

Family & Consumer Sciences Newsletter

Lawrence County Cooperative Extension Service / 249 Industrial Park Road, Louisa, KY 41230



March 2023



Sarah Deal

Sarah Deal
Extension Agent for
Family & Consumer
Sciences

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|---|---|-----|-----|---|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 Fallsburg 11AM | 8 | 9 | 10 Homemaker Council Mtg. 11AM | 11 |
| 12 <i>Daylight Savings</i> | 13 Diabetes Support Group 5PM | 14 | 15 | 16 | 17 <i>St. Patrick's Day</i> | 18 |
| 19 | 20 Dennis Green Valley 5:30 PM <i>Spring Begins</i> | 21 Sunshine 10AM Cook Wild KY 6PM | 22 | 23 | 24 | 25 |
| 26 | 27 Quilt Guild 10AM | 28 Painting Class 6PM | 29 | 30 | 31 | |
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Family and Consumer
Sciences"**

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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 economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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accommodated
with prior notification.



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COOK WILD KY

CATCH OF THE DAY

(Fish Burgers)

WHEN: MARCH 21, 2023
TIME: 6:00 P.M.

SPOTS ARE LIMITED SO PLEASE
CALL 673-9495 TO RESERVE
YOURS.

WHERE: LAWRENCE COUNTY EXTENSION
OFFICE-249 INDUSTRIAL PARK RD. LOUISA KY

PRICE: FREE



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Spring Paint Class

March 28, 2023

6:00p.m.

**Call 673-9495 to reserve
your \$10 spot by March
23.**

**Lawrence County Extension
Office, 249 Industrial Park
Rd, Louisa KY**

Choice of
one of
these
designs:



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Spring Floral Arrangement Class



Inspiration picture

WHEN: APRIL 3RD 12:00 P.M.
 APRIL 4TH 6:00 P.M.

WHERE: LAWRENCE COUTNY
 EXTENSION OFFICE
 -249 INDUSTRIAL PARK RD.-

Call 673-9495 to reserve your limited spot.

\$5

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Homebased Microprocessing Workshop



Monday, April 24th, 2023

9:30AM - 1:00 PM

Lawrence County Extension Office

249 Industrial Park Road, Louisa, KY 41230

****Virtual option available****



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For more information & to register:

ukfcs.net/HBM

or call 606-673-9495

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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FAMILY CAREGIVER HEALTH BULLETIN



MARCH 2023

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

Lawrence County
Extension Office
249 Industrial Park Road
Louisa, KY
41230
(606) 673-9495

THIS MONTH'S TOPIC:

988 SUICIDE & CRISIS LIFELINE



The 988 Suicide and Crisis Lifeline can save lives. This three-digit universal phone number launched in July 2022 to connect people in suicidal crisis or emotional distress directly to the Suicide & Crisis Lifeline. Anyone can use this number, including friends, family, and caregivers of the person in crisis. The national network of local crisis centers and mental health professionals provides free and confidential emotional support 24/7 365 days a year.

Suicide is a serious concern among all ages. The National Council on Aging (NCOA) recognizes the rising rates of suicide among older adults, especially older men. According to the NCOA, some older adults are vulnerable to depression and suicide intent based on circumstances related to aging that affect life quality. Examples include the grief and loss of meaningful relationships, loneliness, loss of independence, chronic pain and illness, isolation,

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world-wide pandemics, feeling like a burden, cognitive impairment, decrease in or loss of mobility and/or the sensory system, food insecurities, financial challenges, and worrying about health and safety. Alone or in accumulation, such struggles can become too much to bear, increasing an older adult's risk for depression and feelings of hopelessness. But depression is not a "normal" part of aging. Depression is treatable. Dr. Reed, from the Education Development Center, emphasizes that we need to stop assuming older adults are automatically sad, in pain, and lonely because of their circumstance. Instead, we need to watch behavior and listen to older adults so that mental health issues are recognized and acknowledged. Health-care professionals need to do a better job using screening instruments to recognize mental health struggles.

Signs and symptoms of suicide risk in older adults:

- Change in sleep habits
- Talking about a life without them
- Giving away belongings
- Unexplained sadness
- Neglecting self-care, including medical routines
- Self-isolation or avoiding activities
- Loss of interest in things they used to enjoy
- Eating and drinking less or not at all
- Lack of personal safety
- Sharing feelings of hopelessness and lack of self-worth
- Preoccupation with death

To help an older adult suffering from depression and/or suicidal thoughts:

- Understand that depression and suicidal thoughts are not a normal part of aging.
- Know the warning signs of suicide.
- Keep older adults connected. Plan daily or weekly visits or calls, and organize check-ins.
- Reinforce a person's sense of meaning and purpose by focusing on the positive, capitalizing on their wisdom, skill, or talent, and using words of encouragement.
- Create events or activities that provide anticipation or a reason to get out of bed.
- Talk to older adults about how they are feeling and doing.

- Make sure older adults are getting routine check-ups.
- Talk to health-care providers about your concerns and about options to screen and treat depression.
- Locate community organizations that offer counseling, support, and/or fellowship.
- Call 911 or go to the emergency room if you think an older adult is in immediate danger.

The 988 Suicide & Crisis Lifeline recommends the following steps if you know someone who is suicidal:

- 1. Ask questions . . . and listen.** Questions like "Are you thinking about suicide?" "How do you hurt?" and "How can I help?" will help you listen and acknowledge their feelings and assess your next steps. Help the person focus on their reasons for living. Do not impose your reasons for them to stay alive.
- 2. Be there.** Being present whether it is face-to-face or even by phone, provides a sense of connection. Be sure to follow through with anything that you promise.
- 3. Help keep them safe.** Keep the person in a secure and private place, free of any means of harm. Do not leave them alone until you can secure help. The 988 Suicide and Crisis Lifeline can be an important resource for next steps.
- 4. Help them connect.** Support systems, including 988, can be helpful in the present and in a future crisis.
- 5. Follow up.** Studies show that checking in with people — calls, texts, notes, messages, etc. — can mean the difference between life and death. This type of contact reinforces connection and ongoing support.

REFERENCES:

- National Council on Aging. (2021). Suicide and Older Adults: What You Should Know. Retrieved January 20, 2023, from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
- Rope, K., and Smith, M. (reviewer). WebMD. (2021). What to Know About Suicide Rates in Older Adults. Retrieved January 20, 2023, from <https://www.webmd.com/healthy-aging/features/suicide-rates-older-adults>
- 988 Suicide & Crisis Lifeline. For more information, go to: <https://988lifeline.org>

FAMILY CAREGIVER HEALTH BULLETIN

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Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com



RETURN SERVICE REQUESTED



Freezing Eggs Safely

Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
 - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
 - Add ½ teaspoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container*
- Leave ½-inch space at top
- Label and date

Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

***For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.**

With Gratitude,

Sarah Deal

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Lawrence County
Extension Agent for
Family and Consumer
Sciences

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SCIENCES**



Creating Healthy & Sustainable Families