Making Healthy Lifestyle Choices

Diabetes, Ingrid Adams, DHN Extension Faculty

As you continue your work with diabetes, I would like to share this interesting study featured in the Chicago Tribune – *Diabetes remission possible with diet, exercise*. Let us continue to work to improve the lives of individuals and families with diabetes.

http://www.chicagotribune.com/health/sns-rt-us-diabetes-remissionbre8bh18z-20121218,0,3798862.story

Choose MyPlate, Ingrid Adams, DHN Extension Faculty

The following have just been released: The Dietary Guidelines Communications Message Calendar (2013-2015) and a new MyPlate Strategic Partner Outreach Report on the second key consumer message: Enjoy Your Food, But Eat Less.

Both of these can be accessed from the MyPlate Partnering Programs web page at http://www.choosemyplate.gov/partnering-program.html

You can find PDFs of the following articles at the following links


Happy 2013 from all of us at ChooseMyPlate.gov!
Embracing Life as We Age

Understanding Dementia Care Seminars with Teepa Snow, MS, OTR/L, FAOTA, Amy Hosier, Family Sciences Extension Faculty

Teepa Snow, a dementia expert who trains and consults professionals and families, will be in Louisville on January 23. For more information, call 502-690-2648 or visit www.seniorhelpers.com/UDC-Seminar-Series. To get a feel for her style and some of the things she does, search her name in YouTube.

1. Essentials for Your Journey Together. A FREE Family Event. Wednesday, Jan. 23, 2013, 6–8 p.m. The Olmsted at Masonic Homes of Kentucky, Louisville

2. Successful Interaction Strategies for Health Care Professionals. Wednesday, Jan. 23, 2013, 9 a.m.–12 p.m. $35 for CE Attendees | $20 for Non-CE Attendees. The Olmsted at Masonic Homes of Kentucky, Louisville

Random Acts of Kindness Week (Feb. 11-17), Amy Hosier, Family Sciences Extension Faculty

Two keys to embracing aging throughout the lifespan include a positive attitude and social activity. Embrace these keys in February by promoting Random Acts of Kindness Week (Feb. 11-17). For more information the Random Acts of Kindness Foundation at www.randomactsofkindness.org

Dementia Caregiving Simulation (UK Elder Care Learning Opportunity), Amy Hosier, Family Sciences Extension Faculty

FCS Cooperative Extension and UK’s Elder Care are teaming up once again to provide a Dementia Caregiving Simulation on April 17 and 25 from 10:30am-2pm at the UK Gaines Center for the Humanities. This Virtual Dementia Tour, a product of the Second Wind Dreams, is a powerful 20-minute simulation that allows participants to experience life through the eyes of someone with dementia or Alzheimer’s disease. The simulation helps you better understand the experience of memory loss and the challenges it can bring to caregiving. For more information, or to sign up, please contact Terri Weber Elder Care Specialist at (859) 257-8763 or (800) 873-8532 or email at terri.weber@uky.edu.

UK Elder Care is a free counseling and resource referral program for UK employees, retirees, and spouses/sponsored dependents. Call 859-257-8763 or schedule an appointment Monday-Friday 8 a.m. to 5 p.m. at www.uky.edu/HR/eldercare

Caregiver Health Bulletin, Amy Hosier, Family Sciences Extension Faculty

If you have any topics that you would like to see for the Family Caregiver Health Bulletin, please send them to Amy Hosier at amy.hosier@uky.edu.

Life Story, Amy Hosier, Family Sciences Extension Faculty

Memory Banking and Life Story: How Your History Can Help you are 2 life story programs that teach participants how to document and track personal life stories and health histories. Through these programs, participants learn to connect life and health history to relationships, mental healthiness, brain exercise, and legacy. Each program promotes mental healthiness and quality of life.
The KEHA Life Story program was a hit in Henry County. With hopes of inspiring you to offer/deliver the program in your community, please read what some of the leaders had to say:

- This was one of the “best lessons” yet. After the lesson club members were sitting around and still talking of their memories, many are going to write down someone else’s story. Some have already started—Thank You!
- Just as Emily Gibbs in the play Our Town said—‘Nobody ever really realizes life while they live it!’ It helps us to realize our life’s meaning by writing our life story. Thank you for a wonderful program!
- I plan to make writing my story a winter project. I also plan to do a recipe book and give details about family recipes and special holiday meals! Our group enjoyed the lesson.
- This has really been a thought enhancing program—thank you!
- Although we are fortunate enough to have stories about great and great-great grandparents handed down, I realize that I have not written stories about my parents or about my husband and myself to hand down to our children. I was successful in reminding our members that if they don’t write it down their family memories they will be gone!
- Since we have hereditary cancer in our family I reminded the members of how important family health information is: having names, relationships things we needed when we worked with the researcher—what a great idea this program was!
- Since I’ve just started my life story documentation it was hard to complete the evaluation but it was a great lesson—probably the best homemaker "gift" I have ever received—that of sharing this knowledge with my family—thank you!

For program resources regarding Life Story: How Your History Can Help You, visit the internal website http://www.ca.uky.edu/hes/internal/MRL.php or contact Amy Hosier at amy.hosier@uky.edu or 859.257.1763. The Memory Banking materials should be posted shortly. Please contact me directly if you have questions about Memory Banking. Both programs include a facilitator guide(s), PowerPoint presentation and notes, activities, publications, marketing and evaluation materials.

Securing Financial Stability

Earned Income Tax Credit Awareness Day, Robert H. Flashman, Family Sciences Extension Faculty


2013 National Consumer Protection Week, Robert H. Flashman, Family Sciences Extension Faculty

This event, sponsored by the Federal Trade Commission, other federal agencies, and nonprofit organizations, takes place nationwide March 3-9, 2013. “The event, Web site, and a blog highlight the
importance of consumer education and offer free resources to help consumers protect their privacy, manage credit and debt, avoid identity theft, understand mortgages and other loans, and recognize scams that target consumers.”


Promoting Healthy Homes and Communities

Home Energy Management, Beverly K. Miller, Senior Extension Associate

The best way to manage your home energy use is to understand how your home uses energy. The Living Better through Home Energy Management program teaches people how to use an online home energy self-assessment tool and helps them understand how their home uses energy. There are three types of home energy loads; heating, cooling and base load. Heating and cooling loads are weather dependent; base load is behavior dependent. The self-assessment will show the amount of energy a home uses for each of these energy load categories. Phantom Energy use or Standby Power use are big energy news. This is energy that is being consumed while we think an appliance or device is turned off. Phantom Energy use is part of a home’s energy base load. To learn more about Phantom Energy and how to manage this type of energy use, see the following articles:

No Garlic Necessary: Protect Your Home from Energy Vampires:
http://energy.gov/energysaver/articles/no-garlic-necessary-protect-your-home-energy-vampires

Please Stand By: Reduce Your Standby Power Use:
http://energy.gov/energysaver/articles/please-stand-reduce-your-standby-power-use

To learn more about home energy management, attend the Living Better through Home Energy Management in-service, scheduled for January 24, 2013, at 9 am. This Lync training is open to all Extension Agents and county staff and is listed in the KERS Training Catalog. Contact Beverly K. Miller, Extension Associate, at 859-257-3000 ext. 206, Beverly.Miller@uky.edu, with any questions you may have.

American Cleaning Institute – Stain Removal Chart, Ashley Osborne, Extension Associate

The American Cleaning Institute has an online stain removal chart for everything from crayon stains to wine. http://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx

Green Living Laundry Tip - Use good laundering techniques. Pre-treat stains, sort clothes, and follow product recommendations to avoid rewashing or re-rinsing. (Check out HENV-706 Going Green: Living An Environmentally Responsible Life CES Bulletin for more green living tips.)

Waste Educational Materials for Adults and Youth, Ashley Osborne, Extension Associate

Reprinted from Weekly EE Update Listserv
Resources will assist you in teaching your students about the waste we generate in our schools, homes, and communities—and what we can all do to make a difference! From classroom activities, to starting a school electronics recycling program, these materials will help you and your students (adults and youth) learn what we can do to reduce and better manage waste in the world around us. Many of these resources are provided in both English and Spanish.
http://epa.gov/wastes/education/teachers.htm

Five Star and Urban Waters Restoration Grant Program, Ashley Osborne, Extension Associate
Reprinted from Weekly EE Update Listserv and National Fish and Wildlife Federation Website
Deadline February 7, 2013

Provides modest financial assistance on a competitive basis to support community-based wetland, riparian, and coastal habitat restoration projects that build diverse partnerships and foster local natural resource stewardship through education, outreach and training activities. http://tinyurl.com/d28wvuf

Upcoming Events, Ashley Osborne, Extension Associate

How to Build an Aquatic Insect Collection – Agent/Assistant Workshop
Agents and assistants can register via KERS. For more information contact ashley.osborne@uky.edu.
March 12, 9am - 4pm, Scott County area
Participants will travel to local streams learning how to sample for aquatic macroinvertebrates, and learn the basics of building an aquatic macroinvertebrate insect collection. Registration fee: TBA

Rain Garden Workshops
Agents and assistants can register via KERS. For more information contact ashley.osborne@uky.edu.
March 20 – Barren CES
March 26 – Mercer CES
March 29 – Nelson CES
April 8 – Henderson CES
April 11 – Leslie CES
April 16 – Greenup CES
April 19 – Washington CES

2013 Webinar Series - Improving the Health of Communities through the National Prevention Strategy
Reprinted from Weekly EE Update Listserv

Improving the Health of Communities through the National Prevention Strategy 2013 Webinar Series is sponsored by the Region VIII Federal Partners Workgroup. Each webinar in this series highlights ways federal agencies are working with communities to increase the number of Americans who are healthy at every stage of life by shifting the nation from a focus on sickness and disease to one based on prevention and wellness.
The National Prevention Strategy was developed as a result of the Affordable Care Act. The plan outlines how federal departments from a variety of sectors are implementing prevention efforts to improve the health of the nation. For more information about the National Prevention Strategy, the Region VIII Federal Partners Workgroup, and the 2013 Webinar series, including how to register, go to https://www.colorado.feb.gov/index.php?content=82&page=NationalPreventionStrategy.

**Bridging the Community with Federal Programs** - This session will explore public/private partnerships that support and build community leaders and community assets. The partnerships strengthen Federal programs and provide a model for other communities. Thursday, January 17, 2013, 2:00 – 3:30 pm, MT

**Nutrition in the Community** - This webinar will include an overview of the nutrition assistance and nutrition education programs as well as the available resources within the federal government designed to improve the health and well-being of Americans. Thursday, March 21, 2013, 2:00 – 3:30 pm, MT

**Healthy Aging** – This session will include Evidence Based Health Programs and Long Term Services and Supports for Seniors in the Community. Thursday, May 16, 2013, 2:00 – 3:30 p.m., MT

**Designing Healthy Communities: Promoting Universal Design, Affordable, Accessible, Safe, and Healthy Communities** - This session will examine how homes and community design can promote inclusiveness for all populations. Understanding risks and impacts of municipal planning, including those that can affect health, will help ensure that land use and transportation decisions result in positive and equitable health outcomes. Thursday, July 18, 2013, 2:00 – 3:30 pm, MT

**Violence Prevention: The Importance of Healthy Communication and Relationships** – This session will highlight federal programs and resources focused on creating safe and healthy environments in schools, anti-bullying efforts, healthy relationships and communication. Thursday, September 19, 2013, 2:00 – 3:30 pm, MT

**Exercise is Medicine: The Impact of Physical Activity on Health and Wellness** – This session will highlight the National Prevention Strategy’s goals related to active living. Thursday, November 21, 2013, 2:00 – 3:30 pm, MT

**Accessing Nutritious Foods**

**Resource for Reducing Obesity through Changes in Policy and Environment, Jackie Walters, NEP Specialist**

Copies of the Partnership for a Fit Kentucky’s publication, *Shaping Kentucky’s Future: Local Success Stories*, are available. This publication is intended to be a community guide to reducing obesity. It provides practical information about making sustainable changes at the community level, combined with success stories illustrating the application of these techniques. If you are interested in
receiving one or more copies, please contact Jackie Walters by phoning 859-257-2948 or emailing Jackie.Walters@uky.edu with your contact information.

Gardening, Jackie Walters, NEP Specialist

The nonprofit Kitchen Gardeners International (KGI) is accepting applications for its new Sow It Forward program. Sow it Forward is a grants and partnership program offering $600 grants of cash, seeds, supplies, books and online garden planning software to groups wishing to start a new food garden project or sustain an existing one. Applicants will include schools, food pantries, community gardens, retirement homes and other nonprofit groups interested in healthy foods, sustainability and resilient communities. Applications are due by January 11, 2013 and can be submitted online at: http://kgi.org/sow-it-forward. Although the application deadline is near, the application process is relatively short and simple.

NEPieces, Jackie Walters, NEP Specialist

Be on the lookout for the 2013 NEPieces, which should be posted by mid-January. These documents highlight the recipes featured in the calendar, along with nutrition information, grocery lists, menu suggestions, and health tips. They may be accessed through the Nutrition Education Program website.

Nutrition Education Program Reimbursement, Jackie Walters, NEP Specialist

This year the Nutrition Education Program has been able to allocate $1000 per NEP Assistant to help offset the county costs for food and food demonstration supplies, as well as $1400 SNAP-Ed funds for each county to use for nutrition education to limited resource families. Supplies purchased may include small equipment such as mixing bowls, apple slicers or slow cookers. Items must be reasonably priced, and purchases over $50 must be preapproved by Debra Cotterill, Nutrition Education Program Director. Regular SNAP-Ed and EFNEP guidelines will be followed for these reimbursements. Both EFNEP and SNAP-Ed reimbursement forms can be found at http://www.ca.uky.edu/hes/?p=146. When submitting reimbursement requests, the correct form for the program must be used. SNAP-Ed requests should be marked to indicate whether the funds are to be taken from the county or assistant allotment. Some counties have greater needs than others. If your county has been allocated funds which will not be used, please inform the NEP office so they can be redistributed to a county with greater need.

Empowering Community Leaders

KEHA Information and Updates, Kim Henken, KEHA State Advisor

- KEHA Database - The KEHA database is continuing with the online application (https://www.ca.uky.edu/hes/keha/database/securedlogin.php). All updates and changes should be entered no later than January 15. Counties should add new members, update member records as needed, and delete any members who are not continuing. The email, daytime phone, fax number, date dues paid and date when joined fields are not required for state purposes and are provided for your use as desired. If you have any questions about the
database, please contact Kim Henken (khenken@uky.edu) or Brian Fitzpatrick (brian.fitpatrick@uky.edu). Instructions for the KEHA database application are available on the FCS Internal webpage under “Organizational Tools/Resources” then “KEHA.”

- **KEHA Contests** – Many of the contests have a March 1st deadline for receipt of entries. Details are included in the KEHA Manual, Appendix, pages 2-3. Contest entries should include the cover page on page 1 of the Appendix.

- **KEHA Membership Recognitions** – The KEHA Membership Recognition Report is due March 1 (see KEHA Manual, Appendix, page 17). For membership tenure recognition, only those reach the denoted milestone this year should be included on the report.

- **2013-2014 Book List** - Suggestions are invited for the 2013-14 KEHA Book List. Please see page 49a of the KEHA Manual Handbook online at www.keha.org for a submission form and invite KEHA members in your county to share their suggestions.

- **2013 KEHA Elections** – KEHA will elect three statewide positions in May – secretary, management and safety chairperson, and 4-H youth development chairperson. The election process and duties for state officers are outlined in the KEHA Bylaws, KEHA Manual, Handbook, pages 16-24. The credential forms are located in the KEHA Manual, Appendix, pages 6-9, and are due by April 6.
  o Coins for Change (December 31, 2012 is the cutoff date for recognition at the 2013 KEHA State Meeting)
  o Scholarship Fund Donations (December 31, 2012 is the cutoff date for recognition at the 2013 KEHA State Meeting)
  o Ovarian Cancer Donations (December 31, 2012 is the cutoff date for recognition at the 2013 KEHA State Meeting)
  o Kentucky Academy Donations (December 31, 2012 is the cutoff date for recognition at the 2013 KEHA State Meeting)

- Suggestions are invited for the 2013-14 KEHA Book List. Please see page 49a of the KEHA Manual Handbook online at www.keha.org for a submission form and invite KEHA members in your county to share their suggestions.

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**Checklist for January Newsletter Action Items:**

- KEHA database entries complete by January 15.
- Review NEP guidelines for reimbursement on page 7.