

Hart County Homemaker Newsletter

 University of
Kentucky[®]
College of Agriculture,
Food and Environment

January-
February 2024



Upcoming Events

Homemaker Spa Day January 17

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club

January 10
February 14

Cub Run Club

January 17
February 21

Outreach Too

January 16
February 20

Quilt Club- Sew & Sew

January 25
February 22

Waterloo

January 11
February 8

Hardyville

January 18
February 15

A Note from Sonya

Happy New Year! 2024 is here. How this past year has flown by!

The lesson for January is "Focus on Fun: Pickle Ball" and it is included in this newsletter. If you didn't know, Munfordville has a Pickle Ball court at Thelma Stovall Park. You can check out pickle ball paddles and balls at the Munfordville Welcome Center for a small rental fee.

We have Spa Day coming up on January 17. Look inside the newsletter for details.

In February, our lesson is on Radon. The more knowledge we have the healthier we will be.

We have some pecans for sale. Stop by and pick some up. They are yummy.

Sonya Carter

Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
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with prior notification.

Happy New Year 2024

HAPPENINGS IN JANUARY & FEBRUARY



We still have some
chocolate covered
PECANS and pecan
clusters for sale. Come
and get them while
they last!
\$12 per bag

International Day
Mark your calendar for
International Day on
Thursday, February 15,
2023 at 10AM. Jo Avery
will be speaking about
her trip to Belize. Watch
your email and our
Facebook page for more
details in the future.

February Art Class

On February 9, at 10AM,
Allison Denny, KSU Fine
Arts Agent, will be
returning to Hart County to
complete a Valentine's Day
Art Project with us.
Mark your calendar to come
and have fun!



<https://hart.ca.uky.edu/>

Get healthy with pickleball

What is pickleball?

Pickleball has been the fastest growing sport in America since 2020. It has grown in popularity because most ages, body types, and skill levels can play. It is an easy, affordable, accessible, fun, social, and friendly game that combines badminton, ping-pong, and tennis features. You play with a large paddle and plastic ball on an indoor or outdoor court similar in size to a badminton court with a net, like that in tennis. Beginners can learn quickly, and many become core players. Core players participate in official events eight or more times a year. . Matches are played as singles or doubles and last approximately 15 to 25 minutes. Each match consists of three games, with the winner declared after the best two out of three. The average age of a core pickleball player is 38.1 years old, but pickleball has long been tied to older adults and retirees. The majority of core pickleball players are 55 or older and more than a third are 65 or older. SilverSneakers reports older adults are drawn to pickleball for a variety of reasons:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score. It can evolve into a more fast-paced competitive match for more experienced players.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.
- The game is social and is associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal proficiency.
- There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.



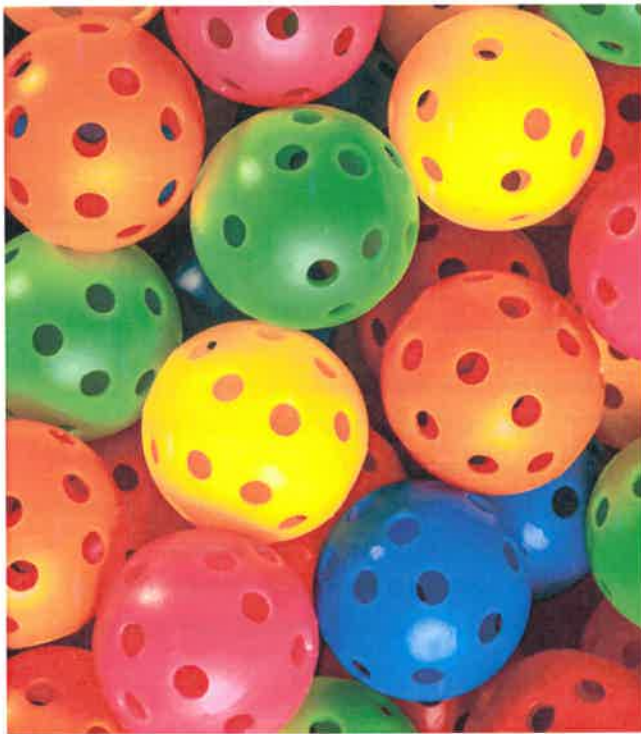
The game attracts active older adults because it is easy to find courts and people with whom to play. You can search for local clubs and courts by zip code through the USA Pickleball Association website: <https://usapickleball.org>. The USA Pickleball Association posts a downloadable rulebook and official rules packet as well as helpful videos that cover game basics and beyond at <https://usapickleball.org/what-is-pickleball/how-to-play>.

The physical, mental, and social benefits of pickleball

Harvard Health and SilverSneakers agree that pickleball can be an ideal sport for older adults because it enhances physical, mental, and social activity.

Physical health

Pickleball makes exercise fun, and people are more likely to enjoy fun activities. An article published in the *International Journal of Research in Exercise Physiology* shows that playing one hour of pickleball



According to USA Pickleball, three dads invented the game in 1965 to help their children fight summer boredom.

three days a week for six weeks can improve blood pressure, cholesterol, and cardiorespiratory fitness. Because pickleball involves moderate exercise, various reports attribute the benefits of pickleball to weight management and weight loss, managing diabetes, improving cardiovascular health and muscle strength, and keeping bones strong. Other research shows that pickleball can improve hand-eye coordination, which can help with daily activities like eating and driving, and improve reflexes and balance, which contributes to independence and fall prevention.

Mental health

Exercise in general can help reduce stress and improve mood. Research shows that exercising the brain can enhance memory and help preserve cognitive function. Pickleball stimulates the mind because it requires quick thinking and strategizing. Other research has found that pickleball reduces depression, increases self-esteem, and enhances a sense of purpose.

Social health

Pickleball brings people together. It encourages people to play casually with family, friends, and neighbors as well as to meet new people who are interested in the sport. When people are social, they are less likely to feel lonely or socially isolated. The fun aspect of pickleball also keeps people coming back. It is a carefree activity that encourages laughter and competition. Playing with others encourages accountability and can contribute to a sense of purpose. For example, the dependence upon showing



up to play against or with someone else. Positive social experiences with pickleball can influence ongoing exercise habits.

Safety concerns: Don't get yourself in a pickle

Because pickleball is fun, social, played on a smaller court, and in senior centers, some perceive it to be a milder, low-impact, low-risk sport. However, it can be physically challenging and like any sport, it does pose several safety and injury concerns. Because the game can evolve into long volleys, quick steps, back-peddling, and lots of starting, stopping, and switching directions at the net, playing can lead to falls and injury. Falls are one of the leading causes of injury and injury-related death among adults aged 65 and older, according to the Centers for Disease Control and Prevention. Older adults who are less physically agile (having impaired balance or difficulty making quick turns) need to be careful while playing pickleball.

The USA Pickleball Association (USAPA) formed in 2005. Today it has more than 53,000 members.

The name pickleball comes from the sport of rowing where the slowest craft is the “pickle boat.” Other accounts report the game is named after co-founder Joel Pritchard’s dog, Pickles. Pickles was known to run off with the ball while the game was still being played!

While research does recommend learning to fall properly to be prepared in case you do fall (rolling with a fall versus extending a hand to break a fall can result in fewer upper extremity issues), all falls involve injury risks including head trauma.

Sports medicine experts report injury to the rotator cuff is a common pickleball complaint. This type of injury can cause pain and weakness in the arm, particularly at the shoulder joint. It can even prevent arm movement. Other injuries connected to pickleball (and other racquet sports) include sprains and strains to muscles, tendons, and joints; broken bones; bruises and cuts; injuries to the knee; aggravation of arthritis; low back pain; plantar fasciitis; distal extremity fractures (forearm, wrist, hand, foot, ankle); and head or facial trauma including eye injuries.

Players should stretch and properly warm up before any activity. USA Pickleball provides a list of exercises to help reduce injuries at <https://usapickleball.org/membersnewsletter/pickleball-fitness-exercises-to-help-reduce-injuries>.

Players should wear protective eyewear, appropriate athletic court shoes, and research options for wrist and ankle braces. Use a proper paddle and grip because gripping a paddle too tightly or volleying with a paddle that is too heavy can cause injury to the elbow.

It is important to take frequent breaks and keep hydrated. It can also be helpful to ice sore spots after a match to help with recovery.

If preexisting conditions and/or concerns are present, consult a health-care professional before playing. Visit a health-care professional if pain worsens with activity, lasts for more than 24 hours, causes changes in gait, or forces modification of other activities.

Conclusion

Pickleball is meant to be fun, social, and active, but, like many sports, it can sometimes be frustrating, especially if you are not catching on like you would like. Remember, a bad attitude is not helpful for you or those around you. By keeping your expectations realistic, you can reduce stress and/or frustration and anger. Remind yourself that like anything new, you need to practice — and have fun!

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Spa Day

with the Homemakers

- Hand Salon
- Facial Salon
- Foot Salon
- Body Salon

Nutritious Refreshments

January 17, 2024

3 pm to 6 pm

Hart County Extension Office

**Relax, unwind and pamper
yourself at
NO COST
with us!**

Bring a Friend

ADULT

HEALTH BULLETIN



JANUARY 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>

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(270) 524-2451

THIS MONTH'S TOPIC:

ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page



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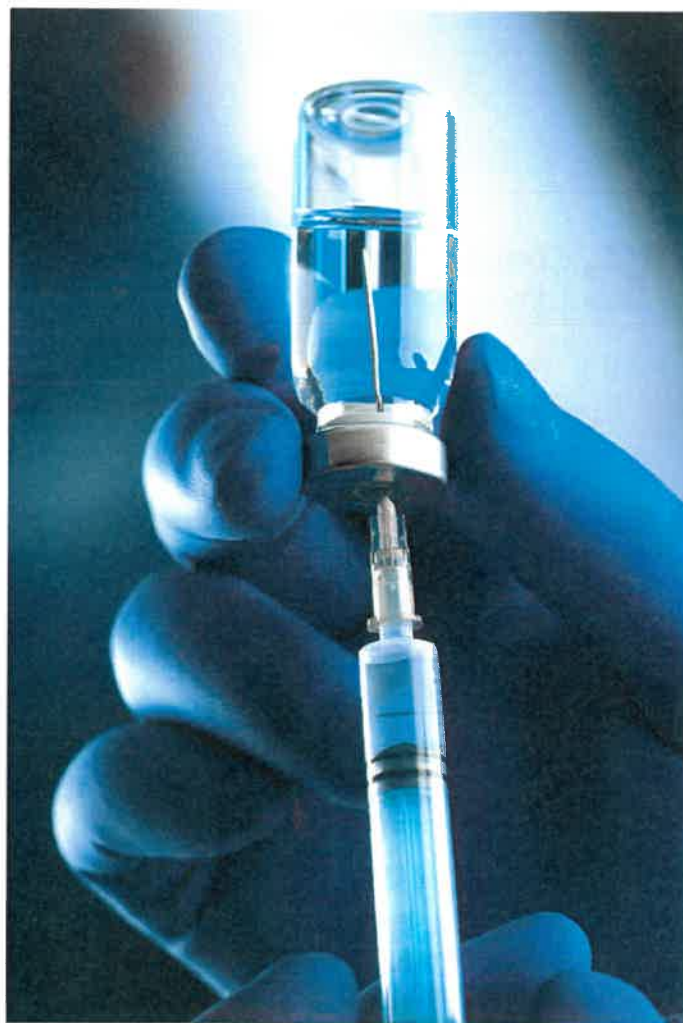


Disabilities accommodated with prior notification.

Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

➔ **Continued from the previous page**

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

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- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

**ADULT
HEALTH BULLETIN**

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Adobe Stock



JANUARY / FEBRUARY 2024

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Make resolutions stick: Focus on family

This is the year to add to the health of your family. Try a few of these ideas:

Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

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SMART TIPS

Muscle strengthening activities and health

Adults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

FOOD FACTS

Proteins

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

PARENT CORNER

Raise healthy eaters in the new year

Ring in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>

RETURN SERVICE REQUESTED

42765-0367
Munfordville, KY
P.O. Box 367
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University of Kentucky
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Gluten Free Peach Blueberry Muffins

1 cup blueberries	1/2 teaspoon salt	Streusel Topping:
1 cup peaches, small dice	1 teaspoon	1/4 cup gluten-free baking flour
3 cups gluten-free baking flour	cinnamon	1/2 cup brown sugar
1/2 cup granulated sugar	1/2 cup butter	1 teaspoon cinnamon
1/2 cup brown sugar	3 eggs	1/2 teaspoon ground nutmeg
1 tablespoon baking powder	1 1/2 cups non-fat milk	2 tablespoons butter

Preheat oven to 400 degrees F. **Grease** the wells of a muffin tin or line with paper liners and **spray** with non-stick spray. **Rinse** blueberries and **drain** well. **Remove** skin from peaches and **dice**. In a large bowl, **mix** together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. **Melt** butter in a microwave safe bowl. In a medium bowl, **whisk** the eggs, milk and melted butter together. **Pour** the wet ingredients into the dry ingredients and use a spoon to **mix** just until incorporated. **Fold** the blueberries and peaches into the batter gently. **Fill** muffin cups 3/4 full.

For the streusel topping: In a medium bowl, **place** gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, **cut in** butter until mixture resembles fine crumbs. **Spoon** streusel topping over the batter evenly. **Bake** muffins 18-20 minutes. Do not overbake. **Remove** muffins from pan to **cool**.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

