

Family & Consumer Sciences Newsletter

A Word from the Agent...

Spring in Kentucky is one of my most favorite things to see. Being a native south Floridian, there weren't distinct season changes, so watching the flowers and trees wake up is still fascinating to me. We have some great events coming up at the Extension Office, including the Clark County Homemakers' Greek International Dinner on April 23rd. This will be a fun night of food and will feature a presentation on Greece, so get your tickets before the deadline of April 15th. If you love crafts or are interested in becoming a crafter, check out the New to You Craft Sale where you can get some goodies to support your habits, er, I mean hobbies! We've even got an Herb Class and Barn Quilt Painting Class, a little something for everyone! I'd love to see you around the office sometime this spring and please remember to take the quick survey at the beginning of the newsletter to help me serve you better.



Shonda Johnston

SHONDA JOHNSTON
Clark County Extension Agent
Family & Consumer Sciences
shonda.johnston@uky.edu





What is Brain Health



The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Diseases like Alzheimer's disrupt a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

Promoting Brain Connections

- Sensory stimulation: Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes.
- Physical exercise: Combine physical activity with fresh air and sunshine to elevate the senses. The CDC recommends 150 minutes of exercise per week.
- Social engagement: Interact with people. Talk, sing, touch, and watch people. Social activity is critical for cognitive stimulation.
- Cognitive challenges: Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard.
- Eat healthy: Diets good for your heart are also good for your brain. Heart-healthy diets include low sodium, whole grains, healthy fats, and lean meats
- Sleep: Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

The Clark County Homemakers Invite You to Join us for our *International Dinner*

Let's Explore

Greece

Featuring a Night of:

- *A Greek Inspired Meal*
- *A Special Guest Speaker*
- *Friends, Fun, and More!*

TUESDAY, APRIL 23rd
6pm

Clark County Extension Office
1400 Fortune Drive
Winchester KY 40391

Cost \$15 per person

Deadline to Register & Pay
Monday, April 15th

Phone: 859-744-4682

Email: linda.winburn@uky.edu



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

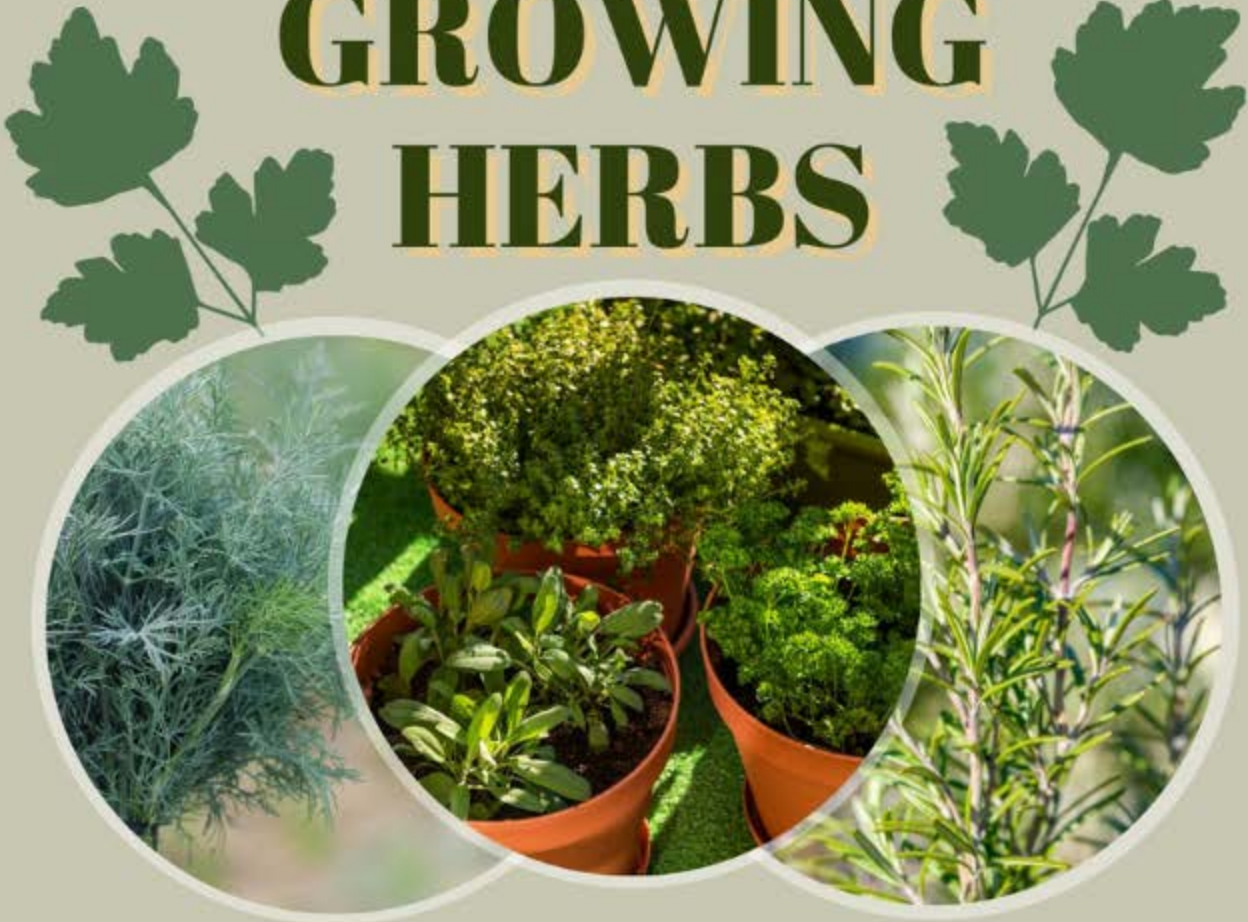
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Disabilities
accommodated
with prior notification.

GROWING HERBS



Herb gardening can be one of the most rewarding experiences. Whether grown in ground or in containers, everyone can be successful at herb gardening. While there are many herbs that can be used for many purposes, this class will have a stronger focus on culinary herbs.

CARRIE SPRY,
Horticulture Agent,
will cover all the basics
from getting started to
proper maintenance,
along with tips and tricks
to get the best results.

Tuesday, April 30
6:30 pm
Clark County Extension Service

Registered participants will receive an
assortment of seeds and a plant to take
home and grow on their own.

SHONDA JOHNSTON,
Family and Consumer
Sciences Agent,
will cover which culinary
herbs are going to be
the most useful.

To Register:  859-744-4682  cynthia.carr@uky.edu

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Beginner Card Making Class

DO YOU WANT TO LEARN HOW TO MAKE CARDS FOR BIRTHDAYS,
HOLIDAYS...ANY OCCASION?!

**NEW
DATE**

MAY 16TH ~~APRIL 16TH~~ 6PM - 8PM

CLARK COUNTY EXTENSION OFFICE

Call Linda Winburn at the Extension Office at (859) 744-4682 to reserve your seat.
Reservations must be made by noon on **May 5th** in order for the instructors to have
time to prepare the card kits.

Class size is limited to 12 students.

Cost: Homemakers - Free Non-Homemakers - \$5



"New to You"

Craft Supply Sale

Saturday, May 18, 2024
9 am-1 pm

Featuring Gently Used Craft Items at Great Prices!

Clark County Extension Office Annex
1400 Fortune Drive
Winchester KY 40391

Barn Quilt Painting Class

by Liz's Barn Quilts

JULY 27, 2024 9:00-3:00

Clark County Extension Office- Annex

1400 Fortune Drive

Winchester, KY 40391

Outdoor 2'x2' = \$130 or 3'x3' = \$190

Must be registered and
paid by June 27th



Scan to register
or call
859-744-4682

Space is
LIMITED!

Lunch and
Supplies
Included



A



B



C



D



E



F

Choose from these patterns

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Save
THE
Date

2024 Clark County Fair



June 22 – 29

The dates and time to bring your fair entries:

Sunday, **June 23** – 1 pm to 3 pm

Monday, **June 24** – 9 am to 12 noon

Entry categories will be coming soon! The Clark County Fair Books will be available **ONLY** online this year. We will have printed copies of the home economics categories available at the Extension Office.



THE MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT IS AN EQUAL OPPORTUNITY ORGANIZATION WITH RESPECT TO EDUCATION AND EMPLOYMENT AND AUTHORIZATION TO PROVIDE RESEARCH, EDUCATION INFORMATION AND OTHER SERVICES ONLY TO INDIVIDUALS AND INSTITUTIONS THAT FUNCTION WITHOUT REGARD TO 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, PHYSICAL OR MENTAL DISABILITY OR REPRISAL OR RETALIATION FOR PRIOR CIVIL RIGHTS ACTIVITY.

REASONABLE ACCOMMODATION OF DISABILITY MAY BE AVAILABLE WITH PRIOR NOTICE. PROGRAM INFORMATION MAY BE MADE AVAILABLE IN LANGUAGES OTHER THAN ENGLISH.

INQUIRIES REGARDING COMPLIANCE WITH TITLE VI AND TITLE VII OF THE CIVIL RIGHTS ACT OF 1964, TITLE IX OF THE EDUCATIONAL AMENDMENTS, SECTION 504 OF THE REHABILITATION ACT AND OTHER RELATED MATTER SHOULD BE DIRECTED TO

EQUAL OPPORTUNITY OFFICE, MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, UNIVERSITY OF KENTUCKY, ROOM S-105, AGRICULTURE SCIENCE BUILDING, NORTH LEXINGTON, KENTUCKY 40546,

THE UK OFFICE OF INSTITUTIONAL EQUITY AND EQUAL OPPORTUNITY, 13 MAIN BUILDING, UNIVERSITY OF KENTUCKY, LEXINGTON, KY 40506-0032 OR

US DEPARTMENT OF AGRICULTURE, OFFICE OF THE ASSISTANT SECRETARY FOR CIVIL RIGHTS, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410.