

NEWSLETTER



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

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

- June 2-4 Cloverbud Camp
- June 8 Cooking through the Calendar @ Sr. Citizen's Building
- June 12-16 4-H Camp
- June 15 God's Pantry Food Pickup
- June 19 Office Closed- Juneteenth
- June 19 Homemaker Meeting
- June 22 Crafts & Crumbs @ Ext. Office
- June 28 Food Preservation- Water Bath
- June 29 Cloverbud Day Camp-Nature



SEE YA

Around Town

Mount★
Olivet

KITCHEN SAFETY @ RCS

Recognized as the largest rural safety and health education program for children in North America, Progressive Agriculture Safety Day® (PAF Safety Day) provides age-appropriate, hands-on educational lessons primarily designed for children ages 4 to 13 years old.

Since the program's start in 1995, more than 1.9 million individuals have been reached in 45 states, two U.S. territories, and nine Canadian provinces.

Trained PAF Safety Day Coordinators partner within their community, using one of the three delivery modes, to customize their PAF Safety Day selecting from more than 30 safety and health topics with hundreds of activities and demonstrations to meet the needs of the youth in their area.

Robertson County Extension Office presented on food safety and food borne illness prevention. We learned about cross contamination with a hands on activity and each student got to spin the prize wheel after completing a pop quiz on the topic.



Progressive Agriculture
Safety Day® Program



Watermelon Salad



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CRAFTS & CRUMBS

June 22

Robertson County Extension Office

6:00 p.m.

Call to Register

606-724-5796

Limited to 15 Spots

Or Scan Code



\$20.00

Includes all material and instructions.
 Choose door hanger or yard stake style.
 Pre-payment due by June 16



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

COOKING THROUGH THE CALENDAR

**JUNE 8
11 A.M.**

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.





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Food Preservation Classes

WATER BATH CANNING- JUNE 28 @ 5:00 P.M.

- Water Bath Canning Basics
- Completion of beginner friendly water bath canning recipes including salsa and bread and butter pickles
- How to store and put away your canning for long shelf life
- Canning safety using current safety guidelines

PRESSURE CANNING- JULY 6 @ 5:00 P.M.

- What foods need to be pressure canned?
- Pressure canning safety features
- Research to dispel food preservation myths and unsafe practices
- Completion of beginner friendly pressure canning recipes including stewed tomatoes

TOTAL CLASS COST

\$20

Cost includes supplies, canned items from classes and personal copy of Ball Blue Book Guide to Preserving.



Space Is Limited. Call to register. 606-724-5796



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Disabilities
accommodated
with prior notification.





FAMILY CAREGIVER HEALTH BULLETIN



JUNE

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

Robertson County
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Mt. Olivet, KY
41064
(606) 724-5796

THIS MONTH'S TOPIC:

THE POWER OF MUSIC



Music therapy uses music to address physical, emotional, cognitive, and social needs. It can be done with individuals or in groups. Music therapy is appropriate for people of all ages and abilities. People who are healthy or those who struggle with illness can benefit from music. Performed in a variety of settings, including health care and education, music therapists help people who are dealing with illness, grief, anxiety, depression, loneliness, and addiction. Music therapists work with people who have rehabilitative needs after illnesses, accidents, and injuries. They work with people living with chronic conditions such as Alzheimer's and Parkinson's disease. They work with children in hospitals and patients

Continued on the back



Listening to music can boost your mood, decrease fatigue, reduce anxiety, manage pain, and help you process emotions.

➔ Continued from page 1

receiving hospice care. Regardless of individual musical ability, rhythm, or beat, music has the power to affect the mind, body, and soul (Tams, 2020).

According to board certified music therapist, Erin Batkiewicz, from the Wellness Music Therapy Center in Lexington, music therapists use music with intention to help people cope and improve life quality. Therapeutic activities, such as listening to melodies, writing songs, playing instruments, drumming, and guided imagery encourage self-expression and engagement. Music has a lot of other benefits (Batkiewicz, 2022; Heidersheit, 2016):

- **Combats stress.** Music helps control hormones related to stress in the body, such as cortisol. Music helps us combat cognitive overload because it regulates the nervous system and grounds us into the present moment.
- **Reduces anxiety.** When you listen to something calm, music has a physiological effect. It can slow the body's rhythm by decreasing blood pressure, reducing heart rate, and slowing down respiration. Music can help you relax.
- **Influences behavior.** Music can also raise blood pressure and create excitement and endurance. For example, fast music can make you feel more alert and may help you concentrate better. Upbeat music influences positivity and optimism. Slower music can be relaxing and soothing. Music releases neurotransmitters associated with pleasure and well-being. As a result, music can boost self-esteem and improve mood.
- **Serves as a catalyst for expression.** Personal music preferences can provide a distraction for the mind and even trigger various emotions — from sadness and grief to relaxation or elation. As a form of expression, music provides a safe and familiar place for people.
- **Creates connections.** Music can connect you to or remind you of people you care about or love and times in your life you value. Music also connects you to yourself as it can make your soul feel alive and your heart happy. Music can be spiritual.

Simply listening to music provides the brain with a mental workout. It can boost mood, decrease fatigue, reduce anxiety, manage pain, enhance performance, strengthen heart health, and help you process emotions (Stanborough, 2020). But reading, singing, or playing an instrument is like your brain running sprints according to Batkiewicz. Some research even supports that a lifetime of music playing may reduce the risk of cognitive impairment and dementia (Walsh et al., 2021).

The power of music improves physical, mental, and emotional health. It touches a wide range of individuals while also having a powerful way to unite us (think about the National Anthem, hymns at church, love songs during a courtship, baby lullabies). People can access music for free or for a relatively low cost. Music therapists also specialize in expressing versus suppressing emotion through music. The next time you are needing to escape negative cognitive or emotional overload, turn to music.

SOURCES:

Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging; Erin Batkiewicz, MT-BC, MM, Wellness Music Therapy Center

REFERENCES:

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- Tams, L. (2021). The role of music in stress management. Michigan State Extension. Retrieved March 4, 2021 from https://www.canr.msu.edu/news/the_role_of_music_in_stress_management
- Walsh S, Causer R, Brayne C. Does playing a musical instrument reduce the incidence of cognitive impairment and dementia? A systematic review and meta-analysis. *Aging Ment Health*. 2021 Apr;25(4):593-601. doi: 10.1080/13607863.2019.1699019. Epub 2019 Dec 9. PMID: 31814445.

FAMILY CAREGIVER
HEALTH BULLETIN

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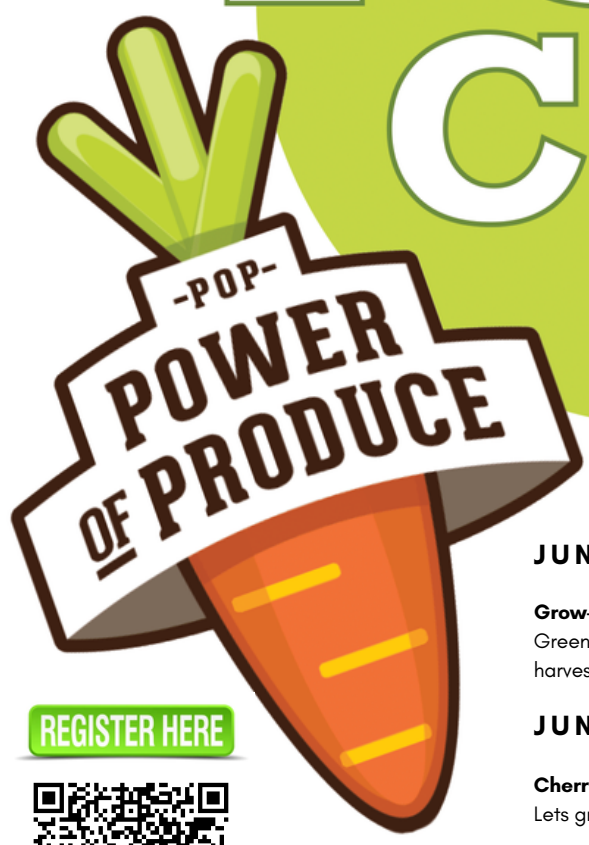




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**FREE SUMMER FUN!!
 CALL TO REGISTER
 606-724-5796**

POP Club!



REGISTER HERE



JUNE 9 - BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Grow- a- Salad

Greens are one of the easiest crops to grow indoors. Grow spinach, lettuce, mustard or kale and you can begin to harvest micro-greens within a month!

JUNE 23- BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Cherry Tomato Planter

Lets grow tomato's all summer long!

JUNE 30- BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Bee House- Importance of Pollinators

Bees make it possible for plants to reproduce and create fruits by spreading pollen from plant to plant.

Any youth who attends a POP session receives:



To be spent on fruits and veggies at the Farmer's Market.

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Blue Cheese Potato Salad

3 pounds new potatoes, sliced

1 teaspoon salt

½ cup sliced green onions

1 8-ounce container plain Greek yogurt

½ teaspoon freshly ground pepper

½ cup light blue cheese dressing

½ cup crumbled blue cheese

Place potatoes and salt in a large saucepan and bring to a boil. **Reduce** heat and simmer 7-12 minutes, until potatoes are tender. **Drain** and **cool**.

In a large bowl, **stir** together the green onions, yogurt, pepper, blue cheese dressing and blue cheese crumbles. **Add** potatoes and gently

stir to coat. **Chill** for several hours and **serve**.

Yield: 8, ½ cup servings

Nutritional Analysis: 220 calories, 5 g fat, 2.5 g saturated fat, 20 mg cholesterol, 550 mg sodium, 33 g carbohydrate, 4 g fiber, 3 g sugars, 10 g protein.

