

Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES

75 CORNWALL DRIVE
MADISONVILLE, KY
42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



IT'S DERBY TIME!

May is one of my favorite months out of the year! One reason I enjoy the month of May is the opportunity to get outside in the sunshine and be more active. There are a lot of ways to be more active in the spring and summer. You can take a walk at one of the local parks, work in your yard, or take a little one in your family to one of the great playgrounds around the county. Physical Activity is a great way to get your heart pumping which will improve your overall attitude and wellness. Be sure to check out the article in this month's newsletter to learn more about the benefits of being physically active.

If you are not already on the Family and Consumer Sciences email list and would like to be added please let us know! Also, be sure to follow Hopkins County FCS Extension on Facebook to keep up with upcoming events and programs.

Best wishes,
Amanda Dame

What's in this issue:

Regular Physical Activity Can
Improve Your Mental Health

Upcoming Classes

Homemaker Happenings

May Activities

Upcoming Dates

Homemaker Group Dates

Money Wise

Financial Recovery

Following a Natural Disaster

Health Bulletin

Make Sleep a Priority



Following us online is an
easy way to keep up with
Hopkins County Extension
Family and Consumer Science



Amanda Dame

AMANDA DAME

County Extension Agent for
Family and Consumer Sciences





REGULAR PHYSICAL ACTIVITY CAN IMPROVE YOUR MENTAL HEALTH

Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

Physical activity promotes positive changes in your brain including neural growth, reduced inflammation and new activity patterns that promote calmness and improved well-being. During exercise, the brain releases endorphins, which are chemicals that can help improve your mood and raise your spirits. Physical activity can also give you a break from your daily worries, as it allows you to focus on something else.

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size.

Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep and improved cognitive function.

Improved cognitive function can result in better academic performance for students, including improved test taking skills and higher grades. Research has also shown that regular physical activity reduces the risk of depression and improves the moods of young people between the ages of 6 and 17.

In adults, physical activity can speed up brain processing, improve memory and lead to a higher quality of life. As physical activity becomes a regular part of your daily routine, you can experience long-term mental health benefits including reduced anxiety, lower stress levels, higher self-esteem, deeper sleep, stronger planning and organization skills, and more control over your emotions and behaviors. Harvard University researchers found that when people increase their physical activity to 35 minutes a day, they have a reduced risk of depression, even if they have a genetic predisposition to the condition. Physical activity has also shown to reduce the risk of dementia, including Alzheimer's disease.

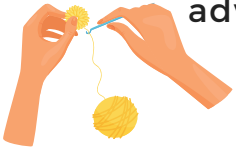
If you have not worked out in a while and are ready to start adding physical activity into your day, you may want to consult a medical professional before beginning. However, most people can achieve moderate intensity exercise, which would include brisk walking, with few adverse issues.

If 150 minutes each week seems like a lot, you can break up the 150 minutes into segments as small as 10 minutes to help you work physical activity into your day. Normal household chores like mowing the grass and vacuuming count toward your weekly physical activity goals.

UPCOMING EVENTS

CROCHET Class

For beginners, refreshers, and advanced.



MAY 12

AT THE HOPKINS COUNTY
EXTENSION OFFICE AT 4:30

*Call the Hopkins County Extension Office
at (270)821-3650 to sign up today.*

HOMEMAKER MEETING DATES

Piecemakers

- May 14th from 8:00-3:00
- May 24th from 2:00-8:00
- June 11th from 8:00-3:00
- June 28th from 2:00-8:00

Needles & Yarn

- May 11th from 12:00-2:00

Happy Homemakers

- May 18th at 1:00

2022 KEHA QUILT SHOWCASE & AUCTION



The KEHA Quilt Square Showcase and Auction is back for the seventh year at KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would complete quilt. Finished applique square are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Owensboro. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square with another KEHA member. If you have any questions, please contact Henrietta Sheffel, KEHA 1st Vice President, hsheffel@gmail.com or 606-272-0193.



COOKING

through the Calendar

WITH MELISSA WEBB

CLASS DATES

- May 25
- June 22
- July 27
- August 24
- September 28
- October 26
- November 30
- December 14

Free Online
Cooking Classes



Join us on Facebook Live at

HOPKINS COUNTY NUTRITION
EDUCATION PROGRAM



on Wednesday at 12:00 P.M. CT

PENNYRILE AREA HOMEMAKER

Spring Seminar

APRIL 27, 2022

CANCELLED

2022 KEHA STATE MEETING

MAY 10-12, 2022
OWENSBORO

MAY HOMEMAKER ACTIVITIES

Match Chocolate Chip Facts

1. ___ Made the first Chocolate Chip Cookie
2. ___ Location where first Chocolate Chip Cookie was served
3. ___ Year first Chocolate Chip Cookie was made
4. ___ First Name of Chocolate Chip Cookie
5. ___ Another name for Chocolate Chip Cookie
6. ___ Original size of Chocolate Chip Cookie
7. ___ This Company bought the recipe for the Chocolate Chip Cookie
8. ___ The cost of the recipe for the Chocolate Chip Cookie
9. ___ Year Chocolate morsels were invented by Nestle
10. ___ 40,000 pounds with diameter of 101 feet
11. ___ Nestle prints this recipe on each package of chocolate morsels

- | | |
|--|------------------------------------|
| A. 1939 | F. Nestle |
| B. Butterdrop Do Cookies | G. Chocolate Crunch
Cookie |
| C. Toll House Chocolate
Chip Cookies | H. Ruth Wakefield |
| D. Toll House Inn,
Whitman, Massachusetts | I. Quarter |
| E. World's Largest
Chocolate Chip Cookie | J. Lifetime Supply of
Chocolate |
| | K. 1937 |

Thought for the Month

“All you need is love. But a little
chocolate now and then doesn't hurt.”
-Charles M. Schultz.

Roll Call

National Chocolate Chip Day is
celebrated May 15. What have you used
chocolate chips to make other than
cookies?



Answers: 1. H, 2.D, 3.K, 4.B, 5.G, 6.I, 7.F, 8.J, 9.A, 10.E, 11.C



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

FINANCIAL RECOVERY FOLLOWING A NATURAL DISASTER

Natural disasters can occur any time and often come with little warning. Disasters may take many forms, such as fire, storms, flooding, or ice. While it's best to be financially prepared before adverse weather events, there are steps you can take to protect your property and finances in the aftermath.

DOCUMENT YOUR LOSSES

First, it is important to document your property damage and loss. You will be required to offer written documentation before submitting claims for an insurance policy and to qualify for assistance programs. It is important to include as much detail as possible for each item such as manufacturer, model, serial number, age, new value, current value, and the damages incurred. Taking pictures of damages to submit with written documentation is helpful. If you have experienced significant loss, this can be a difficult and time-consuming task. Allow family members, neighbors, and volunteers to assist in the process.

UNDERSTAND HOMEOWNER'S INSURANCE

A house is typically insured at 80% of its current replacement cost. Replacement cost is the amount of money it would take to rebuild a similar home based on today's construction prices. If your home is insured for less than 80% of the replacement cost, you may receive a prorated or reduced amount on your claims. To determine the reduced



or prorated amount you can anticipate receiving from your claim, talk with your insurance agent based on the specific terms of your policy. The difference between the replacement cost of repairs and amount you receive from insurance will be an out-of-pocket expense.

TRACK YOUR ACTIONS

Following a natural disaster, you will face many decisions that can affect your family's financial well-being. Be sure to document all conversations. Specifically, record Who (Who did you speak with?), When/Where (When and where did the conversation occur?), and What (What did you talk about?). To help you stay organized, consider getting a notebook, calendar, and large envelope. In the notebook, record details regarding the disaster, to-do lists, and contact information for organizations and individuals with



PROTECT YOURSELF BY BEING WARY OF LOANS THAT SEEM TOO EASY TO GET OR THAT GUARANTEE FINANCING



whom you have been working. Use the calendar to record appointments, deadlines, and actions taken. Finally, use the large envelope to store disaster-related receipts.

OTHER CONSIDERATIONS

If you will be out of your home for an extended period while repairs are made, take these steps:

1. Cancel or pause home-based services such as phone, internet, cable, or utilities that you will not be using.
2. Complete a change of address form at the post office to ensure you receive your mail.
3. Notify your mortgage company of disaster damage to your property.
4. If you have vehicle damage or loss, contact your auto insurance agent.

You may also need to replace important papers that were lost or damaged in the storms, such as birth certificates, photo identification, or property titles. Contact your county Extension office which can provide a comprehensive list of how to do this in Kentucky.

Also, be certain not to sign anything from any insurance company indicating final payment to you.

Disaster-related damages may continue to surface for several weeks or months. If you are concerned about your ability to pay your bills, contact your creditors or lenders to explain your situation. You may be able to arrange a modified payment plan.

BE WARY OF SCAMS

Finally, be cautious of scams for home repairs, advance fee loans, protection from foreclosure, and charity scams or fraud. In general, be alert to people who are soliciting door-to-door or who demand cash payments. Be certain to read all paperwork before you sign contracts. If you are confused by language or wording of the contract, do not sign the paperwork until someone else has read the contract and you understand what you are signing.

For home-repair companies, check references and compare bids. Be certain to have a contractor detail everything in writing, including an estimated price, before the work begins. Do not make the final payment to contractors until the work is complete. Protect yourself by being wary of loans that seem too easy to get or that guarantee financing. Often these will have large upfront fees. Do not give out credit card numbers, bank account information, or your Social Security number to people or companies you do not know.

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



ADULT HEALTH BULLETIN

THIS MONTH'S TOPIC: MAKE SLEEP A PRIORITY

MAY 2022



Sleep is just as important for your health as diet and exercise. Getting consistent good sleep helps to improve your brain performance, mood, and health. Guidelines recommend that adults get a minimum of 7 hours of sleep a night. Children and teens need even more, with 9 to 12 hours of sleep a night. However, a third of American adults report not getting enough sleep.

Not getting enough quality sleep raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia. Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air).

Being physically active during the day can help you fall asleep more easily at night. Try to avoid exercising close to bedtime.

If you are having trouble sleeping, here are simple things you can do to help make sleep a priority in your routine, improving your odds of a good night's sleep.

- **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- **Be physically active every day.** Being physically active during the day can help you fall asleep more easily at night. Try to avoid exercising close to bedtime.
- **Avoid large meals, alcohol, nicotine, and caffeine before bedtime.** These can prevent deep, restorative sleep. Remember stimulants keep you awake, and caffeine can take 6 to 8 hours to wear off completely.

- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- **Create a good sleeping environment.** Make sure your bedroom is quiet, dark, relaxing, and cool if possible. Remove electronic devices such as TVs, computers, and phones from the bedroom.
- **See your health-care provider if nothing you try helps.** If you consistently find yourself feeling tired or not well-rested during the day despite spending enough time in bed at night, you may have a sleep disorder. They can determine if you need further testing.



REFERENCES:
<https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

**ADULT
HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

