



Newsletter

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Cooperative Extension Service

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extension.ca.uky.edu

Ovarian Screening

Our next Ovarian Screening trip is scheduled for **June 18**. We have also listed the additional upcoming dates with availability. If you need to go for a screening call the office today and make your appointment before all the spots are filled! The van leaves the Extension Office promptly at **8:00 a.m.** for each trip.

Tuesday, June 18

No appointments available.

Tuesday, September 17

Six (6) appointments available.

Tuesday, September 24

Six (6) appointments available.

Thursday, October 3

Five (5) appointments available.



Basket Class

Sue Jennings has one more basket class scheduled before the summer break! If you are interested in attending, please call her at 437-4941 to reserve your place and a basket.

The class is scheduled for **Wednesday, May 22** beginning at **9:30 a.m.** Basket making is fun and rewarding. If you haven't tried it, now is your chance!



Sincerely,
Leslie A. Workman
Leslie A. Workman
County Extension Agent
for Family & Consumer
Sciences Education



Turban Workshop

The next turban workshop has been moved to **Thursday, May 9, 9:00 a.m. - 2:00 p.m.** We would love to have your help if you can spare a few minutes to

run by the office. Did you know we've made over 8,000 turbans for Pike County? What an amazing volunteer effort! It really does make a difference!

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The Pike County Extension Office will be closed Monday, May 27 in observance of Memorial Day.

Quilt Guild

The May meeting of the Quilt Guild will be on **Monday, May 13 at 10:00 a.m.** The guild will plan classes for the fall (September, October, and November) and enjoy a potluck lunch. Plans will also be discussed for the 2020 Quilter's Day Out to be held next March. If you are a guild member, please plan to attend this important meeting. There are many things to be decided before the summer break!

Challenge project update! Remember to be working on your challenge project for

the Quilt Guild this year. The theme is "Table Runners" but any table topper or table runner will qualify. What are the rules? You need to be a guild member – that's it! There are no really serious judging criteria for this year's challenge project. The goal is for everyone to make a table runner or table topper for their home that they will love to use and enjoyed making. There will be some great prizes given out in December when they are due. Now's the time to get sewing....Don't wait!

Quilt Show

The Pike County Quilt Guild had a wildly successful first Quilt Show during the Appalachian Heirloom Seed Swap on April 6 at Pike Central High School! There were over 125 people in attendance and almost 100 quilts on display. We also received great media coverage from the newspaper,

increasing the visibility of the guild and our overall program! Many thanks to the leadership of the guild, the committee for working out the details and everyone who brought quilts to display. Special appreciation to Missy Morley for securing the library at the high school and for being our security liaison.



It's A Special Birthday!

Many of you know Lexie Bailey, mother of Carol Bailey, retired FCS agent. Lexie's 98th birthday is coming up very soon. If you have a moment to send her a short note or a card, she would love to hear from you on her special birthday. Lexie has been a long-time leader and friend to us!

Her address is:

Mountain Manor Nursing Home
Lexie Bailey
1025 Euclid Ave Room 139
Paintsville, KY 41420

Happy Birthday!

Debbie Scaggs and Valerie Robinette, our NEP Assistants were at a training and celebration for the 50th anniversary of EFNEP at Spindletop Hall. They spent time last week learning new programs and hands-on projects to teach in their nutrition classes.





Blackberry Coffee Cake

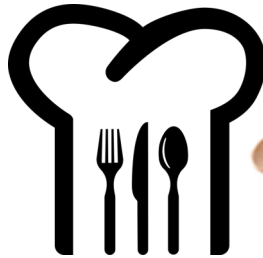
1 cup all-purpose flour	1/3 cup margarine	2 eggs
1 cup whole wheat flour	1/3 cup applesauce	1 teaspoon vanilla
1 1/2 cups white sugar	1/2 teaspoon cinnamon	2/3 cup 1% milk
2 teaspoons baking powder	2 tablespoons brown sugar	2 cups blackberries, washed
1 teaspoon salt		

Preheat oven to 350 degrees F. **Grease** and **flour** a 9-by-13- inch baking pan. In a large bowl, **combine** flours, sugar, baking powder and salt. Using a pastry blender, cut margarine and applesauce into the mixture until it resembles coarse crumbs. **Stir** in the cinnamon and brown sugar. **Set aside** 3/4 cup of crumb mixture to be used as a topping for the cake. In a medium bowl, **mix** together eggs, vanilla and milk. **Blend** into remaining flour mixture. **Spread** batter into prepared pan. **Sprinkle** blackberries evenly over the

batter. Gently **press** blackberries into the batter. **Sprinkle** reserved crumb mixture over fruit and gently pat down. **Bake** in preheated oven for 25-30 minutes or until a toothpick inserted into the center of the cake comes out clean.

Yield: 15 servings.

Nutritional Analysis: 170 calories, 5 g fat, 1 g saturated fat, 1 g trans fat, 30 mg cholesterol, 280 mg sodium, 32 g carbohydrate, 2 g fiber, 18 g sugars, 3 g protein.



Recipe Corner

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A 1/2 cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

KENTUCKY BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

August 2018

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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



County Homemaker Annual Meeting

Enclosed is the registration for this year’s County Homemaker Annual Meeting! All homemakers have already received one, but anyone is welcome to attend! We will

be giving awards, recognizing leaders, and having a great event. Registration deadline is **May 17**.

Cultural Arts

KEHA has changed some categories for Cultural Arts competition. We are including a new list for you. The items entered at this year’s County Annual Meeting will fall under these new categories. If you need assistance

deciding on where to place your item, County Chairman Trina Meade will be happy to assist you! New entry cards are available **May 1** or the morning of the county meeting.

Save The Date!

There will be a Northeast Area Homemaker leader training workshop to cover the 2019-2020 leader lessons on **August 7** in Louisa. Our format for receiving lesson materials will be similar to the previous year. Club leaders will

attend a one-day training and receive a notebook. Please save the date in your calendar and we will pass on more information as we receive it.

Schedule of Events

- *May 9 - Turban Workshop*
- *May 11 - Farmer’s Market Spring Fling*
- *May 12 - Happy Mother’s Day*
- *May 13 - Quilt Guild*
- *May 22 - Basket Class*
- *May 24 - County Homemaker Annual Meeting*
- *May 27 - Memorial Day, Extension Office Closed*

MAY 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
					DEADLINE	
19	20	21	22	23	24	25
26	27	28	29	30	31	
						



2019-20 CULTURAL ARTS EXHIBIT CATEGORIES

Categories	Subcategories
1. APPAREL.....	Novelty Specialty Basic Sewing Quilted Appliquéd Accessory
2. ART, 3-DIMENSIONAL.....	Carving Sculpture
3. ART, NATURAL.....	Wood Other
4. BASKETRY.....	Plain Dyed Material Novelty Miniature (under 4 inch) Cane
5. BEADING.....	Non-jewelry Item/Wearable Bead-weaving Miscellaneous
6. CERAMICS.....	Hand-formed Molded Pre-made
7. COUNTED CROSS STITCH.....	14 Count & Under 16 - 22 Count Specialty Cloth (linens, etc.)
8. CROCHET.....	Fashion Accessories Home Décor & Afghans Thread Crochet
9. DOLL/TOY MAKING.....	Porcelain/China Cloth Handmade Toy other than Porcelain/China or Cloth
10. DRAWING.....	Pastels Pen & Ink Pen & Ink with Oil Roughing Pencil or Charcoal-Black Pencil-Color
11. EMBROIDERY.....	Basic Embroidery Crewel Candle Wicking Smocking Ribbon Machine Embroidery Swedish Tatting/Lace Making Miscellaneous
12. FELTING*.....	Wet Method Needle Method
13. HOLIDAY DECORATIONS.....	Spring Summer Autumn Winter



2019-20 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

- 14. JEWELRY..... Original Design
Beaded
Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING (Hand) Fashion
Accessories
Home Décor and Afghans
16. KNITTING Other
17. NEEDLEPOINT Cloth Canvas
Plastic
18. PAINTING, ART Oil
Acrylic
Water Color
19. PAINTING, DECORATIVE Wood
Metal
Other
20. PHOTOGRAPHY Black & White (mounted & framed)
Color (mounted & framed)
21. QUILTS** Machine Appliqué (machine quilted)
Hand Appliqué (hand quilted)
Hand Pieced (hand quilted)
Machine Pieced (hand quilted)
Machine Pieced (machine quilted)
Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
Baby or Lap (hand quilted)
Baby or Lap (machine quilted)
Technology Based (hand or machine quilted)
Miscellaneous (hand or machine quilted)
22. RECYCLED ART (Include a before and after picture)..... Clothing
Household
Other
23. RUG MAKING..... Braided
Woven
Hooked
Punch Needle
24. WALL or DOOR HANGING..... Fabric
Other
25. WEAVING..... Loom
Hand (macramé, caning)
26. PAPER CRAFTING Origami
Quilling
Card Making
Scrapbooking***
27. MISCELLANEOUS..... (Items not included in other categories listed, otherwise they will be disqualified)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Pikeville Farmer's Market

Spring Fling

Mother's Day Market

May 11

2pm-7pm

**Produce, Crafts, Gifts for Mom,
Cakes and More**





FOOD PRESERVATION/ HOME CANNING CLASSES

Fee for each session is \$5.00 per person.
All sessions begin at 10:00 a.m.

June 21
Jams & Jellies

July 18
Green Beans
(pressure canning)

August 15
Tomatoes/Salsa

PIKE COUNTY EXTENSION OFFICE
148 TRIVETTE DRIVE | PIKEVILLE, KY

CALL TO REGISTER: 606.432.2534 OR 1.800.233.1390

Understanding & Responding to Dementia-Related Behaviors



an education program provided by the Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease and related dementias.

Thursday, August 29, 2019

11:00am-12:30pm

Pike County Cooperative Extension Office

148 Trivette Drive, Pikeville

Registration required. Please contact 1-800-272-3900.



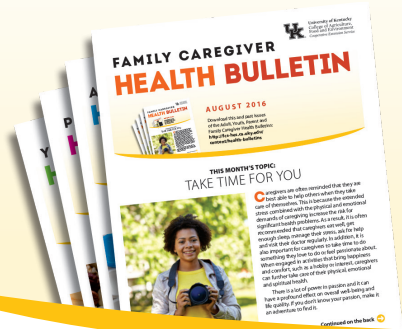
University of Kentucky
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Cooperative Extension Service

alzheimer's 
association®



FAMILY CAREGIVER

HEALTH BULLETIN



MAY 2019

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

THIS MONTH'S TOPIC:

RISK FACTORS AND SIGNS OF A STROKE



In the month of May, the National Stroke Association (NSA) reports that as many as 65,000 Americans will experience a stroke. Many will be unaware of their symptoms or that they are even at risk. The best way to reduce the risk of stroke is to know your own risk factors, and those of the person for whom you provide care, and to educate yourself to recognize stroke signs and symptoms.

Use FAST to Remember the Warning Signs of a Stroke

- **Face:** Ask the person to smile. Does one side of the face droop?
- **Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **Time:** If you observe any of these signs, call 911 immediately.

Continued on the back



All strokes are considered medical emergencies that require immediate treatment for optimal outcomes.

➔ Continued from page 1

A stroke occurs when blood flow to the brain is reduced or cut off, depriving brain cells of important nutrients and oxygen, according to the NSA. As a result, brain cells die and can no longer control the areas of the body for which they are in charge, such as muscle control or memory. Some people can recover from strokes, but more than two-thirds of survivors will be left with some degree of disability, according to the NSA. For optimal outcomes, all strokes should be treated as a medical emergency and treated immediately. It is also important to understand the risk factors of stroke:

Lifestyle risk factors

- **Diet.** Eat a variety of fruits and vegetables, whole grains, fat-free or low-fat dairy, and lean protein and oils. Limit saturated and trans fats, added sugars and sodium.
- **Exercise.** The Centers for Disease Control recommends 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week and two or more days of strength training. This means exercising for 30 minutes per day for at least 10 minutes at a time.
- **Smoking.** Smoking increases clot formation, thickens blood, and leads to plaque build-up in the arteries. As a result, the NSA reports that smoking doubles the risk of stroke.
- **Alcohol.** Drinking increases blood pressure which contributes to stroke. Women should drink no more than one alcoholic drink a day and men should drink no more than two.

Medical risk factors

High blood pressure, atrial fibrillation (A-Fib), high cholesterol, diabetes, and circulation problems are stroke risk factors that can be controlled through medication, diet, exercise, and education. Therefore,

it is important to be aware of your family history and talk with a health-care professional about medical risk factors and ways to address them.

Recognize symptoms of stroke and act “FAST”

According to the Mayo Clinic, people having a stroke might experience:

- Problems with speaking or understanding, such as slurring words or unexplained confusion
- Sudden signs of paralysis or numbness of the face, arm, or leg — often on one side of the body.
 - Trouble smiling, as one side of the mouth might droop.
 - Vision difficulty, including trouble with seeing in one or both eyes, or blurred, black-out, or double vision
 - Headaches that cause dizziness, vomiting, or altered consciousness
 - Clumsiness and lack of balance, often because of dizziness
 - Difficulty walking

Strokes can be prevented and treated. It is important to seek regular health checkups, make positive lifestyle choices, and learn the risk factors, signs, and symptoms. In cases of stroke, it is also important to take early action, as timely treatment can help minimize damage and related complications.

Call 911 immediately if you observe any symptoms of a stroke. Note the time of the first symptom. This information is important and can affect treatment decisions.

REFERENCES

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FAMILY CAREGIVER
HEALTH BULLETIN

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





PIKE COUNTY HOMEMAKERS ANNUAL MEETING

*"Find the Beauty
in Everyday Things"*

PIKE COUNTY EXTENSION OFFICE FRIDAY, MAY 24 10:00 A.M.



College of Agriculture,
Food and Environment
Cooperative Extension Service

Registration begins at 9:00 a.m.
Cultural Arts Check-in will
be 9:00 - 9:30 a.m.



Registration is due by Friday, May 17, 2019. Cost is \$15.00 payable to Pike County Extension Office. Registration form and fee may be dropped off at the Extension Office or mailed to 148 Trivette Drive, Pikeville, KY 41501.

Name _____
Mailing Address _____
City/State/Zip _____
Telephone _____ Email _____

_____ I will be attending but not eating lunch. (Return completed form only; no registration fee needs to be paid.)

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.