



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

# LYON COUNTY HOMEMAKERS

JULY  
 2024



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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences

**Hello Homemakers,**

**It's the season of red, white, and blue, and my mind is racing with all the colorful things we have planned for July. I have red roses blooming to brighten my yard, I bought some new white boots to go with summer dresses, and I have several yummy blueberry recipes saved to try this month. Speaking of, on page 4 you will find my all time favorite blueberry recipe. Make it for your family this month and send me a picture. I will enter your name in a drawing for some cool UK merch. There are several classes coming up that will be great fun. I am starting a new series of using up fabric scraps. Save the date on those so you don't miss great project ideas. Also, make sure to get signed up for County Annual Day. This is the only time each year that all clubs and members at large have a chance to get in the same room to mix and mingle. It is always a grand time and I know this year will be no exception. We will be able to distribute more than 10 quilts to our local veterans again this year. What an awesome project and the recipients are overjoyed. It is a heart warming experience and I sure hope you will join us. Make sure to drink lots of water in these hot July days. I don't plan to get far from the air conditioning.**

**-Angie**

# County Annual Day

Join us on August 6, 2024 at the Lyon County Extension Office for a "Day at the Beach." We will have our yearly business meeting, elect new officers, and after lunch we will present this year's Quilts of Courage to very deserving Veterans in Lyon County.

*Beach themed dress is encouraged.*



**When: August 6, 2024**

**Time: 10:30 AM**

**Where: Lyon County Extension Office**

**Cost to attend: \$12.00**



The last day to sign-up is July 30, 2024. No late payments can be accepted. Lunch will be served to Homemakers and a dessert tea will be shared with veterans. Parking in the Extension Office parking lot will be reserved for veterans. Please park across from Eddyville City Hall, in the gravel next to the food bank, or across from the Senior Center and catch a ride on the golf cart shuttle.

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## Crafting With Christy



*When: August 5, 2024  
Where: Lyon County Extension Office  
Time: 1:00 PM  
Cost: \$10*



*This class will be on card making.*

*Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 170-388-2341.*



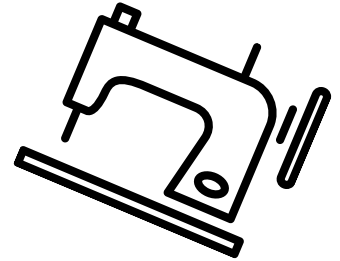
# ICE DYING

Learn a fun technique that can be used on a variety of projects. Bring a plain white cotton t-shirt in your desired size to be used in the class. Class size is limited. Must call 270-388-2341 to register by July 5, 2024.

**When:** July 9, 2024 starting at 10:00 AM and July 10, 2024 starting at 9:00 AM.

**Where:** Lyon County Extension Office

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Agriculture and Natural Resources  
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4-H Youth Development  
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## WATER BATH AND PRESSURE CANNING Food Preservation



July 31, 2024  
10:00 AM to 3:00 PM  
Call to Register

**270-388-2341**

LyonCounty  
Extension Office  
Space is limited

LYON COUNTY FCS EXTENSION PRESENTS

## SCRAP HAPPY SEWING SERIES

JOIN ME EACH MONTH FOR A DIFFERENT WAY TO USE UP THOSE SCRAPS!

10:00 AM -2:00 PM  
Each Month

JULY 18, 2024  
AUGUST 22, 2024  
SEPTEMBER 12, 2024  
OCTOBER 10, 2024  
NOVEMBER 14, 2024

Bring your sewing machine and basic sewing supplies.

SPACE IS LIMITED



Don't forget to pack a lunch!



Book your seat by calling 270-388-2341

## Senior Citizen's Nutrition Class



**JOIN ME JULY 24, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**



The 3rd Annual Quilty Pleasures Quilt retreat is set for September 26th and 27th, 2024 at the Lyon County Extension Office. Mark your calendars and be watching for all the class information.

# JULY IS BLUEBERRY MONTH



## Blueberry Cream Cheese Pound Cake

- |  |  |                                    |
|--|--|------------------------------------|
| <b>1 (8 ounce)</b> package fat free cream cheese   | <b>1 (5 ounce)</b> package instant vanilla pudding mix | <b>2 teaspoons</b> vanilla extract |
| <b>½ cup</b> canola oil                            | <b>2 large</b> egg whites                              | <b>2 cups</b> fresh blueberries    |
| <b>1 (18 ounce)</b> package yellow butter cake mix | <b>2 large</b> eggs                                    |                                    |

- 1. Preheat** oven to 325° F.
- 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
- 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold** in berries.
- 6. Spoon** batter into prepared pan.
- 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
- 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

**Yield:** 16 slices.  
**Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as *bloom*.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Freezing:** Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

### BLUEBERRY

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Nutrition and Food Science students  
 May 2011

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COOPERATIVE  
EXTENSION  
SERVICE



# ADULT

# HEALTH BULLETIN



**JULY 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>

NAME County  
 Extension Office  
 000 Street Road  
 City, KY  
 Zip  
 (000) 000-0000

## THIS MONTH'S TOPIC

# 5 TIPS TO MANAGE ARTHRITIS



**M**ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

**1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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

Lexington, KY 40506



Disabilities accommodated with prior notification.

# Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

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**2. Be active.** It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

**3. Watch your weight.** Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

**4. Protect your joints.** Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

**5. Take an arthritis management class.** Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

**REFERENCE:**

<https://www.cdc.gov/arthritis/about/key-messages.htm>

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**ADULT  
HEALTH BULLETIN**

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