

# FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your FCS Agent:

Happy May, everyone!

We have a lineup of exciting events this month that you won't want to miss!

**KEHA State Meeting:** Mark your calendars for May 5-8th in Lexington, KY. This year, our very own Northeast Area Homemakers are proudly hosting the event. The theme for this year is Discover KEHA-A Hidden Treasure. A heartfelt thank you to everyone who has dedicated countless hours to making this State Meeting a success!

**Pike County Homemakers Annual Meeting and Cultural Arts Event:** Join us at the Extension office on May 23rd for a day of networking, council meeting, officer elections, and cultural arts.

### Monthly Classes:

- Cooking Through the Calendar: Discover new recipes and cooking tips.
- Laugh and Learn: A kindergarten readiness class packed with fun and educational activities.
- Wits Workout: Keep your mind sharp with engaging brain exercises.

We look forward to a fun-filled May and hope to see you at our events and classes!

Best wishes,



Chelsea Workman  
County Extension Agent  
for Family & Consumer Sciences Education  
[chelsea.workman@uky.edu](mailto:chelsea.workman@uky.edu)



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# Dates to Remember:

**May 5-8: KEHA State Meeting in Lexington KY**

**May 12: Quilt Guild**

**May 13: Laugh and Learn**

**May 20: Cooking Through the Calendar**

**May 21: Wits Workout**

**May 23: Pike County Homemaker Annual Meeting**

**May 26: Extension Office Closed**

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**FCS**



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FCS"





# Announcements:

- The Annual Pike County Homemaker Council Meeting and Cultural Arts will be held on May 23<sup>rd</sup> at 11am at the Pike County Extension Office. Check in for Cultural arts begins at 10am.
- The Pike County Extension Office will be closed on May 26<sup>th</sup> due to Memorial Day Holiday.
- KEHA State meeting van: Please call the office to sign up to ride the van. We will be leaving on the morning of May 5<sup>th</sup>.

## Save the Date:

- KEHA State Meeting May 6-8 (if riding the van we will be leaving on May 5<sup>th</sup>)
- Pike County Homemakers Annual Meeting: May 23<sup>rd</sup>
- Northeast Area Homemaker Annual Meeting: October 18<sup>th</sup>
- Homemaking in the Mountains: October 11<sup>th</sup>

## Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!





# ADULT HEALTH BULLETIN



**MAY 2025**

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)

Pike County  
Extension Office  
148 Trivette Drive  
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## THIS MONTH'S TOPIC

# TICK PROBLEM PREVENTION



**S**pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

## Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➡

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Lexington, KY 40506



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accommodated  
with prior notification.



# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

## → Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
  - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

## Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

## Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

## What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

**For more information** on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** [https://youtu.be/pr2\\_\\_iPdndI?si=z1u72TXK556QQAOL](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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## AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

## CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

### *May is Military Family Appreciation Month*



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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# SPRING CLEANING for Your Mental Health

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:



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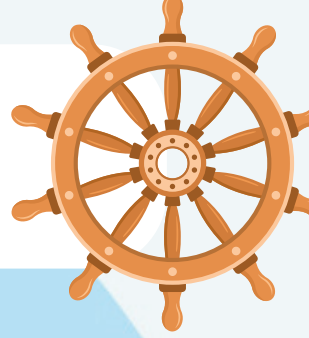
# TIPS

- 1. Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
- 2. Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
- 3. Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
- 4. Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
- 5. Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
- 6. Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
- 7. Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.



## LAUGH AND LEARN



This month's Kindergarten Readiness Class was all about rain! Participants explored this fascinating topic while developing their motor skills, listening skills, and prewriting skills.



## LEADER LESSONS



Pike County Homemaker Members recently gathered at the extension office for an enriching Leader Lesson Day. The event featured engaging sessions on using an air fryer, breaking out of mealtime ruts, and inspiring grandchildren to become "Grandcooks." Representatives from each club attended these informative lessons and are now equipped to share their newfound knowledge with their respective clubs.

## HOMEMAKER COUNCIL MEETING



Pike County Homemakers recently held their international meeting, where members delved into the rich culture and history of Ireland. They also took the opportunity to prepare for upcoming homemaker events.

HIGHLIGHTS



## QUILTERS DAY OUT



Pike County Quilt Guild members recently attended Quilters Day Out in Floyd County. They enjoyed networking, showcasing their work, and gathering inspiration for future projects.



## WITS WORKOUT



Participants in the Wits Workout Class engaged in stimulating brain puzzles that were both challenging and fun, helping them flex their mental muscles.

## COOKING THROUGH THE CALENDAR



This month's Cooking Through the Calendar Class was a delightful culinary adventure! Participants savored delicious cauliflower bites prepared two ways: in the oven and in the air fryer. Additionally, they received an insightful lesson on understanding nutrition fact labels.

HIGHLIGHTS







# Hidden Treasure



C D R V T S V X N K L P B J L Y Y N S V  
H L X J O R S X H K Z C O M P A S S A F  
E Q K P O L E C G E H Y I T Y M K O Q C  
S G C D N N R A Z M V J E I N D V O C Z  
T C I E X S A F S I L Y O C P B T V H D  
R Y C K Z V U O K U B X I B B F E N A C  
U N Q S I U O I G K R D J A M I U K D D  
W K F Q J W U T B O D E G H G T V M V J  
W H G D I D C K O A Q A X W P W C G E K  
U A X D I K J A Q G Q L C U O F U O N I  
I F C N I S D R N O Z U G O B Y R L T A  
S B A T Q H C Z Z A T M E P I O F D U Z  
L O V M I V N O E M J M M S N N F S R B  
A W E C A V Y P V I S M A W T G S E E T  
N S M O B N B L K E H H P P J K E H A Y  
D R C E P R C K O O R I I A P A N A F O  
F T D L P X R H F Q G Z D P S G H C W L  
K V U S M U W J O K E H U D G O A T R A  
T O E T J G W O W R M Y D K E D E B N N  
O K V B G K Q U Z D S L F G A N S B N Q

Adventure

Compass

Anchor

Quest

Cave

Treasure

Island

Chest

Gems

Discover

Hidden

Coins

KEHA

Gold

Ship

Map



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# KEHA State Meeting

Quilt Guild  
@10

Laugh and Learn  
@10

Cooking Through  
the Calendar  
@12

Wits Workout  
@1

Pike County  
Homemakers  
Annual Meeting

Office Closed  
for Memorial  
Day

Diabetes  
Support  
Group  
@Tug  
Valley ARH

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# PIKE COUNTY EXTENSION OFFICE

 Cooperative  
Extension Service

## Laugh & Learn

Come have fun and learn with  
our Kindergarten readiness  
program for children ages 2 to  
5 years old. The theme is  
plants!

All kids must be accompanied  
by an adult.

148 Trivette Drive | Pikeville, Kentucky

May 13th- 10am-12pm

**CALL NOW TO SIGN UP**

**(606)432-2534**

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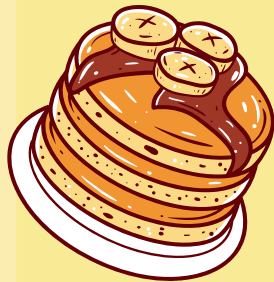
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# Cooking Through the Calendar

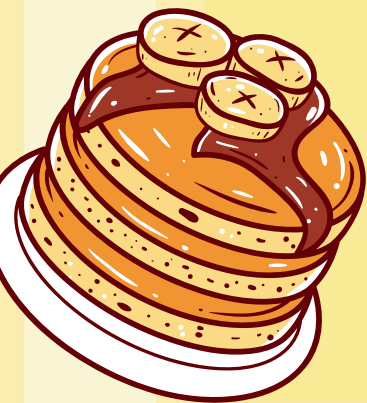


We will be making Banana  
Pancakes!

**Tuesday, May 20th 12pm-1pm**

**Location: Pike County  
Cooperative Extension Office**

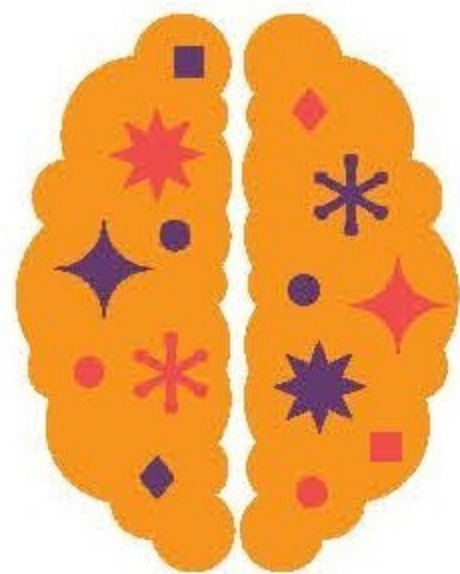
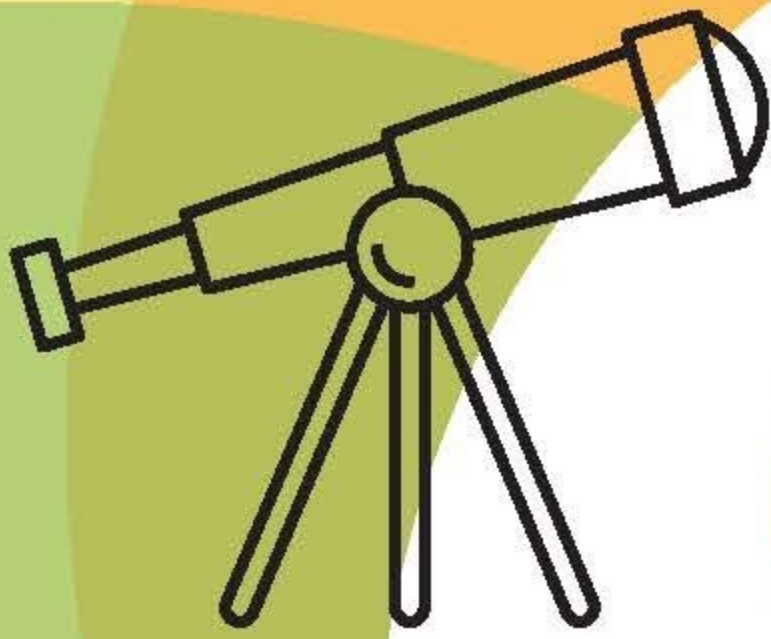
**Call (606)432-2534 to sign up!**







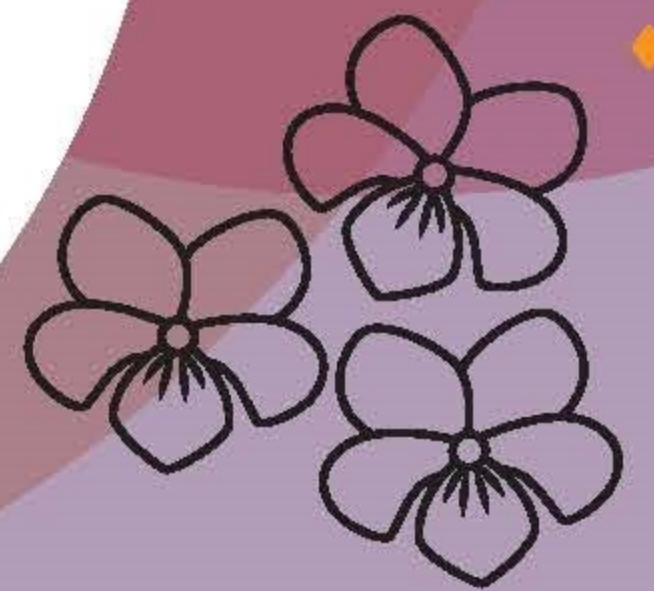
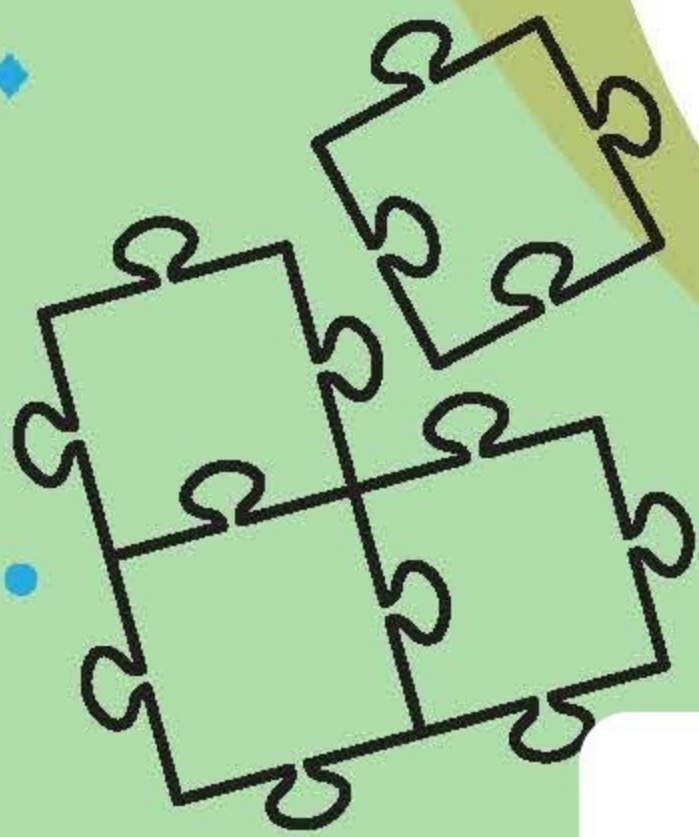
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# WITS WORKOUT



An engaging, interactive,  
and educational  
brain health program



Date: May 21st

Time: 1pm

Location: Pike County Cooperative  
Extension Office

Registration: Call 606-432-2534 to  
register

Come put your mind to the test by  
completing fun brain teasers that  
everyone is sure to enjoy!

**I**  
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Extension

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# DIABETES

# Connection

# 2025



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## MAY 29

TWO CONVENIENT  
LOCATIONS

### Footcare for Summer

10AM Johnson County UK Extension Office  
at 826 FM Stafford Drive in Paintsville

2PM Tug Valley ARH Admin Conference Room  
at 260 Hospital Road in South Williamson

*Join us at 10am via Zoom  
from anywhere!*



[zoom.us/my/arhdiabetessupport](https://zoom.us/j/9123456789)

FOR MORE INFO:



**606.789.3511**  
ext. 1229



[diabetesarh1@arh.org](mailto:diabetesarh1@arh.org)

## UNDERSTANDING DIABETES TOGETHER!

**Family members and caregivers encouraged to attend!**





## Blueberry French Toast Bake

<b>¼ cup</b> whole wheat flour	<b>3 eggs</b>	<b>1 cup</b> fresh blueberries
<b>¼ cup</b> all-purpose flour	<b>6 egg whites</b>	<b>½ cup</b> chopped almonds
<b>1½ cups</b> skim milk	<b>1 loaf</b> (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
<b>1 tablespoon</b> sugar	<b>3 ounces</b> fat free cream cheese, cut into ½ inch cubes	
<b>½ teaspoon</b> vanilla		
<b>¼ teaspoon</b> salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

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

**PRESERVING:** To freeze: 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.

### KENTUCKY BLUEBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

**March 2015**

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