

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
(270) 338-3124
extension.ca.uky.edu



Don't forget to call us at (270) 338-3124 to sign up for upcoming events!

Upcoming Events

May 2: Book Club discussing *The Teacher* by Freida McFadden at 10 AM at the Extension Office.

May 6: Sourdough Bread Class at 10 AM at the Extension Office. CLASS IS FULL. If you have not already paid, please don't forget to bring your \$8 fee with you. You will go home with a bread starter.

May 8: Cooking through the Calendar Class at 11:30 AM at the Central City Public Library. May's recipe is Taco Pie. This class will also be offered at the Extension Office at 11:30 AM on May 22 and at 6 PM on May 21.

May 9: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

May 7-9: State KEHA Meeting in Bowling Green.

May 11: Junior Homemakers Club meeting at 10 AM at the Extension Office.

May 14: Deadline to register for Muhlenberg County Homemakers 99th Annual Day. Registration fee is \$10 per person. You must pay upon sign up. Annual Day will be held at 10 AM on Monday, May 20 at the Extension Office. Lunch will be catered. Guest speaker will be Ron Dozer.

May 16: Transferring Cherished Possessions Lesson at 10 AM at the Extension Office. Creating a plan for all your possessions helps to relieve additional burdens for your loved ones, such as deciding who gets what, as well as the physical task of sorting through and distributing the contents of your home. Please call to sign up. **Note the date change!**

May 20: Annual Day from 10

AM to 2 PM at the Extension Office. Deadline to register is May 14!

Notice: The Sweet Breads Class scheduled for May 21 and 22 has been canceled.

May 23: Homemaker Council meeting at 9:30 AM at the Extension Office. **Note the date change!**

May 27: Memorial Day, Office Closed

June 1: Basket Weaving Class from 10 AM to 12 PM at the Extension Office. This class has a \$50 fee (cash or check only). You will go home with a handmade woven basket, size 10"x14"x7". Bring your registration fee to the Extension Office in order to sign up.

June 4: Pickleball Club meeting at 5:30 PM at the Extension Office. Youth and adults welcome.

June 8: Junior Homemakers

Upcoming Events Continued

Club meeting at 10 AM at the Extension Office.

June 10: Book Club meeting at 10 AM. We will be discussing *Verity* by Colleen Hoover.

June 11: Pickleball Club meeting at 5:30 PM at the Extension Office. Youth and adults welcome.

June 14: Game Night at 5:30 PM at the Extension Office. Bring your favorite snack to

share with the group and join in the fun.

June 19: Juneteenth, Office Closed

July 4: Independence Day, Office Closed

MUHLENBERG COUNTY HOMEMAKERS
99TH ANNUAL DAY

Let's Take a Hike with

KEHA

MAY 20, 2024
10:00 AM

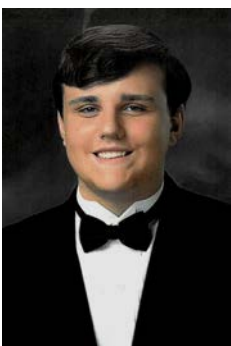
REGISTRATION: \$10
GUEST SPEAKER: RON DOZER
CATERED LUNCH

Sign up by
MAY 14

MUHLENBERG COUNTY EXTENSION OFFICE 3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

Homemakers Donate to 4-H Camp Fund

Muhlenberg County Homemaker members recently donated a total of \$625 to assist in sending Muhlenberg County youth to 4-H Summer Camp June 17-21, 2024.



Homemaker Scholarship Recipient

Reece Aaron McPherson, a senior at Muhlenberg County High School, is the recipient of this year's \$500 Homemaker Scholarship.



Basket

WEAVING CLASS

JUNE
01

10
AM

\$50
FEE

Muhlenberg County Extension Office
3690 State Route 1380 Central City, KY 42330

Make and take home your very own

10"x14"x7"

woven basket

No experience required.

Fee due upon sign up.
Cash or check only.

Class size limited.

More Information
(270) 338-3124

Instructor Kay Kass



Above is an example of what your finished basket will look like. **Please stop by the Extension Office with your \$50 fee no later than May 20 to sign up!** Class size is limited and you must pay upon sign up.

All products are proudly grown or made in Muhlenberg County!

APRIL

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- Regular FM Mid-Week Hours
- Regular FM Saturday Hours
- Special Events
- Winter Hours

Shop with our local artisans and crafters

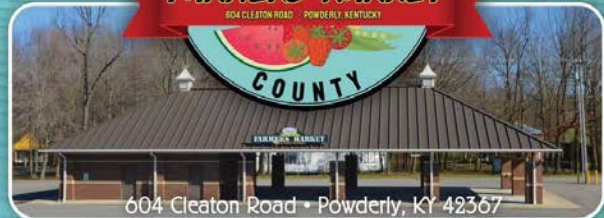
May - Beef month
June - Dairy Month
July - KY Cut-Flower month
National Farmers Market Week
First week of August

20 **MUHLENBERG** 24

FARMERS MARKET

3690 STATE ROUTE 1380 - POWDERLY, KENTUCKY

MUHLENBERG COUNTY



604 Cleaton Road - Powderly, KY 42367

Regular Hours:

Tuesday & Thursday • 3 p.m. - 6 p.m. (or sell out)
Saturday • 8 a.m. until 12 p.m. (or sell out)

Winter Hours:

Saturdays 8 a.m. - 12 p.m. (or sell out)



A Note from your Family & Consumer Sciences Agent

Hi all!

I hope you are all doing well and enjoying the sunshine! I wanted to remind you of some upcoming events as we head into May and the summer months! May is a big month for the Kentucky Extension Homemakers Association. We have the KEHA meeting next week in Bowling Green. Feel free to contact me with any questions regarding the KEHA state meeting. Our Homemaker Annual Day will be on May 20th. The theme is "Let's Take a Hike with KEHA." Mark your calendars to sign up by May 14th. The planning committee has been working hard to create a special day for us all!

Please note that the Homemaker Council meeting has been moved to May 23rd at 9:30.

There are a lot of summer FCS programs coming! We have a new Walking Program launching this summer. Pickleball Club is coming into full swing, especially with all this beautiful weather we have been having. This club is open to everyone, and all skill levels are welcome. Believe it or not, the County Fair will be here before we know it. Be getting your items ready for the Exhibit Hall! We can't wait to see all the beautiful and creative pieces you all bring in. Book Club is going to continue through the summer! Yay! Who doesn't love to read a good book in the sun? Our next book will be *Verity* by Colleen Hoover.

More classes are on the horizon! Don't forget to like our Facebook page, Muhlenberg County Cooperative Extension, to stay up to date on all things Extension.

If you have any program ideas or requests, please reach out to me!



Alex Kelly
Muhlenberg County Extension Agent
Family & Consumer Sciences
Education

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506

Would you like your
FCS Newsletter via
email?



Would you like to get your FCS News delivered straight to your inbox? Please contact the Extension Office at 270-338-3124 and let us know if we can add you to our email newsletter list.

Thought for the Day

"Every life matters. Be like Mother Nature and love everyone without judging." Debasish Mridha

Note: Handouts for the *Let's Play Pickleball* lesson for May are included with this newsletter for mailbox members. Handouts for the *Health Literacy* lesson for June are included with this newsletter for all members.

Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers



Disabilities
accommodated
with prior notification.



Good Questions for Your Good Health

Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions to better understand your health.

1

What is my main problem?

2

What do I need to do?

3

Why is it important for me to do this?

When to Ask Questions

You can ask questions when:

- You see your doctor, nurse, or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

What If I Ask and Still Don't Understand?

- Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- You might say, "This is new to me. Will you please explain that to me one more time?"

Who Needs to Ask 3?

Everyone wants help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

The **Ask Me 3** questions are designed to help you take better care of your health. To learn more, visit www.npsf.org/askme3

Your Doctor, Nurse, and Pharmacist Want to Answer 3

Are you nervous to ask your health provider questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- All you can about your condition.
- Why this is important for your health.
- Steps to take to keep your condition under control.

Asking these questions can help me:

- Take care of my health
- Prepare for medical tests
- Take my medicines the right way
- I don't need to feel rushed or embarrassed if I don't understand something. I can ask my doctor again.
- When I **Ask 3**, I am prepared. I know what to do for my health.

Bring your medicines with you the next time you visit your doctor or pharmacist. Or, write the names of the medicines you take on the lines below.

Like many people, you may see more than one doctor. It is important that your doctors know all the medicines you are taking so that you can stay healthy.

Write Your Doctor's Answers to the 3 Questions Here:

1 What is my main problem?

2 What do I need to do?

3 Why is it important for me to do this?

Ask Me 3™ is an educational program provided by the **Partnership for Clear Health Communication at the National Patient Safety Foundation™** – a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy and its effect on safe care and health outcomes.

**Partnership for
Clear Health Communication**
at the National Patient Safety Foundation™

www.npsf.org/askme3

Get healthy with pickleball

What is pickleball?

Pickleball has been the fastest growing sport in America since 2020. It has grown in popularity because most ages, body types, and skill levels can play. It is an easy, affordable, accessible, fun, social, and friendly game that combines badminton, ping-pong, and tennis features. You play with a large paddle and plastic ball on an indoor or outdoor court similar in size to a badminton court with a net, like that in tennis. Beginners can learn quickly, and many become core players. Core players participate in official events eight or more times a year. . Matches are played as singles or doubles and last approximately 15 to 25 minutes. Each match consists of three games, with the winner declared after the best two out of three. The average age of a core pickleball player is 38.1 years old, but pickleball has long been tied to older adults and retirees. The majority of core pickleball players are 55 or older and more than a third are 65 or older. SilverSneakers reports older adults are drawn to pickleball for a variety of reasons:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score. It can evolve into a more fast-paced competitive match for more experienced players.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.
- The game is social and is associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal proficiency.
- There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.



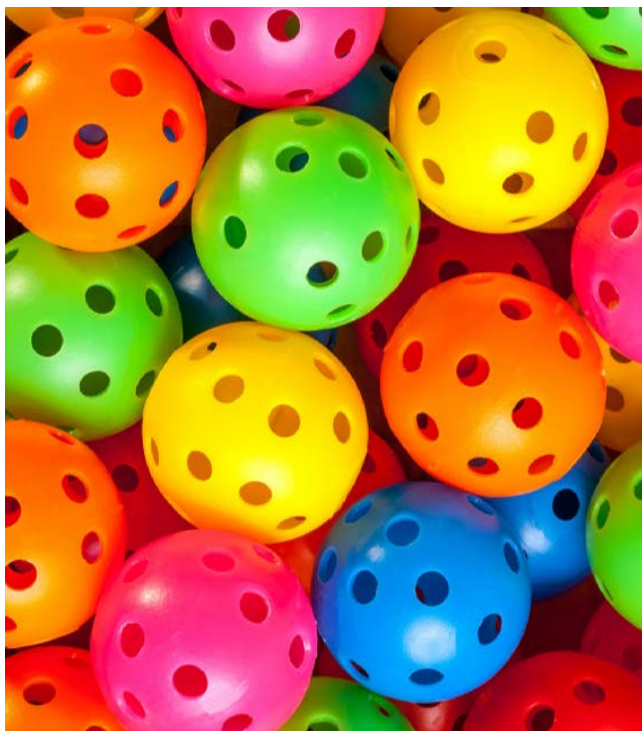
The game attracts active older adults because it is easy to find courts and people with whom to play. You can search for local clubs and courts by zip code through the USA Pickleball Association website: <https://usapickleball.org>. The USA Pickleball Association posts a downloadable rulebook and official rules packet as well as helpful videos that cover game basics and beyond at <https://usapickleball.org/what-is-pickleball/how-to-play>.

The physical, mental, and social benefits of pickleball

Harvard Health and SilverSneakers agree that pickleball can be an ideal sport for older adults because it enhances physical, mental, and social activity.

Physical health

Pickleball makes exercise fun, and people are more likely to enjoy fun activities. An article published in the International Journal of Research in Exercise Physiology shows that playing one hour of pickleball



According to USA Pickleball, three dads invented the game in 1965 to help their children fight summer boredom.

three days a week for six weeks can improve blood pressure, cholesterol, and cardiorespiratory fitness. Because pickleball involves moderate exercise, various reports attribute the benefits of pickleball to weight management and weight loss, managing diabetes, improving cardiovascular health and muscle strength, and keeping bones strong. Other research shows that pickleball can improve hand-eye coordination, which can help with daily activities like eating and driving, and improve reflexes and balance, which contributes to independence and fall prevention.

Mental health

Exercise in general can help reduce stress and improve mood. Research shows that exercising the brain can enhance memory and help preserve cognitive function. Pickleball stimulates the mind because it requires quick thinking and strategizing. Other research has found that pickleball reduces depression, increases self-esteem, and enhances a sense of purpose.

Social health

Pickleball brings people together. It encourages people to play casually with family, friends, and neighbors as well as to meet new people who are interested in the sport. When people are social, they are less likely to feel lonely or socially isolated. The fun aspect of pickleball also keeps people coming back. It is a carefree activity that encourages laughter and competition. Playing with others encourages accountability and can contribute to a sense of purpose. For example, the dependence upon showing



The name pickleball comes from the sport of rowing where the slowest craft is the “pickle boat.” Other accounts report the game is named after co-founder Joel Pritchard’s dog, Pickles. Pickles was known to run off with the ball while the game was still being played!

up to play against or with someone else. Positive social experiences with pickleball can influence ongoing exercise habits.

Safety concerns: Don’t get yourself in a pickle

Because pickleball is fun, social, played on a smaller court, and in senior centers, some perceive it to be a milder, low-impact, low-risk sport. However, it can be physically challenging and like any sport, it does pose several safety and injury concerns. Because the game can evolve into long volleys, quick steps, back-peddling, and lots of starting, stopping, and switching directions at the net, playing can lead to falls and injury. Falls are one of the leading causes of injury and injury-related death among adults aged 65 and older, according to the Centers for Disease Control and Prevention. Older adults who are less physically agile (having impaired balance or difficulty making quick turns) need to be careful while playing pickleball.

The USA Pickleball Association (USAPA) formed in 2005. Today it has more than 53,000 members.

While research does recommend learning to fall properly to be prepared in case you do fall (rolling with a fall versus extending a hand to break a fall can result in fewer upper extremity issues), all falls involve injury risks including head trauma.

Sports medicine experts report injury to the rotator cuff is a common pickleball complaint. This type of injury can cause pain and weakness in the arm, particularly at the shoulder joint. It can even prevent arm movement. Other injuries connected to pickleball (and other racquet sports) include sprains and strains to muscles, tendons, and joints; broken bones; bruises and cuts; injuries to the knee; aggravation of arthritis; low back pain; plantar fasciitis; distal extremity fractures (forearm, wrist, hand, foot, ankle); and head or facial trauma including eye injuries.

Players should stretch and properly warm up before any activity. USA Pickleball provides a list of exercises to help reduce injuries at <https://usapickleball.org/membersnewsletter/pickleball-fitness-exercises-to-help-reduce-injuries>.

Players should wear protective eyewear, appropriate athletic court shoes, and research options for wrist and ankle braces. Use a proper paddle and grip because gripping a paddle too tightly or volleying with a paddle that is too heavy can cause injury to the elbow.

It is important to take frequent breaks and keep hydrated. It can also be helpful to ice sore spots after a match to help with recovery.

If preexisting conditions and/or concerns are present, consult a health-care professional before playing. Visit a health-care professional if pain worsens with activity, lasts for more than 24 hours, causes changes in gait, or forces modification of other activities.

Conclusion

Pickleball is meant to be fun, social, and active, but, like many sports, it can sometimes be frustrating, especially if you are not catching on like you would like. Remember, a bad attitude is not helpful for you or those around you. By keeping your expectations realistic, you can reduce stress and/or frustration and anger. Remind yourself that like anything new, you need to practice — and have fun!

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