

FAMILY & CONSUMER SCIENCES NEWSLETTER JULY 2025

A MESSAGE FROM YOUR FCS AGENT:



Hello All,

July is here and full of exciting things! Just a quick reminder to turn in your VSU hours to the Extension Office no later than July 11th. Also, the Fair is coming up soon. If you would like to enter an item this year, please call the Fleming County Extension Office so we can help you set up your fair entry account online.

There are several great programs happening this month, and I'm looking forward to them. I hope you're having a fantastic summer and doing your best to stay cool!

Warm wishes,
Katie

In this issue:

- Homemaker News pg. 2
- Health Bulletin pg. 3 & 4
- Cooking Through the Calendar pg. 5
- Adventure Day Camp pg. 6
- July Calendar pg. 7
- Recipe pg. 8

Fleming County Office

P.O. Box 192(1384 Elizaville Rd.)

Flemingsburg, KY 41041-0192

Phone: (606) 845-4641

Fax: (606) 845-6311

Email: fleming.ext@uky.edu

Website: <https://fleming.ca.uky.edu/>



Katie Fryman



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Homemakers News



LEARN. LEAD. SERVE.

July Club Meetings:

- July 15th - Hillsboro Homemakers, 12pm, @ Hillsboro Christian Church
- July 17th - Country Neighbors, 6pm, @ Fleming Ext. Office
- July 28th - Treasures of the Heart, 6pm, @ Fleming Ext. Office
- No meeting June or July for Neighborhood Kids, Violet Barbee is the contact for this club.
- *Please note you may use the Health Bulletin Self Pampering Publication at your meetings (Page 3&4)

Other Events in July:

- July 28th - Baby Quilt Making Day, 9am-4pm @ Fleming Ext. Office
- July 8th - Yarn Club

IMPORTANT!

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VSU Hours are due to the Fleming County Extension Office no later than July 11th!

UPCOMING EVENTS!

August 5 - Neighborhood Kids Club Field Trip

August 9 - Donna Fryman Customer Appreciation Day/

Homemaker Soup Bean Fundraiser @ Fleming County Farmers Market

August 26 - 10:00am-12:00pm - Leader Lessons @ Montgomery CES

September 18, 2025 Cultural Arts Day, FCEO

Entries 9am-12pm; Judging 1pm-2pm

October 2025 - KEHA Week

November 1 - Homemaker Annual Dues Deadline

December 4 - Homemaker Christmas Meeting

December 6 - Homemaker Christmas Bazaar

May 12-14 - 2026 KEHA State Meeting, Hyatt Regency, Lexington, KY



FAMILY CAREGIVER HEALTH BULLETIN



FEBRUARY 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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

THIS MONTH'S TOPIC:

RESOLVE TO SELF-CARE AND SELF-PAMPER



Self-care includes keeping your physical, mental, and spiritual self healthy. According to Dr. Mathew Glowiak from the University of Southern New Hampshire, self-care can “clinically reduce and even eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, and improve energy.” Glowiak also emphasizes that physically, proper self-care reduces cardiovascular disease, stroke, and cancer; and spiritually, it can help people discover purpose or meaning in life.

While many know to make self-care a priority, it is often pushed aside when faced with life’s challenges such as COVID-19, busy schedules (jobs, school, caregiving), poor health, financial crisis, various losses, etc.

Ignoring self-care can lead to distress. According to the CDC, common signs of distress include “feeling fear, anger, sadness, worry, numbness, or frustration; changes in appetite, energy, and activity levels; difficulty concentrating and making decisions; difficulty sleeping

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LEXINGTON, KY 40546



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When you take time to spend time on yourself, you ultimately benefit everyone around you.

Continued from page 1

or nightmares; physical reactions, such as headaches, body pains, stomach problems, and skin rashes; worsening of chronic health problems; and increased use of alcohol, tobacco, or other drugs.” Burnout can also lead to depression, anxiety, resentment, and many other negative consequences (Glowiak, 2020). If such negative experiences, behaviors, and feelings persist and/or prevent your ability to carry out daily responsibilities, it is important that you call a health-care provider and seek professional services (CDC).

Many self-care plans focus on various domains of wellness that strengthen, develop, and nourish who we are at our core so that we do not fall prey to distress and burnout. For example, Glowiak highlights the Substance Abuse and Mental Health Services Administration’s (SAMHSA) eight dimensions of wellness that make us whole: (1) emotional; (2) environmental; (3) financial; (4) intellectual; (5) occupational; (6) physical; (7) social; and (8) spiritual. When we keep these dimensions in balance, we reach higher levels of wellness for the long-term.

Drs. Bernecker and Becker have found that the practice of self-care and self-pampering can complement each other. While self-care focuses on prevention and health maintenance over time; self-pampering is something we engage in for temporary pleasure. In terms of a car, the engine can represent self-care — it may not be visible, but the car will not run smoothly without keeping it in good shape. The exterior of the car represents pampering — washing and polishing it makes it shiny, at least temporarily (Howard, 2020).

When used in moderation, pampering yourself in healthy ways can be a form of self-care that we should not feel guilty about. According to some researchers, taking a timeout to enjoy a simple pleasure leads to a higher sense of well-being (Bernecker and Becker, 2020). This is because temporary pleasures, even when unassociated with long-term/ongoing self-care goals, can make you feel great and provide a recharge.

Self-care, including self-pampering, can provide the necessary reset that allows you to get back to a healthy point where you can maximize

daily productivity and your part in relationships. When you take time to spend time on yourself, you ultimately benefit everyone around you.

Self-pampering activities might include:

- Soak in a hot bath
- Sleep in or take a nap
- Go to a spa or create a spa day at home (dim the lights, play relaxing music, give yourself a foot massage)
- Unplug from technology
- Watch a movie in your pajamas
- Eat ice cream out of the container
- Buy something for yourself
- Explore your surroundings: take walks and tours within your own city and surrounding communities
- Play music
- Connect with nature: walk, pick fresh flowers, feel the wind, smell the smells
- Meditate
- Order a sweet treat and don’t feel guilty about it
- Take an afternoon off and do nothing
- Sign up for a class you always wanted to take
- Look in the mirror and compliment yourself
- Buy new sheets for your bed
- Declutter a closet

REFERENCES:

- Bernecker, K., & Becker, D. (2020). Beyond Self-Control: Mechanisms of Hedonic Goal Pursuit and Its Relevance for Well-Being. *Personality and Social Psychology Bulletin*, 47(4), 627-642. Retrieved October 21, 2021 from <https://journals.sagepub.com/doi/10.1177/0146167220941998>
- CDC. (2021). Taking care of emotional health. Retrieved October 21, 2021 from <https://emergency.cdc.gov/coping/selfcare.asp>
- Glowiak, M. Clinical Faculty in the Counseling Program at Southern New Hampshire University. (2020). What is self-care and why is it important for you? Retrieved October 21, 2021 from <https://www.snhu.edu/about-us/newsroom/health/what-is-self-care>
- Howard, D. (2020). Self-care or self-pampering—what’s the difference? Retrieved October 21, 2020 from <https://www.enselearning.com/blog/2020/6/15/self-care-self-compassion-self-pampering-or-selfish-whats-the-difference>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic, Ph.D.
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com



Cooking Through the Calendar

JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED MEALS, SMART GROCERY
SHOPPING, AND FOOD SAFETY!

JULY 15TH, 2025

HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

JULY RECIPE: CHICKEN BURGERS



606-845-4641 or katie.fryman@uky.edu

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Lexington, KY 40506



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ADVENTURE DAY CAMP ACTIVITIES

July
22-24

Age
8-12
years

JULY 22ND

- COVERED
BRIDGE
EXPLORERS
DAY – TOUR,
PLAY & LEARN!

JULY 23RD

- CAMP CREATE!
ARTS AND CRAFTS
DAY AT THE
FLEMING COUNTY
EXTENSION OFFICE!

JULY 24TH

- COPS &
BOBBERS:
CAST A LINE
WITH A COP!

CAMP RUNS 9 AM-2 PM
DAILY, WITH DIFFERENT
MEETING LOCATIONS ON
SELECT DAYS. A DETAILED
SCHEDULE WILL BE SHARED
CLOSER TO THE DATE!
LUNCH WILL BE PROVIDED!

LIMITED SPOTS AVAILABLE!

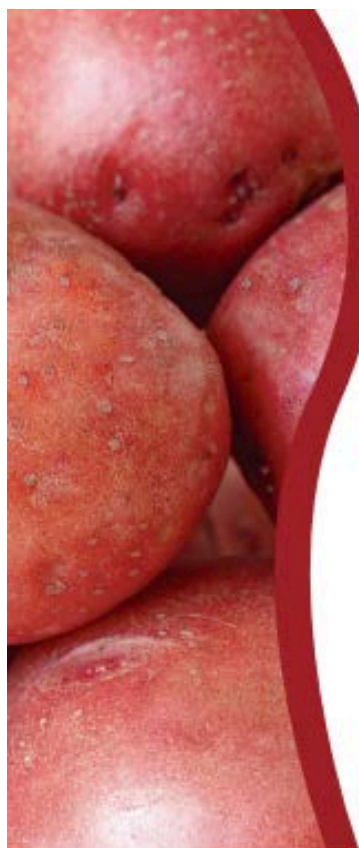
**CALL THE OFFICE
TO REGISTER!
606-845-4641**



JULY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 4 th of July 	5
6	7	8 6PM- YARN CLUB @ FCEO	9 9AM-12PM - OPEN CLASS/ 4-H FAIR ENTRY DROP OFF @ 606 SALES 	10	11 HOMEMAKERS- VSU HOURS ARE DUE! 	12
13	14	15 11AM- CTTC HILLSBORO 12PM- HILLSBORO HOMEMAKERS MEETING	16	17 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	18	19
20	21	22	23	24	25	26
		ADVENTURE DAY CAMP				
27	28 6PM- TREASURES OF THE HEART	29 9AM- 4PM BABY QUILT DAY	30	31 1PM - 3PM NARCAN / HARM REDUCTION TRAINING @ FCEO		



Red Potato Salad

6 medium red potatoes
cut into 1½ inch pieces
4 cups fresh green beans
cut into 1½ inch pieces
1 small red onion,
chopped

1 red bell pepper,
chopped
1 yellow bell pepper,
chopped
1 cup chopped
cherry tomatoes

¼ cup mayonnaise
2 tablespoons red
wine vinegar
2 teaspoons fresh
oregano
Salt and pepper

1. Wash vegetables in
warm water.
2. Boil potatoes until
tender and drain.
3. Boil green beans until
tender crisp and drain.
4. Place the potatoes and
green beans in a bowl.
5. Add chopped red
onions, peppers and
tomatoes.
6. In a small bowl, **mix**
mayonnaise, red wine
vinegar and chopped

oregano.
7. Add to potato mixture
and mix lightly.
8. Season with salt and
pepper. **Mix well. Serve**
cold.

Yield: 16, ½ cup servings

Nutritional Analysis:
140 calories, 1.5 g fat,
0 g saturated fat, 0 mg
cholesterol, 35 mg sodium,
26 g carbohydrate, 6 g
fiber, 3 g sugar, 5 g protein.

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

