

FAMILY & CONSUMER SCIENCES NEWS

AUGUST 2024

A MESSAGE FROM YOUR FCS AGENT:



Fleming County Office

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I hope everyone is having fantastic summer. I've enjoyed monthly programming with Cooking Through the Calendar and Nutrition Lessons at Licking Valley Community Action Center. Take a look inside to see August dates for Cooking Through the Calendar. We're making Peanut Butter Oatmeal Bites! You'll also see the Homemaker Enrollment Form attached for 2024-2025. I thought I would send these out earlier this year to help plan for another fun year within the Fleming County Homemakers!



Katie Fryman

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Disabilities
accommodated
with prior notification.



Homemakers News

August Meetings:

- **August 6th** - Homemaker Council Meeting, 11am @ FCEO
- **August 15th** - Country Neighbors, 6:00pm @ the FCEO
- **August 20th** - Hillsboro Homemakers Meeting, 12:00pm @ Hillsboro Christian Church
- **August 21st** - Neighborhood Kids Summer Trip, Maysville
 - CALL THE OFFICE TO REGISTER
- **August 26th** - Treasures of the Heart, 6:00pm @ the FCEO

UPCOMING!

- **August 10th - 8am-1pm - Donna Fryman Day @ The Fleming County Farmers Market**
- **October 3 - 2024 Fleming County Cultural Arts Day**
 - Entry drop off 9am-12pm
- **May 6-8 2025 KEHA State Meeting, Hyatt Regency Lexington**



UK Cooperative Extension Service

Baby Quilt Making Day

hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriners' Hospital.

Fleming County Extension Homemakers donated Baby Quilts to the Fleming County Sheriff Department on Friday, March 15, 2024.

**TUESDAY
AUGUST 27, 2024**

9:00AM - 4:00PM
FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD. FLEMINGSBURG

KEHA Homemakers
LEARN. LEAD. SERVE.

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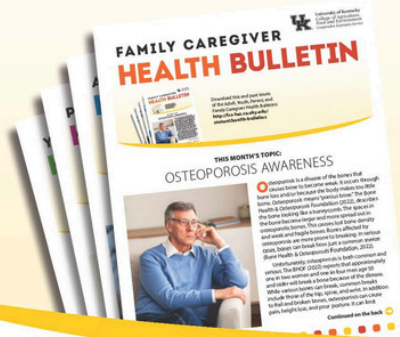
AUGUST

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 FC FARMERS MARKET CUSTOMER APPRECIATION
4	5	6 11AM -HM COUNCIL MEETING @ FCEO	7	8	9	10 FC HOMEMAKERS @ FC FARMERS MARKET
11	12	13	14	15 6PM- COUNTRY NEIGHBORS	16	17
18	19	20 11AM - HILLSBORO COOKING THRU THE CALENDAR 12PM- HM MTG	21 ALL DAY NEIGHBORHOOD KIDS SUMMER TRIP	22 12PM - FCEO COOKING THRU THE CALENDAR	23	24
25	26 6PM- TREASURES OF THE HEART	27 9AM-4PM BABY QUILT DAY	28	29	30	31

FAMILY CAREGIVER

HEALTH BULLETIN



AUGUST 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>

Fleming County Extension Office
1384 Elizaville Road
Flemingsburg, KY 41041
(606) 845-4641

THIS MONTH'S TOPIC

ADULT DAY CARE PROGRAMS OFFER DIVERSE OPPORTUNITIES FOR CAREGIVERS AND OLDER ADULTS



What is Adult Day Care? Adult day care programs serve adults with physical and/or cognitive disabilities who may need additional support and supervision during the day while still living at home. Adult day care programs differ from community or senior centers. Those are typically places where physically and cognitively able older adults take classes, visit with peers, and/or exercise.

Types of service offered

Adult day care centers vary in specific services. Most will provide some form of support, supervision, activities, and a variety of health and social engagement opportunities for older

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The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety.

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adults who live at home, often with a spouse and/or a family caregiver(s). Some adult day programs offer limited health and preventative services. They might offer basic routine health, vision, and hearing checks, a variety of therapies, support groups, and basic supervision for people living with dementia. Programs often provide meals and/or snacks and will help with basic activities of daily living, such as grooming and using the toilet.

Respite for caregivers

Adult day programs are often offered during business hours on weekdays. This gives caregivers a break and/or opportunity to work, study, or take care of other family matters. Some programs offer evening and weekend service. Families who rely on adult day care report feeling good about their loved one's safety, social well-being, and quality of life. The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety. Caregivers from a study at St. Catherine University in Minnesota reported that adult day care reduced their sense of "role overload."

Who qualifies?

Candidates for adult day care might include those who need social and emotional support, are at risk of daytime isolation and/or loneliness, do not have structured hobbies, have dementia or other medical conditions. According to the National Adult Day Services Association, approximately half of adult day care participants live with cognitive impairment. AARP reports that people who attend adult day care have better quality of life.

Benefits

Adult day care helps keep people engaged and cognitively stimulated. In addition to enhancing social and mental activity, programs also contribute to a sense of purpose and overall quality of life. According to a study in *Aging and Mental Health* (2021), both caregivers and participants living with dementia slept better on

nights before attending adult day care. Research also supports that adult day care positively impacts mood, health, and caregiver relationships.

Where to find adult day care

The National Center for Health Statistics reports that half of adult day care centers are nonprofit. Nonprofit operators may include the government, universities, national groups like the Alzheimer's Association, religious organizations, and Native American tribes. Services and certification are regulated by and vary from state to state.

Cost

Prices vary depending upon location, participant need, range of service, type of care, and insurance benefits. In general, SeniorLiving.org reports that adult day care costs approximately \$85 a day. The 2024 median monthly adult day health care (44 hours per week) estimate for Kentucky is \$1,852. Due to affordability, many families pay by the hour versus paying an all-day fee. Check your insurance coverage to see if services cover adult day care costs. Some families will pay privately. Keep in mind that many adult day care costs are tax deductible. Consult a financial advisor or tax professional to go over the most beneficial claim.

Call your Area Agency on Aging, local Senior Center, or the Kentucky Department for Aging and Independent Living (DAIL) to find an adult day care program near you.

REFERENCES:

- Caring.com. What is Adult Day Care? Retrieved June 10, 2024 from <https://www.caring.com/senior-living/adult-day-care>
- Goldy-Brown, S., & Clem, M. (2024). Adult Day Care Costs 2024. Retrieved June 10, 2024 from <https://www.seniorliving.org/adult-day-care/costs>
- Kiger, P. (2012). AARP. Adult Day Care: What Family Caregivers Need to Know. Retrieved June 10, 2024 from <https://www.aarp.org/caregiving/home-care/info-2017/adult-day-care.html>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





2024 – 2025 Enrollment Form

Fleming County Extension Homemakers

Dues paid by November 1st, 2024

Yearly Dues: \$10.00

Please make checks out to: **Fleming County Homemakers**

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: _____ Address: _____

or Mailbox Member _____

Email: _____

Sex: Female Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): White Black Hispanic Asian Other

Age Group (Check One) _____ Enrollment Type:

15-19 20-24 Yearly Renewal New Member

25-34 35-44 Number of Years in Club Membership: _____

45-54 55-64

65-74 75+

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

The Kentucky Cooperative Services is required by federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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Lexington, KY 40506



Disabilities accommodated with prior notification.

COOKING THROUGH THE
Calendar

**AUGUST 20TH, 11:00AM-12:00PM @
HILLSBORO CHRISTIAN CHURCH**

**AUGUST 22ND, 12:00PM-1:00PM -
FLEMING COUNTY EXTENSION
OFFICE**

**For more information on how you can attend
these FREE cooking classes, please contact
your local Cooperative Extension office:**

Fleming County Extension Office
1384 Elizaville Ave
Flemingsburg, KY 41041
(606) 845-4641



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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Blackberry Peach Crumble

2 cups fresh blackberries
2 cups peeled and sliced fresh peaches
or 1 (16 ounce) bag frozen peach slices,
thawed
1 teaspoon grated lemon peel
2 tablespoons cornstarch
1/3 cup, plus **1/2 cup** packed brown sugar

1/2 cup all-purpose flour
1/2 cup chopped blanched almonds,
(optional)
1/4 teaspoon salt
6 tablespoons butter, cut into pieces

Combine blackberries, peaches, lemon peel, cornstarch and $\frac{1}{3}$ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining $\frac{1}{2}$ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, $\frac{1}{2}$ cup servings

Nutritional Analysis: 270 calories,
14 g fat, 25 mg cholesterol, 135 mg sodium,
35 g carbohydrate, 2 g protein, 3 g fiber.
Without almonds: 220 calories, 9 g fat,
25 mg cholesterol, 135 mg sodium, 35 g
carbohydrate, 2 g protein, 3 g fiber.