hard copies can be brought to the Extension Office for printing.



 Cooperative Extension Service

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with the University of Kentucky Cooperative Extension





Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th
6-7:30pm CDT
7-8:30pm EDT
Register Now!
ukfcs.net/AgS

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  Disabilities accommodated with prior notice.

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For a \$1 donation, you can win this beautiful, still life landscape, 14 x 17 inch framed painting by Delilah Young! This is painting #4 out of 300.

All proceeds will go to Ovarian Cancer Research.

\$1



The painting
will be
awarded on
May 30.

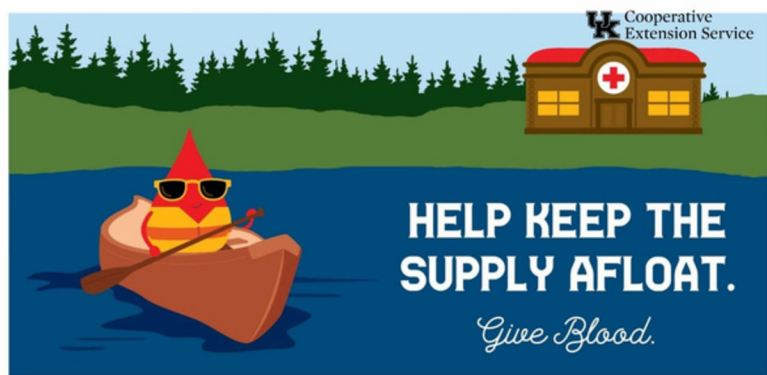
Donations can be made through your favorite Taylor County Homemaker or by visiting the Taylor County Extension Office at 1143 South Columbia Ave, Campbellsville, KY. For more information call (270) 465-4511.

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**HELP KEEP THE
SUPPLY AFLOAT.**

Give Blood.

Taylor County Extension Homemakers Blood Drive



**Thursday, June 26
1:00 PM – 6:00 PM**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

For an appointment, please visit redcrossblood.org,
call 1-800-RED CROSS (1-800-733-2767),
or call the Taylor County Extension Office at (270) 465-4511.



**American
Red Cross**

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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Taylor County *Plant Sale*



Kentucky Extension
Master Gardener

**Saturday, May 10
8:00 a.m. - 2:00 p.m.**



270-465-4511

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY



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TAYLOR COUNTY 4-H COUNCIL



CARWASH FUNDRAISER



**\$30 CARWASH FOR
ONLY \$10**



**TICKETS CAN BE PURCHASED AT THE
TAYLOR COUNTY EXTENSION OFFICE**

Lake Cumberland Area Canning Camp



THREE DAY FOOD PRESERVATION WORKSHOP ON WATER
BATH AND PRESSURE CANNING IN A HANDS-ON
ENVIRONMENT. REGISTRATION FEE WILL BE \$15 WHICH
INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING".
SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 9TH.

JUNE 16-18, 2025

11 AM - 2 PM EST

**HOSTED AT GREEN COUNTY
EXTENSION OFFICE**

**298 HAPPYVILLE RD GREENSBURG
KY 42743**

**RSVP AT GREEN COUNTY EXTENSION
OFFICE BY CALLING 270-932-5311**

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May 2025

CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
		Low Impact Fitness will continue to meet weekly on Thursdays at 1:30 PM		1 Homemaker Council Meeting 10:00 AM	2	3
4	5	6 Taylormade Quilters FIELD TRIP ****Kentucky Extension Homemakers Association**** State Meeting	7 Casserole Carrier 10:00 AM	8 Embroidery 5:00 PM	9 Indoor Air Quality 10:00 AM	10 Taylor County Master Gardener Plant Sale
11	12	13 Quilting for Beginners 10:00 AM DASH Eating Plan 5:30 PM	14 Organizing & Decluttering 1:00 PM	15	16	17 Passport Trip to the KY Sheep & Fiber Festival Barn Quilts Class Full
18	19 DASH Eating Plan 11:00 AM	20 Quilting for Beginners 10:00 AM Blankets of Love 1:00 PM	21	22 Leader Lesson Air Fryer 101 10:00 AM	23	24
25	26  Extension Office Closed	27 Quilting for Beginners 10:00 AM MIND Diet 11:00 AM	28 Lunch & Learn 11:00 AM	29 Alpha Gal Webinar 7:00 PM	30	31 Cross Stitch Retreat 10:00 AM - 2:00 PM

Bunco Club No longer meeting at this time.	Circle of Friends 2nd Tuesday 6:30 p.m.	Cross Stitch Retreat Last Saturday 10:00 a.m.	Harmony 2nd Tuesday 12:30 p.m.	Mannsville 2nd Thursday 6:00 p.m.	Mastering Skills 2nd Monday 12:30 p.m.
Modern Day 2nd Monday 6:00 p.m.	Quilts of Freedom 4th Wednesday 10:00 a.m.	Saloma Road 2nd Thursday 10:00 a.m.	Sidetracked 2nd Tuesday 6:00 p.m.	Taylor Made Quilters 1st Tuesday 9:00 a.m.	

ADULT HEALTH BULLETIN



MAY 2025

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

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

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Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

→ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Blue Cheese Potato Salad

3 pounds new potatoes, sliced
1 teaspoon salt
½ cup sliced green onions
1 8-ounce container plain Greek yogurt

½ teaspoon freshly ground pepper
½ cup light blue cheese dressing
½ cup crumbled blue cheese

Place potatoes and salt in a large saucepan and bring to a boil. **Reduce** heat and simmer 7-12 minutes, until potatoes are tender. **Drain** and **cool**. In a large bowl, **stir** together the green onions, yogurt, pepper, blue cheese dressing and blue cheese crumbles. **Add** potatoes and gently

stir to coat. **Chill** for several hours and **serve**.

Yield: 8, ½ cup servings

Nutritional Analysis: 220 calories, 5 g fat, 2.5 g saturated fat, 20 mg cholesterol, 550 mg sodium, 33 g carbohydrate, 4 g fiber, 3 g sugars, 10 g protein.

