

Taylor County FCS
Extension Newsletter
May 2023

Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
(270) 465-4511
Fax: (270) 789-2455

Warning Signs of Mental Health Issues

It is difficult to notice the signs of a mental health issue in a person. There is no easy checklist that can tell you that someone has a mental illness. Each illness and each person have their own unique symptoms. However, The National Alliance on Mental Illness provides some good information about frequent signs of mental illness in adults and teens. These can at least help you start a conversation if you see them in a loved one or yourself.

- Excessive or unwarranted worrying or fear
- Feeling extremely sad or down in the dumps
- Difficulty with concentrating or learning new things
- Intense mood changes, including highs and lows
- Persistent feelings of being irritable or angry
- Avoidance of friends or social activities
- Trouble understanding or relating to others
- Changes in sleeping habits, including too much or too little sleep
- Feeling tired or having low energy all the time
- Changes in eating habits, including increased appetite or lack of appetite
- Experiencing delusions or hallucinations
- Inability to realize there are changes in yourself, such as your own emotions, behavior, or personality
- Abusing substances such as alcohol or drugs
- Experiencing constant headaches or stomach aches or other physical issues with no obvious causes
- Being unable to carry out your typical daily activities or cope with daily stresses
- Confused or scattered thinking
- Thinking about suicide
- Extreme fear of changes in appearance, such as weight gain



(Continued on Page 2)

Mental Health (Continued) 2

Officer Nominations 2

Blood Drive Save the Date 2

Book of the Month 3

Workshop Opportunities 3-4

Quilts Needed 4

Talent Bank 5

Dijon Chicken Asparagus Roll Ups Recipe

Health Bulletin Insert

Patricia Z. Handberg

Sincerely,

**Taylor County Contact
Agent for FCS**



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Some mental health issues can start developing during childhood. Younger children may not yet be able to talk about their thoughts and feelings. As a result, behavioral symptoms are the most common symptoms we may see. Symptoms in children may include the following:

- Changes in school performance or attendance
- Hyperactive behavior
- Repeated nightmares
- Acting disobediently or aggressively
- Recurrent temper tantrums
- Excessive worry or anxiety

It is important to know your own warning signs. When you realize there are changes going on within yourself, you can be more aware of whether you should speak to a professional. The first and hardest step for many people is getting an exact diagnosis. After diagnosis, a professional can help develop an individual treatment plan that best suits you. Treatment plans might include medication, therapy, or other lifestyle changes. It is OK to share your own goals and opinions. Treatments for mental illness can vary greatly by both diagnosis and by individual. No treatment plan is "one size fits all."

It is important to reach out if you or someone you love is in need of help. Spend a little time to learn all you can about mental health. This little bit of time can go a very long way in helping others. Some places you can go for more resources include your health insurance company, your doctors, or local or state mental health centers. You can also contact the National Alliance on Mental Illness Help Line. They can help you learn about services and supports that may be available right in your community. If you or someone you know needs help now, do not hesitate. You can call the National Suicide Prevention Lifeline at 1-800-273-8255* or you can call 911 immediately.

Reference: National Alliance on Mental Illness (2019). Know the Warning Signs. Retrieved October 2019 from <https://www.nami.org/Learn-More/Know-the-Warning-Signs>.
Source: Dr. Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky College of Agriculture, Food and Environment

If you or someone
you know needs
support now,
call or text
988 or chat
988lifeline.org



UPCOMING EVENTS

Homemaker Council Meeting - May 8, 10:00 AM

Scholarship Committee Meeting - May 15, 10:00 AM

Leader Lesson Training (Healthy Outdoor Cooking) -
May 25, 10:00 AM

Quilters Group - next meeting is May 2 from 9:00 Am - 4:00 PM

Homemaker Club Meetings:

Circle of Friends - May 9, 6:30 PM, St. Mark Methodist Church

Harmony - May 9, 12:30 PM

Mannsville - May 18, 6:00 PM

Mastering Skills - May 8, 12:30 PM

Modern Day - May 8, 6:00 PM

Saloma Road - May 11, 10:00 AM



Seeking Officer Nominations for the Taylor County Extension Homemakers

If you would like to nominate someone, are interested in serving, or need more information, please call the Extension Office, 270-465-4511, or text Cyndy Humble at 571-216-3186.

May Book of the Month

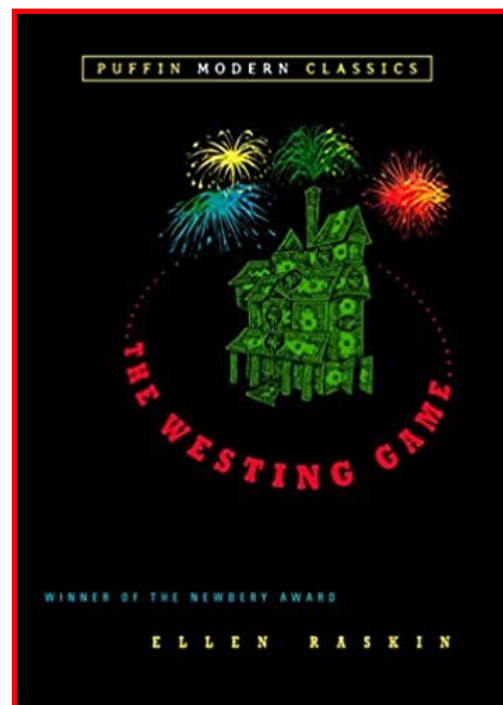
This month's book review comes from "The Old Favorites" of our KEHA 2022-2023 Booklist.

"The Westing Game" by Ellen Raskin (1978)

Samuel Westing is a wealthy businessman who made his fortune in paper products. He was very patriotic and never smoked, drank, nor gambled! He owned a newly built apartment building on the banks of Lake Michigan called Sunset Towers. In the beginning of the book, Sam Westing dies. The 16 tenants of the towers become the heirs of his will! The will is structured like a puzzle and the 16 heirs were challenged to find the solution! In the will, it states that one of the heirs has taken his life. They are put into pairs. The pair that solves the mystery of his death receives and shares the \$200 million dollars and will control his company!

Raskin's clever and humorous book is accessible to young readers, but still enjoyed by adults.

Reviewed by Debbie Wilcoxson, member of Modern Day Homemakers and TC Chairman of Cultural Arts and Heritage.



Summer Painting Workshop

Learn new techniques of painting while creating this cute door hanger to adorn your front door this summer!



**Tuesday, May 16
at 5:30 PM
or
Wednesday, May 17
at 1:00 PM**

Class Fee: \$20

Please purchase class tickets by Friday, May 12 at the Taylor County Extension Office.

Join us as we make more blankets to donate to the Taylor Regional Cancer Center!

No sewing required!

Wednesday, May 24, 2023

1:00 - 3:00 PM

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



HOMEMADE ICE CREAM WORKSHOP

HERE'S THE SCOOP!

TUESDAY,
MAY 23
1:00 PM OR
5:30 PM

PLEASE CALL THE
EXTENSION OFFICE
AT (270) 465-4511
TO RSVP.



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College of Agriculture,
Food and Environment
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Agriculture and Natural Resources
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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Calling All Quilters! WE NEED 100 NEW QUILTS For Our Courageous Kids

Size: Twin Bed
Dimensions: 64" x 86"
Accepting: Homemade or
Store Bought

Drop Off at The Center for Courageous Kids:
1501 Burnley Rd., Scottsville, KY
-OR-
Bring them to the Kentucky Homemaker State
Meeting in Louisville

Any Questions: contact Joanie O'Bryan
jobryan@courageouskids.org
270-618-2900



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JOIN US TO WORK ON YOUR

Unfinished Objects

Bring any project you are working on at home that you need to finish as we join in fellowship and help each other!

TUESDAY, MAY 23
9:00 AM - 4:00 PM

FOR QUESTIONS, AND TO RSVP, PLEASE CALL THE EXTENSION OFFICE AT (270) 465-4511.

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LEXINGTON, KY 40546



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TAYLOR COUNTY EXTENSION HOMEMAKERS
TALENT BANK INFORMATION FORM

The Taylor County Extension Homemakers are always in search of new people with talent and/or leadership skills. If you are interested, please fill out this form and return it to:

Taylor County Extension Office
1143 South Columbia Ave.
Campbellsville, Ky 42718

Date: _____

Name _____ Email address: _____

Mailing Address: _____

Home phone: _____ Cell phone: _____

Club Name: _____

Age (optional): ___ Under 20 ___ 0-30 ___ 30-40 ___ 50-60 ___ 60-70 ___ 80 and above

Racial/Ethnic group (optional): _____

Experience in Homemakers _____ Local _____ Area _____ State

___ I am interested in serving/helping in the homemakers association.

___ I am interested in a leadership role.

I have served in my local club as a _____

I would like to serve in the homemakers as _____

My special gifts/talents are _____



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Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons black pepper	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	½ teaspoon salt	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	16 spears fresh asparagus, trimmed	1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.



ADULT

HEALTH BULLETIN



MAY 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>

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THIS MONTH'S TOPIC:

GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

➔ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

ADULT
HEALTH BULLETIN

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123RF.com

