

April 2025

FCS NEWS & NOTES

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Todd County Family & Consumer Sciences Extension

75(!) Pieces of Life Advice from Adults Older than 50 (who live in Kentucky)- Part 1

We asked people older than 50 for a little life advice – and they delivered! See what our most experienced generation has to say about living life.

This will be broken into multiple parts. Stay tuned for more!

1. Exercise mind, body, soul, imagination, and sense of humor each and every day.
2. Take a coat. Better to have it and not need it than need it and not have it!
3. Remember your grandchildren are watching what you say and do. Be a good example.
4. Never buy cheap house paint.
5. Cultivate friendships. You will definitely lose loved ones and will need support from institutions, church, neighbors, and friends. Loneliness is an epidemic even for young people.



6. Have an anchor in this life – something bigger than you, steadfast, immovable, and a positive force. For me, that is my faith.
7. Go to class reunions.
8. Establish quality friendships, the ones who don't care what you have but love you for you, no matter what.
9. Carry a nightlight when traveling.
10. Deadlines are stressful because other people (teachers, coaches, bosses) impose them. Set your own deadline, a day or two earlier. Then it becomes a game to see if you can finish earlier.
11. Step back. Take a look at life and situations from different viewpoints.
12. When traveling, never pass up a chance to go to the bathroom.

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging



April is Stress Awareness Month

April is stress awareness month. More than 50% of Americans report experiencing stress. Between having to juggle things such as our professional lives and our personal lives, we all deal with so much stress. There are many things, including work, child care, and money issues that can add stress to our lives. Why is stress bad? Stress can lead to poor mental health and can affect our physical health as well and can cause things such as:

- Anxiety and depression
- Headaches
- Gastrointestinal issues
- Trouble sleeping

Is all stress bad? No, not all stress is bad. Examples of "good" stress can be things such as starting a new job, starting a family, or learning something new.

How can I reduce or manage my stress? There are plenty of things you can do to better manage or reduce your stress including:

- Setting routines
- Practicing mindfulness
- Finding new hobbies
- Spending quality time in nature
- Spending quality time with loved ones

So, this stress awareness month, take some time to assess your personal stress and think about ways in which you can reduce your stress.

References:

- <https://www.apa.org/topics/stress/health>
- <https://www.apa.org/topics/stress/body>
- <https://www.psychiatry.org/news-room/news-releases/annual-poll-adults-express-increasing-anxiousness>
- <https://www.vcuhealth.org/news/the-ways-chronic-stress-can-impact-your-body>

O'Connor, D. B., Thayer, J. F., & Vedhara, K. (2021). Stress and health: A review of Psychobiological Processes. *Annual Review of Psychology*, 72(1), 663-688. <https://doi.org/10.1146/annurev-psych-062520-122331>

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

RECIPE

Apple Berry Salsa with Cinnamon Chips

Ingredients:

- 1 medium granny smith apple
- 3/4 cup strawberries
- 1 small orange
- 1/2 can crushed pineapple
- 1/2 tablespoon brown sugar
- 1 tablespoon orange juice
- ***12 (8-inch) fat free tortillas
- ***2 teaspoons cinnamon
- ***1/4 cup sugar
- ***Vegetable cooking spray

Directions:

1. Wash, core, and dice apple, with peel.
2. Wash, hull, and dice strawberries.
3. Wash, peel, and dice orange.
4. Pour pineapples in a bowl along with the apple, strawberries, and orange. Stir gently.
5. In a small separate bowl, mix orange juice and brown sugar with a fork until combined.
6. Pour over fruit and refrigerate while making cinnamon crisps.

***Cinnamon Chips

1. Preheat oven to 350 degrees.
2. Spray each side of tortillas with vegetable spray.
3. Sprinkle with cinnamon and sugar.
4. Cut into 4 wedges.
5. Place on baking sheet. Bake 10 minutes.

Source: Eat Smart to Play Hard : University of Kentucky Cooperative Extension Service, Nutrition Education Program

Salsa: 30 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 8g carbohydrate; 1g fiber; 7g sugar; 0g protein.

Chips: 150 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 320mg sodium; 27g carbohydrate; 0g fiber; 4g sugar; 4g protein.

Sincerely,

Jill B. Harris

Jill B. Harris

Extension Agent for

Family & Consumer Sciences



UPCOMING ACTIVITIES

Upcoming Leader Trainings

Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property will be offered as a Lunch & Learn on **Monday, April 7, 12:00 noon**. Lunch will be provided so please let us know if you are planning to attend. The class will also be offered on Zoom at 10:00 a.m.; if you would like to watch, please contact us for the Zoom information.

Move Your Way Exercise for Everyone will be offered on **Tuesday, April 29, 10:00 a.m.** as an interactive Zoom at the Todd County Extension Office. Come join us and learn how to move your way.

Cooking thru the Calendar

Cooking thru the Calendar Facebook Live will be the first Thursday of each month. The next three will be **April 3, May 1, and June 5, at 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. Watch live or play it back anytime. The 2025 calendars are available at the Todd Co. Extension Office.



Walk Your Way Challenge

If you are participating in the Walk Your Way Challenge, you are invited to participate in an optional "Weekly Walk,*" led by a member of the health coalition, at the Elkton-Todd County Park at 10:00 a.m. on the following dates:

April 1	April 30
April 8	May 5
April 14	May 16
April 24	May 23

**walk canceled if inclement weather*

Everyone who completes the challenge and the post-evaluation will receive a hot/cold pack. The overall winner of the challenge will receive a self-care kit. Everyone who attends a weekly walk will be entered into a drawing for a self-care kit.

You can log your steps weekly OR record the amount of time you've spent in physical activity each day on paper. Each week, you can log steps online at <https://bit.ly/WalkYourWayLog>. If you don't wish to log your steps weekly, simply record them on your paper log and return the paper copy to the Todd County Extension Office by May 30, 2025.

Other Upcoming Events

Todd County Homemakers Council Meeting
– **Tuesday, April 22, 5:00 p.m.**

Deco Mesh Wreath Class – **Saturday, May 3, 10:00 a.m.** (see page 4 for details)

Living with Alpha-Gal Syndrome Webinar –
by UK specialists, **Thursday, May 29, 6:00 p.m.**
(see page 5 for details on how to sign up)

Deco Mesh Wreath

Learn how to make your own Deco Mesh Wreath,
similar to the one pictured (color will vary).

SATURDAY, MAY 3, 2025
10:00 AM TO NOON*

Todd County Extension Office
240 Pond River Road, Elkton, KY 42220

*ending time approximate

Limit 20



Bring scissors,
and snacks/drinks
for yourself

\$45 registration fee due within 5 days of signing up

**For more information call the Extension Office
at 270-265-5659**

An Equal Opportunity Organization

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with 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



Cooperative Extension Service

Agriculture and Natural Resources
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Lexington, KY 40506



Disabilities accommodated with prior notification.

WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service



MARCH 10 - MAY 25, 2025

Reminders... If you would like to connect socially, join us for a “Weekly Walk” at the Elkton-Todd County Park.

Each person completing the challenge and post-evaluation will receive a Hot/Cold pack from the Todd County Health Coalition. The overall winner will receive a Self-Care Kit. Everyone who attends a weekly walk will get their name entered into a drawing for a self-care kit to be given on May 23.

You can log your steps weekly OR record the amount of time you’ve spent in physical activity each day on paper. Each week, you can log steps online at <https://bit.ly/WalkYourWayLog>. If you don’t wish to log your steps weekly, simply record them on your paper log and return the paper copy to your local extension office by May 30, 2025.

*Weekly Walks, 10:00 AM, Elkton-Todd County Park:

April 1	April 30
April 8	May 5
April 14	May 16
April 24	May 23

*walk canceled if inclement weather

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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