



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

LYON COUNTY HOMEMAKERS

JUNE
 2024

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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences



Hello Homemakers,

Is anyone else singing “rain rain go away”? So far June has been full of wet weather and storm clean-up. I hope all of you were safe and sound during the recent tornados. I am sure we are in for beautiful lake days ahead. Do you have plans for travels and visitors or maybe you would be happy with a few days at home. Either way, enjoy the lazy summer days ahead. Did you know that June 10th is National Herbs and Spices day? We have had many lessons recently on incorporating herbs and spices in your recipes. This month, send me a picture of one of your favorite dishes you have “spiced up,” and tell me what you added to give it pizazz. I will enter your name in for some fun incentives. Feel free to text or e-mail your pictures. Lastly, I am still on a mission to try and use the rest of my vacation before I lose it on June 30. I still have about two weeks left. I am in and out of the office and trying to periodically check my e-mail while I am off, so please reach out if you need anything!

-Angie



Senior Citizen's Nutrition Class



JOIN ME JUNE 26, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

Crafting With Christy



When: July 1, 2024
Where: Lyon County Extension Office
Time: 1:00 PM
Cost: \$10



Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

SAVE THE DATE:

Please mark your calendars for Lyon County Homemakers County Annual Day to be held on August 6, 2024. Details will be sent in the July newsletter.



Cicadas: The good, the bad, and the yummy

Join agents Jay Stone and Angie York to learn information about the lifecycle and "out of the box" uses for Cicadas.

DATE: JUNE 24, 2024
TIME: 6:00 PM
PLACE: LYON COUNTY EXTENSION OFFICE

***BRING AN OPEN MIND AND AN EMPTY STOMACH**

More information
+270-388-2341

Must register to attend. Last day to sign up is 06/21/2024

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



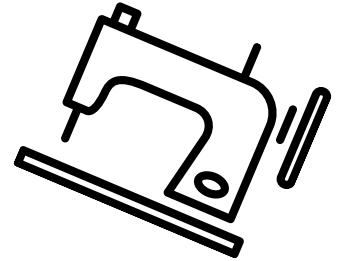
ICE DYING

Learn a fun technique that can be used on a variety of projects. Bring a plain white cotton t-shirt in your desired size to be used in the class. Class size is limited. Must call 270-388-2341 to register by July 5, 2024.

When: July 9, 2024 starting at 10:00 AM and July 10, 2024 starting at 9:00 AM.

Where: Lyon County Extension Office

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agriculture and natural resources
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4-H Youth Development
Community and Economic Development



LYON COUNTY FCS EXTENSION PRESENTS

SCRAP HAPPY SEWING SERIES

JOIN ME EACH MONTH FOR A DIFFERENT WAY TO USE UP THOSE SCRAPS!

10:00 AM - 2:00 PM
Each Month

JULY 18, 2024
AUGUST 22, 2024
SEPTEMBER 12, 2024
OCTOBER 10, 2024
NOVEMBER 14, 2024

Bring your sewing machine and basic sewing supplies.

SPACE IS LIMITED

Don't forget to pack a lunch!

Book your seat by calling 270-388-2341

WATER BATH AND PRESSURE CANNING Food Preservation



July 31, 2024
10:00 AM to 3:00 PM
Call to Register

270-388-2341

Lyon County Extension Office
Space is limited



American Red Cross

Victoria Huffines
Volunteer Recruitment Specialist
Kentucky Region

Cell (270) 784-2199

victoria.huffines@redcross.org
www.redcross.org



Volunteers are needed for the Red Cross in our area. If you are interested in helping, please contact Victoria at the number above.

ADULT

HEALTH BULLETIN



JUNE 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>

Lyon County Extension Office
231 Main Street
Eddyville, KY 42038
(270)-388-2341

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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 Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

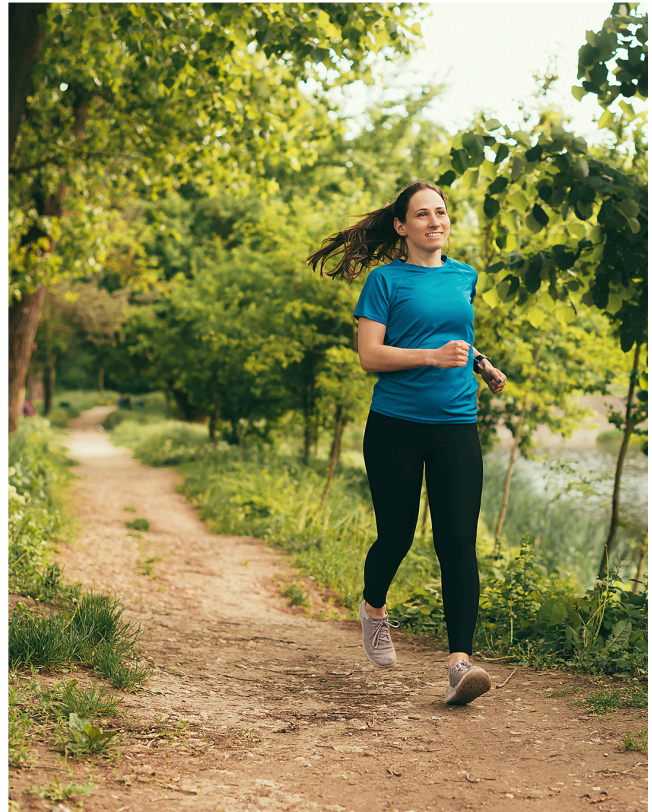
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

ADULT
HEALTH BULLETIN

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