

FAMILY & CONSUMER SCIENCES FEBRUARY NEWSLETTER

HAPPY VALENTINES DAY EVERYONE!!

I HOPE EVERYONE HAS BEEN ABLE TO STAY WARM THE LAST FEW WEEKS, BUT DO NOT FRET THERE ARE ONLY 57 DAYS LEFT OF WINTER! DO NOT FORGET THAT FEB. 1ST IS SIGN-UPS FOR THE BIG BLUE BOOK CLUB. I WILL BE HOSTING WATCH PARTIES FOR THE ZOOM MEETINGS AT THE OFFICE FOR ANYONE INTERESTED IN ATTENDING. THE BOOK HAS GREAT REVIEWS! ENJOY THIS MONTHS READING!

Waiting for you inside!

- **Homemaker News**
- **Calendars of Events**
- **Flyers**
- **Health Bulletin Reading**

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BATH COUNTY HOMEMAKERS

Lunch & Learn Leader Lesson

Topic: Radon

When: March 4th

Time: 12 PM

Lunch will be provided.

Call the office to register.



Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie

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Licking River Area Leadership Training Day is February 6th at 10 AM, located at the Mason County Extension Office.

Sharpsburg is collecting aluminum can tabs for Ronald McDonald House. Collections are to be dropped off to the office by April 16th.

Club Meeting Dates

Bethel Nite: 2nd Thursday at 5 PM

Country @ Heart: Second Monday each month @ 5:30 PM

Hill N' Dale: Third Monday @ 6 PM Ramsey Buidling

Salt Lick: First Tuesday each month @ 12 PM

Sharpsburg:

LICKING RIVER AREA

LEADERSHIP TRAINING DAY



Join us in Mason County for Leadership Lesson Training Day. This day is for any & all Homemakers. It is a fun (FREE) day of learning the lessons for the year, leadership training & fellowshiping with other Homemakers. Call your local Extension Office if you would like to attend. At least 1 member from each club is encouraged to attend.

Lessons Include:

- ✓ Radon
- ✓ Savor the Flavor with Herbs
- ✓ Generational Differences

Tuesday Feb 6th (Snowdate Feb 27th)
Beginning at 10:00 AM
Mason Co, Extension Office
800 US HWY 68
Maysville, KY 41056

**Register at your local
Extension Office!
Please register by Feb
1st!**

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



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with prior notification.

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center
unless noted otherwise.


February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 Project Linus @ 10 AM	7 Paper Hugs @ 10 AM	8	9	10
11	12 Sewing Day @ 9:30 am	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Cooking through the Calendar @ 3:30 PM	29		


A decorative border of pink and orange swirls surrounds the text. At the top, there are four stacks of colorful books in various colors (purple, blue, orange, green).

BIG BLUE BOOK CLUB IS BACK!

BIG BLUE BOOK CLUB IS BACK WITH ***HEARTLAND: A MEMOIR OF WORKING HARD AND BEING BROKE IN THE RICHEST COUNTRY ON EARTH*** BY SARAH SMARSH. THIS BOOK IS AN EYE-OPENING MEMOIR ABOUT WORKING-CLASS POVERTY IN AMERICA. OUR DISCUSSIONS WILL HELP PARTICIPANTS UNDERSTAND THE IMPACT THAT ECONOMIC HARDSHIP AND INEQUALITY HAVE ON OUR COMMUNITIES. HEARTLAND IS A DESCRIPTIVE AND EMOTION-PACKED RETELLING OF THE AUTHOR'S AND HER FAMILY'S INTERGENERATIONAL EXPERIENCE OF AMERICA'S WEALTH GAP.

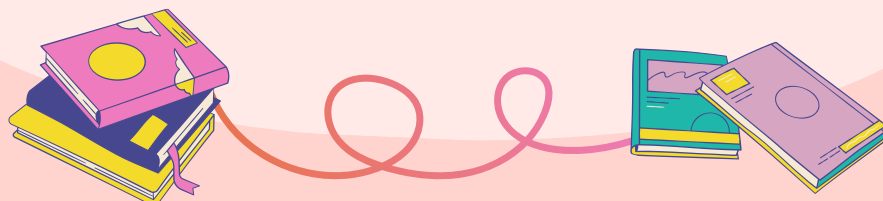
A stack of three books in purple, green, and pink colors.

THE FIRST BIG BLUE BOOK CLUB SERIES FOR 2024 WILL BE APRIL 11, 18, AND 25. EACH THURSDAY MORNING SESSION WILL BE PRESENTED VIA ZOOM AT 11 A.M. EDT. WE WILL RECORD THE SESSIONS, SO IF YOU AREN'T AVAILABLE DURING THE DAY, YOU ARE WELCOME TO PARTICIPATE VIA THE RECORDING.

An illustration of an open book with a pink cover and white pages.

REGISTRATION WILL OPEN AT 9 A.M. EST ON FEB. 1 AT [HTTPS://UKFCS.NET/BBBC24BOOK1](https://ukfcs.net/bbbc24book1). THE LINK WILL NOT BE ACTIVE UNTIL REGISTRATION OPENS. THE FIRST 200 REGISTERED PARTICIPANTS WILL RECEIVE A FREE COPY OF THE BOOK. PICK UP YOUR FREE BOOK AT YOUR LOCAL EXTENSION OFFICE AFTER YOU RECEIVE NOTIFICATION THAT YOU ARE ONE OF THE BOOK RECIPIENTS.

WE ARE EXCITED TO READ WITH YOU THIS YEAR!



Cooking Through The Calendar



Join us each month as we learn how to make a new recipe.

Date: February 28th

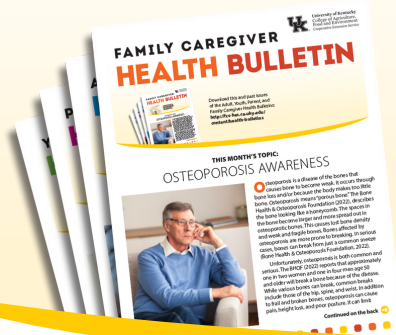
Time: 3:30 PM

Location: Bath County AG Center

Join us for a demonstration and taste test of
Everything Tuna Melts!

FAMILY CAREGIVER

HEALTH BULLETIN



FEBRUARY 2024

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

FAMILY CAREGIVERS AND SLEEP



Family caregivers support the health and well-being of family members with chronic conditions and illness. Although caregiving can be a rewarding experience, it can also take a toll on a caregiver's physical and emotional health, including sleep. It is common for caregivers to experience poor sleep quality, such as short sleep duration, frequent night awakenings, and increased time to fall asleep. Figuring out what's causing poor sleep and changing it can improve a caregiver's quality of life.

Caregivers may struggle with sleep because of chronic worry, hypervigilance, listening for a family member while in bed, and attending to overnight caregiver needs (toileting, medication, re-settling, etc.). Types of caregiving also affect caregiver sleep quality. For example, nighttime dementia-related behaviors, including sundowning and agitation, can often disrupt quality sleep.

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If you are struggling with sleep, be sure to talk with a health-care provider.

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Various cancer treatments, conditions associated with pain, and hospice care are also associated with increased caregiver sleep disturbances.

One study says caregivers living with a care recipient report worse sleep than those who live apart.

The negative effects of poor sleep can last a lifetime. Poor sleep is associated with:

- Daytime sleepiness
- Impairment in daily function
- Depression
- Anxiety
- Fatigue (physical and mental)
- Health problems (increased risk of stroke, obesity, diabetes, hypertension cardiovascular disease)
- Increased negative affect (negative emotions and expression, like sadness, disgust, lethargy, fear, and distress)
- Burden
- Distress
- Lack of focus or concentration
- Decreased reaction time
- Emotional instability
- Napping
- Cognitive problems
- Medication mismanagement
- Caregiver safety concerns (driving, operating equipment, mistakes at work)
- Caregiver errors (forgetting to administer medication, missing an appointment)

To improve sleep, some studies suggest trying meditation or yoga. Others recommend stress management, relaxation, and massages. Some caregivers find it helpful to work with a health-care professional to learn behavioral interventions like learning how to re-establish the relationship with sleep and the bed environment.

It is important for family caregivers to fall asleep and stay asleep. AARP suggests these five tips for better sleep:

- Create a sleep sanctuary that is dark, cool, quiet, and free from stressful paperwork and thoughts.

- Sleep in a separate room from the person for whom you provide care.
- Get a baby monitor to keep from straining your ears to hear your family member.
- Train yourself to worry during the day. Create to-do lists and note concerns you can put away until the next day.
- Establish proper sleep routines and sleep hygiene. In addition to maintaining regular sleep cycles, this may also include nightly relaxation, meditation, gentle stretching, and deep breathing exercises.

The Centers for Disease Control and Prevention recommends these general tips for better sleep:

- Go to bed and get up at the same time.
- Sleep in a dark, quiet, relaxing space.
- Set the thermostat at a comfortable temperature.
- No electronic devices in bed.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Engage in physical activity throughout the day.

Sleep is restorative. Caregivers need sleep to maintain their own health and well-being as well as the health and well-being of their loved one. If you are struggling with sleep, be sure to talk with a health-care provider.

REFERENCES:

- AARP. (2017). 4 Tips for Better Sleep While Caregiving: Improve sleep quality while taking care of your loved one. Retrieved December 18, 2023 from <https://www.aarp.org/caregiving/life-balance/info-2017/tips-for-better-sleep.html>
- Byun, E., Lerdal, A., Gay, C. L., & Lee, K. A. (2016). How Adult Caregiving Impacts Sleep: a Systematic Review. *Current sleep medicine reports*, 2(4), 191–205. <https://doi.org/10.1007/s40675-016-0058-8>
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- Cooper, C.J., Owen, P.J., Sprajcer, M., Crowther, M.E., Craige, E.A., Ferguson, S.A., Gupta, C.C., Gibson, R. Vincent, G.E. (2022). Interventions to improve sleep in caregivers: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 64. <https://www.sciencedirect.com/science/article/abs/pii/S1087079222000715>

FAMILY CAREGIVER HEALTH BULLETIN

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