Letcher County Extension

Newsletter

June 2024

EXTENSION EVENTS

How to stay up-to-date?

Monthly Newsletter
Call or email to be added to the monthly mailing list

Facebook Page
"Like" our Facebook page-Letcher County Cooperative Extension Service :
Go to our page & check out events.

Webpage
Check out the county webpage at https://letcher.ca.uky.edu

Letcher County Extension

Email:
letcher.Ext@uky.edu

Open Monday-Friday
8 am-4:30pm

478 Extension Dr
Whitesburg, Ky
41858

Phone: 606-633-2362

April 2024

AG & NATURAL RESOURCES NEWSLETTER

Shad Baker
Ag & Natural Resources Agent

PLEASE CALL TO REGISTER FOR EACH PROGRAM 633-2362 (LIMITED SPACES)

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

UK UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment

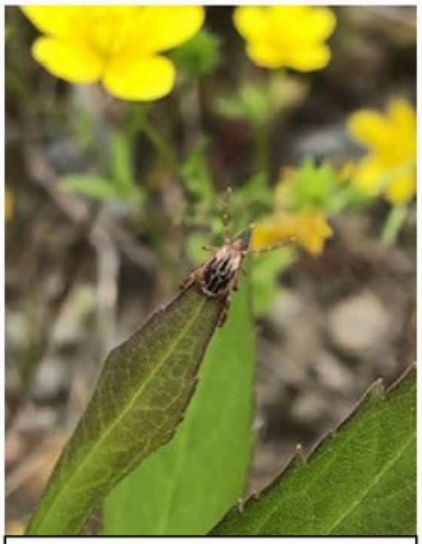
Ticks and Disease in Kentucky

by Anna Pasternak and Jonathan Larson (University of Kentucky Entomology)
and Monica Cipriani (University of Kentucky Epidemiology)
University of Kentucky College of Agriculture

ENTFACT-618

What Are Ticks and Why Are They Important?

Ticks are hemimetabolous, meaning they go through incomplete metamorphism. In the entomology world, this means their lifecycle consists of 4 life stages: egg, larva, nymph and adult. When larvae hatch from the egg they are very tiny—smaller than 2mm in size! The larva will find a host—usually a small mammal—and feed for ~2-3 days, then molt into a nymph. The nymph will feed again, this time for ~4-7 days, then molt into an adult. Adult females will take a final bloodmeal for ~7-10 days, mate with a male, lay eggs, and die. Adult males can bite but they do not engorge themselves. Most ticks will feed on three separate hosts in their lifetime—these are called three-host ticks. Two-host ticks stay and feed on the same host in the larval and nymphal stage, then drop off to find a different host as an adult. One-host ticks remain and feed on the same host during their whole life.



A tick questing on the end of a leaf. The front legs are outstretched to find and grab onto a host.

There are over 700 species of ticks worldwide. All of them are grouped into one of the three families: Ixodidae (hard ticks), Argasidae (soft ticks), and Nuttalliellidae. Nuttalliellidae consists of one species, Nuttalliella namaqua, and is native to Africa. Argasidae ticks are soft bodied and are usually found hiding in caves and burrows. Neither of these species are commonly encountered by humans. When most people think about ticks, they're thinking of Ixodidae. Most tick species fall into this family and are called "hard ticks" because they have a scutum that acts like hard, protective shield on their dorsal (back) side. On adult females, the scutum only comes about halfway down the body while in males it covers the whole dorsal side, making differentiating between male and female adults easy. The body of a tick is composed of the alloscutum, which engorges and fills with blood as the tick feeds, the scutum, and the capitulum which makes up the mouthparts. The mouthparts include the basis capitulum that attaches to the palps and hypostome. Palps protect the hypostome, which is what is inserted into the host

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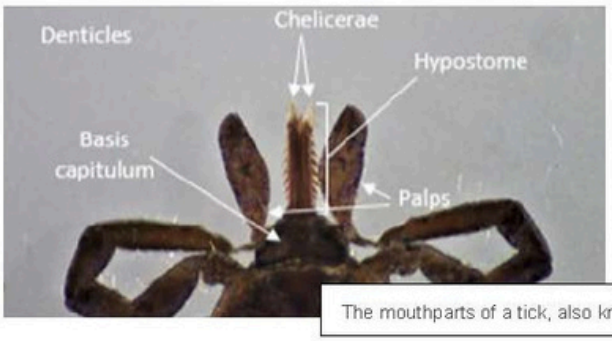
and sucks up blood like a straw. Chelicerae help cut through the skin and make a small pool of blood underneath the skin's surface for the tick to drink from. Small hooks on the hypostome, called denticles, anchor the hypostome in place. The saliva of ticks plays a major role in blood feeding. The saliva contains things like anticoagulant and anti-inflammatory molecules that suppress host immune systems and allow the tick to go unnoticed while feeding.

A female (left) and male (right) Blacklegged tick. Notice how the scutum on the female only comes halfway down the body.

Ticks can be important vectors of disease. Sometimes, when a tick feeds on a host it will pass along pathogens that can cause disease such as bacteria, viruses, and protozoa. You've probably heard of some of these tick-borne illnesses, like Lyme disease or Rocky Mountain Spotted Fever or even people becoming allergic to red meat after a tick bite. Ticks will pick up these pathogens from "natural reservoirs" which are organisms or a specific environment in which an infectious pathogen naturally lives and reproduces. A common natural reservoir for the bacteria causing Lyme disease are white-footed mice.

Not all tick species can vector every pathogen, and not every tick bite results in disease. For example, being bitten by a Lone Star tick poses no threat of developing Lyme disease because this tick species cannot carry or vector the pathogen. Now, let's say that you find a Blacklegged tick attached to you or someone else. This tick can carry and vector the bacteria that causes Lyme disease, but the tick must feed for a long time—about 36 hours—before the bacteria is transmitted into the host. Different pathogens take different amounts of time to be transmitted. Some pathogens, however, can be transmitted almost immediately once a tick bites, which is why prevention of ticks is an important precautionary step that everyone should take.



The mouthparts of a tick, also known as capitulum.

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Ticks In Kentucky

Lone Star Tick (*Amblyosomma americanum*)

Seasonality: Adults and nymphs active March through September, with larvae active in the later summer and fall months.

Habitat: Can be found in woodland and forest areas, and open areas with dense vegetation.

Identification: Reddish brown body color with a triangular scutum on adult females. Adult females also have one white dot on their dorsal side. Adult males have smaller white markings along the posterior end of the dorsal side at the end of their scutum. Mouthparts are long. Nymphs and larvae are reddish brown and have a circular body shape.

Diseases: Bourbon virus, Ehrlichiosis*, Heartland virus, red meat allergy*, Rocky Mountain Spotted fever*, Southern tick-associated rash illness (STARI), Tularemia*.

Fun facts: Lone star ticks are active questers meaning they will chase their host. This species is very common in Kentucky and is often present in large numbers.

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American Dog Tick (*Dermacentor variabilis*)

Seasonality: Adults and nymphs active March through September. Nymphs and larval stages of this species are not commonly encountered by humans.

Habitat: Can be found along forest & trail edges, as well as in fields and meadows.

Identification: Brown body with an oval-shaped scutum on adult females. Adults have a complex white pattern on the scutum and short mouthparts. Nymphs and larvae are brown or tan.

Diseases: Rocky Mountain Spotted fever* and Tularemia*.

Fun facts: Adult American dog ticks can survive for up to two years without feeding.

Blacklegged Tick (*Ixodes scapularis*)

Seasonality: Year round with adults active October-June and nymphs active May-August.

Habitat: Woodland and forested areas that have dense leaf litter on the ground floor.

Identification: Adults have a reddish-orange body with black legs and scutum. Nymphs and larvae have a translucent body with black scutum and legs. Mouthparts are long.

Diseases: Anaplasmosis*, Babesiosis, Lyme disease*, Powassan virus, and Relapsing fever.

Fun facts: Only ticks that belong to the genus *Ixodes* can transmit the pathogen causing Lyme disease. While most ticks undergo diapause during the winter month, blacklegged tick adults remain active when temperatures are above 40º F.

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Winter Tick (*Dermacentor albopictus*)

Seasonality: Year-round but uncommonly encountered by humans as this species spends its whole life on one host. Seasonality in Kentucky is still under investigation.

Habitat: Woodland and forested areas.

Identification: Brown body with complex pattern similar to the American Dog tick, but the patterns are paler in color. Mouthparts short.

***Dermacentor albipictus* (Packard)** [female, dorsal view] | ***Dermacentor albipictus* (Packard)** [male, dorsal view]

Winter Tick (*Dermacentor albipictus*) Female (left) and Male (right)

Diseases: No diseases of medical concern.

Fun facts: Winter ticks are a 1 host species of tick. They are sometimes called the "moose tick" as they tend to parasitize moose. While they are not important vectors of disease, they can cause major hair loss on hosts.

Asian Longhorned Tick (*Haemaphysalis longicornis*)

Seasonality: Seasonality in Kentucky is still under investigation. In other eastern states, it seems to be active March-September.

Habitat: Woodland areas and fields.

Identification: Brown bodies with no identifiable markings. Mouthparts are short.

Diseases: Possible vector of *Theileria orientalis*.

Fun facts: This species is the first known invasive tick species in the United States. It is parthenogenic, meaning that females do not need to mate to reproduce.

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Brown Dog Tick (*Rhipicephalus sanguineus*)

Seasonality: Seasonality in Kentucky is still under investigation. In other states, it seems to be active year-round.

Identification: Brown body in a teardrop shape. Mouthparts are short.

Diseases: canine babesiosis, canine ehrlichiosis, Rocky Mountain Spotted fever*.

Fun facts: This species, unlike other ticks, can survive its entire life indoors. Its preferred host is the domesticated dog and will likely enter your home by hitch-hiking on your furry friend.

Gulf Coast Tick (*Amblyomma maculatum*)

Gulf Coast Tick Female (left) and Male (right)

Seasonality: Seasonality in Kentucky is still under investigation. In other states, it seems to be active March-November.

Identification: Brown body and legs with a white complex pattern. Mouthparts are long.

Diseases: *R. parkeri*, a form of spotted fever.

Fun facts: As the name implies, this tick prefers coastal grasslands for habitat. In Kentucky, they can be found in areas of tall grass and meadows.

Protecting Yourself, Others, and Pets

Significant increases in wildlife populations, expanded ranges of some tick species, development of housing in rural areas, and the popularity of hiking and ecotourism have increased the potential for people to encounter ticks. Awareness and use of preventive measures to reduce exposure while working outdoors or enjoying outdoor activities are keys to reducing tick bites. Use repellents and check yourself frequently for ticks while and after being in areas where they may be active.

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The best strategy to reduce the potential of contracting tick-borne diseases is to avoid tick bites. Here are some tips:

- Avoid walking through uncut fields, brush and other areas likely to harbor ticks. Walk in the center of mowed trails to avoid brushing up against vegetation.
- Use a repellent that contains 20 to 30 percent DEET on exposed skin. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially the cuffs), socks and tents.
- Tuck long pants into your socks and boots. Wearing light-colored pants makes ticks easier to see.
- In areas where there are ticks, check yourself, children and other family members for ticks every 2 to 3 hours and upon returning home from hikes and outdoor activities. Examine behind ears, hair, neck, legs and around the waist.
- If you let your pets outdoors, check them often for ticks. Ticks can "hitch a ride" on your pets, but fall off in your home before they feed. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.

How to Remove a Tick Safely

Step 1: Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. the goal is to remove the entire tick including its head and mouth.

Step 2: Pull up with steady, even pressure. do not twist or jerk the tick.

Step 3: Clean the bite area and your hands with rubbing alcohol, an iodine soap, or soap and water.

A feeding tick holds itself in place by barbed mouthparts and a type of glue. Grasp it with fine-point tweezers as close to the skin as possible. Pull it straight out gently but firmly. Do not twist or jerk the tick during removal. Afterwards, wash the bite area and your hands thoroughly with soap and water and apply an antiseptic to the bite site.

You can store removed ticks in a sealed plastic bag with the date and location noted. Identification of ticks is available through your local Cooperative Extension Service office.

Anyone with concerns about exposure to ticks and possible disease transmission should consult their physician to determine the best course of action. Most tick-borne diseases can be averted by early intervention with an antibiotic.

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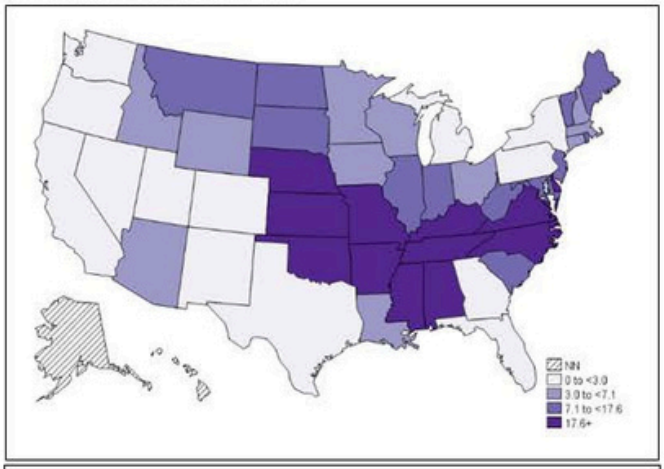
Tick-Borne Diseases Reported in Kentucky

Rocky Mountain Spotted Fever (Spotted fever rickettsiosis)

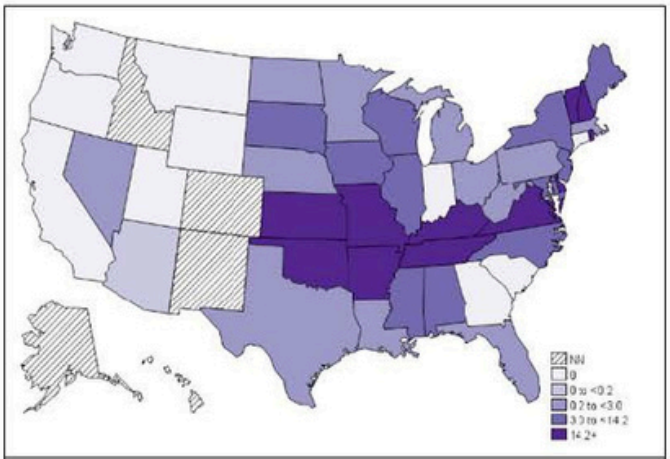
Typical symptoms include fever, headache, abdominal pain, vomiting, and muscle pain. A rash also may develop. The rash is characterized by small, flat, pink, non-itchy spots that first appear on the wrists, forearms, and ankles and gradually spreads towards the trunk of the body.Rocky Mountain spotted fever can be a severe or even fatal illness if not treated in the first few days of symptom onset. Reservoir animals include deer mice, meadow voles, and other small mammals. Dogs are susceptible to infection but the disease is rarely diagnosed in cats.



Annual incidence (per million persons) of Rocky Mountain Spotted Fever in the United States – 2018.

Erhlichiosis

This results from infection by one of several species of bacteria. Flu-like symptoms such as mild muscle aches, fatigue, and occasionally severe fever appear within 1 to 2 weeks after a bite by an infected tick. A rash may also develop, most commonly in children, and appear as flat, red, discolored dots. Ticks appear to have to feed for about 24 hours before disease transmission occurs. White-tailed deer, elk, and wild rodents are reservoirs of the disease.



Annual incidence (per million persons) of Ehrlichiosis in the United States – 2018.

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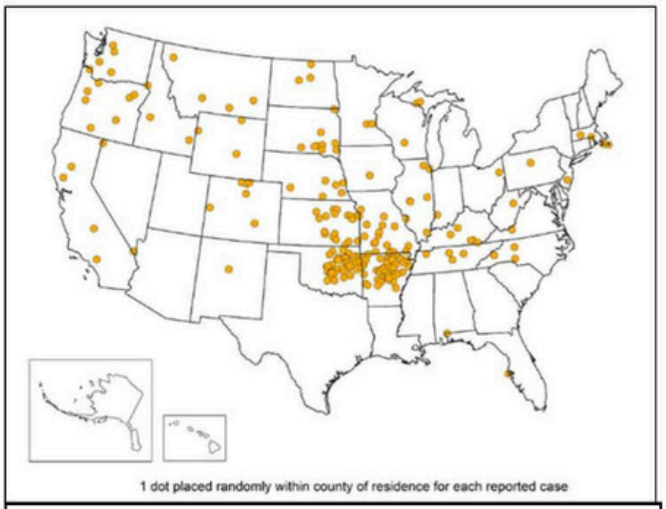
Tularemia

This illness can be spread to humans several different ways, including by the bite of an infected tick. It is a rare but potentially fatal bacterial disease of rabbits, hares, and rodents; however, it can infect more than 100 species of wild and domestic animals. American dog ticks an d lone star ticks can transmit the disease to humans. In addition, humans can contract tularemia when handling infected animals. Signs and symptoms vary with the method of entry into a person but a fever accompanies all forms. Cats and dogs may contract the disease by eating flesh of infected animals or through tick bites.



Reported cases of Tularemia in the United States – 2018

Red-Meat Allergy

This may appear as a skin rash or anaphylactic reaction that occurs 3 to 6 hours after eating beef, pork, or lamb. The reaction can occur in people with a history of strong reactions to tick bites (redness and itching at bite sites that last for weeks) or many bites from a single incidence. They produce antibodies to proteins in the saliva of feeding lone star ticks. The common sugar (alpha-gal) that causes the reaction is not present in chicken, turkey, or fish. This antibody has been found in up to 20% of people tested who live where the lone star tick is common.

References

Kentucky Department of Health: Tickborne Diseases

Revised: 6/2021

CAUTION! Pesticide recommendations in this publication are registered for use in Kentucky, USA ONLY! The use of some products may not be legal in your state or country. Please check with your local county agent or regulatory official before using any pesticide mentioned in this publication.

Of course, **ALWAYS READ AND FOLLOW LABEL DIRECTIONS FOR SAFE USE OF ANY PESTICIDE!**

Images: University of Kentucky Entomology unless otherwise cited

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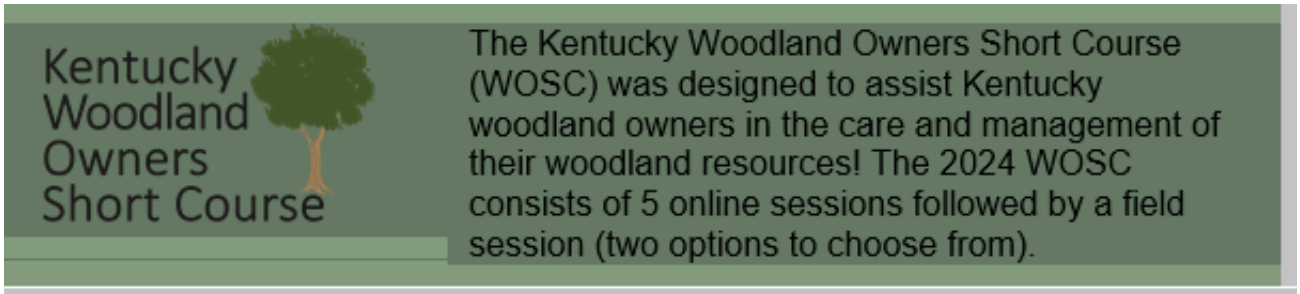

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A truly historic outbreak of fall armyworm took place in 2021. According to collaborators at Auburn University, it was the worst year for this pest since the late 1970s. While entomologists don't expect another outbreak this year, it is good to keep your eyes peeled for signs of the fall armyworm.

Fall armyworms typically cause issues in corn and alfalfa, so be on the lookout for damage to these plants. They feed on grasses, so lawn browning is another common sign. Fall armyworms are a migratory species arrive in Kentucky in June, so be on the lookout for them.

The caterpillar stage is considered the damaging stage of development for this pest. If you find a caterpillar and suspect it may be a fall armyworm, look for a yellow "Y" on the head and four dots in a square on the rear to be certain.

You have several ways to manage fall armyworm. Pyrethroids are an effective type of pesticide against foliage-feeding pests. Some examples of these pesticides include Bifenthrin (Talstar), Lambda-cyhalothrin (Scimitar), Permethrin (Astro) and Cyfluthrin (Tempo).

It is best to use the spray formulation and make sure you don't mow or irrigate the sprayed area for 24 hours.

Non-pyrethroid products can also be effective against turf caterpillars. These are low hazards to humans and the environment. Some common examples of these are Acelepryn, Provaunt and Conserve SC.

For more information on managing insect pests and correct pesticide use, contact the Letcher County office of the University of Kentucky Cooperative Extension Service.

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Our homes serve as tranquil havens, offering a space to retreat and relax. It's essential to safeguard our living spaces and maintain privacy diligently. As the weather continues to warm up, the emergence of insect pests within, and around, our homes can disrupt this privacy.

To address pest infestations, some may use pesticides to restore order to their gardens, landscapes and indoor spaces. When applying pesticides, employing smart, cautious approaches is crucial for the safety of your household.

Here are several strategies to mitigate these improper pesticides usage risks for you and your family:

- Select the appropriate pesticide: Identify the pest causing damage to ensure the ideal pesticide to use. Misusing a pesticide fails to resolve the issue, wasting resources and exposing your family to unnecessary risks. Extension offices are available to assist in accurately identifying pests and selecting the appropriate treatment.
- Adhering to pesticide label instructions: Pesticide labels carry legal authority, designed to ensure your safety. Applying a pesticide in a manner not specified could be unsafe or illegal. Additionally, certain pesticides may not be suitable for use in residential areas. You will ensure the safe and effective use of the product against pests by properly following the label's directions.
- Avoiding combining pesticides with household items: Use designated equipment for pesticide application, refraining from repurposing these items for household tasks. Mix only the amount of pesticide needed for the task. Properly dispose of any leftovers without using drains or toilets.
- Wearing protective clothing: Minimize exposure to pesticides by donning appropriate gear. While specific protective equipment may be recommended on the pesticide label, wearing plastic gloves, closed shoes, socks, long pants and long-sleeved shirts is a minimum safety standard.
- Keep away from children and pets: Ensure children and pets are not present in the area during pesticide application, adhering to label guidelines when it's safe to return. If timing is not specified, wait until the pesticide has completely dried is a good best practice
- Thoroughly cleaning after application: Clean reusable protective gear and wash application clothing separately from other laundry. Always cleanse your skin and hands thoroughly before consuming food, drinks or tobacco.
- Storing pesticides safely: Follow label instructions for proper storage, keeping pesticides out of reach of children and pets and in a temperature-controlled environment. Pesticides should be stored above 40 degrees Fahrenheit, while also avoiding extreme temperatures.

Adopting these practices can significantly reduce the risks associated with pesticide use, ensuring a safer environment for you and your family.

For more information on managing insect pests and correct pesticide use, contact the Letcher County office of the University of Kentucky Cooperative Extension Service.

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The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit https://exclusives.ca.uky.edu.

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AG & NATURAL RESOURCES NEWSLETTER

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Ag & Natural Resources Agent

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Source: Bob Coleman, UK extension horse specialist

Horses rely on many nutrients to thrive including protein, fat, carbohydrates, vitamins and minerals. However, water is the most important nutrient. Water accounts for nearly 75% of a horse's body weight. Most horses need at least 6-8 gallons every day, but the amount required will vary based on weather or diet. In hot weather, horses will need more water, and a horse eating hay requires more than one on pasture. Lactating broodmares always require more water.

Always prioritize fresh, clean water for your animals for many reasons. Adequate hydration reduces the risk of colic and plays a vital role in digestion. Water helps horses regulate their body temperature, lubricates joints, assists in muscle contraction strength and get rid of waste.

Most horse managers easily prioritize clean, fresh water in the barn. They have a daily routine of checking, cleaning and filling water buckets. But outside water may end up being more accidental than routine. You can't rely on streams and ponds for your water source. Horse traffic can break down stream banks, contaminate the water source and even cause animal injuries. Regularly check stock tanks and troughs, frequently change the water and clean the container.

Stock tank water may get a bit warmer than what some horses prefer, so watching the capacity of the watering device can help. Keep water cooler by changing it more often or having the water refreshed in the waterer more often. This can help provide water horses want to drink. Carefully consider where to dump dirty water in the field so you don't create muddy areas.

Forages contain moisture and grazing horses will get some daily hydration while munching on pasture. However, still offer free-choice water sources for horses to visit throughout the day.

Learn to recognize dehydration signs in your horses. By the time you see the signs, your horse may have already lost 5% of its body weight. Dehydrated horses appear weak, have sunken eyeballs, dry mucous membranes, slow capillary refill time and an increased heart rate. Pinch the horse's skin near the base of their neck for two seconds. If the skin stays pinched, your horse most likely needs water and possibly electrolytes.

For more information about horse management, contact the Letcher County Cooperative Extension Service.


KENTUCKY
COOPERATIVE EXTE
Hiking for Health
July 2nd
Leaving the office at 7:30
Please layer clothing and wear appropiate shoes.
Must have completed 2 hikes to be eligible for this hike. For more information contact Shad Baker or Nanette Banks 633-2362


LET'S
GO
HIKING

Shad Baker
Ag & Natural Resources Agent

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Seed lettuce as a companion plant to tomatoes Seed parsley
2	3 Seed snap beans and carrots Seed summer squash and corn for late crop	4 Plant tomatoes Seed cabbage, cauliflower, broccoli and Brussels sprouts	5 Seed pumpkins and winter squash Seed leaf and bibb lettuce	6 Mulch garden to conserve soil moisture	7 Plant celery Monitor for garden pests Summer prune apples and peaches	8 Begin control measures for squash vine bore
9	10 Seed sweet corn, beets, pumpkins and winter squash Pinch blackberry canes	11 Begin bagworm control Seed basil as tomato companion plant	12 Side-dress sweet corn that is knee-high with additional nitrogen	13 Transplant thyme Deadhead annual flowers	14 Prune spring-flowering shrubs	15 Plant peppers Control cabbage worms with DiPel® or row cover
16	17 Renovate strawberries after last harvest Turn compost	18 Seed or transplant gourds Pinch back garden mums	19 Seed dill Seed or transplant cantaloupes for fall	20 **Summer Begins** Prune pine trees	21 Treat lawn for white grubs	22 End asparagus harvest Seed Brussels sprouts
23	24 Seed or transplant savory Harvest beet greens	25 Plant late tomatoes and peppers Fertilize asparagus	26 Add non-seed-bearing weeds to compost Seed peppers	27 Plant basil Stake peppers Transplant rosemary	28 Seed half-runner and pole beans	29 Plant cilantro Harvest summer squash frequently

April 2024

FAMILY AND CONSUMER SCIENCES NEWSLETTER

Nanette Banks
Family and Consumer Sciences

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Cooperative Extension Service

COOKING THROUGH THE

Calendar

June 4th
1:00
Fruit Coleslaw

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Letcher County Extension Office
478 Extension Dr
Whitesburg, KY 41815
(606) 633-2362

EFNEP

SNAP USDA Supplemental Nutrition Assistance Program

USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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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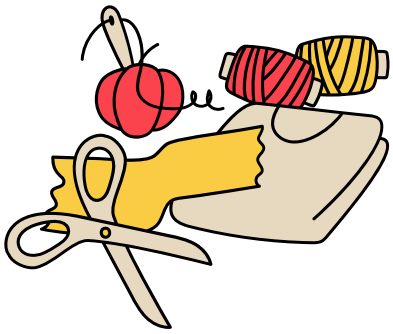
Lexington, KY 40506

Disabilities accommodated with prior notification.

Come Sew With Us
June 6th
Knott County
leaving the office at 9:00 am

Jenkins Homemakers
June 7th @ 12
Jenkins Library



Letcher Homemakers
June 11th @ 10:30
Jeremiah Missionary Baptist Church

April 2024

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Family and Consumer Sciences

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Hiking for Health
July 2nd
We will be leaving the office at 7:30
Please layer clothingand wear appropriate shoes.

Come Sew With Us
June 13th
Breathitt County
Leaving the office at 8:00 am

HEALTHY LIVING WITH DIABETES

DIABETES SELF MANAGEMENT EDUCATION SESSIONS
JUNE 17TH &18TH
10:00AM-2:00PM
LETCHER CO. EXTENSION OFFICE
478 EXTENSION DRIVE
WHITESBURG KY 41858

LEARN ABOUT:
- Healthy Coping
-Healthy Eating
-Being Active
-Taking Medication
-Monitoring
-Problem Solving
-Reducing Risks

Contact the KRDHD Diabetes Program to enroll!
(606)-785-3144
SPOTS ARE LIMITED
Must Pre-register by 6/10/24

Diabetes Support Group
June 27th @ 1:00
Discussing Eye Disease

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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Cooperative Extension Service

ADULT HEALTH BULLETIN

MAY 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**

Letcher County Extension Office
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Whitesburg, KY 41858
(606) 633-2362

THIS MONTH'S TOPIC

MENTAL HEALTH AWARENESS

May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

Continued on the next page

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

FAMILY AND CONSUMER SCIENCES NEWSLETTER

Nanette Banks
Family and Consumer Sciences

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.

Continued from the previous page

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

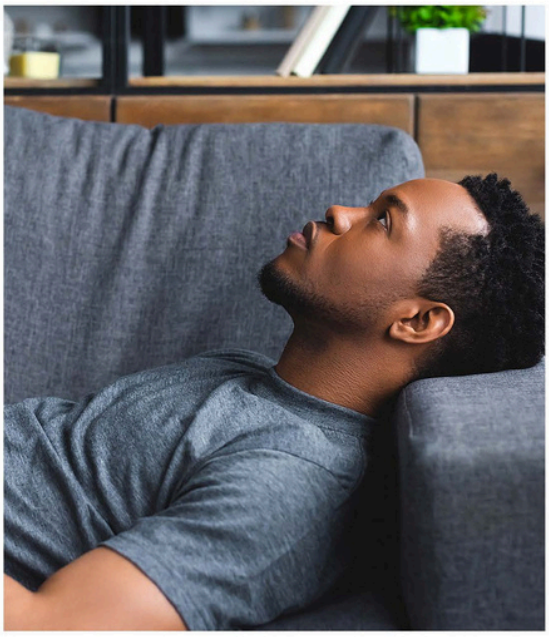
Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to **988lifeline.org** to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- https://www.samhsa.gov/mental-health-awareness-month
- https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968

ADULT
HEALTH BULLETIN

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FAMILY AND CONSUMER SCIENCES NEWSLETTER

Nanette Banks
Family and Consumer Sciences

Recipes from the 2024 Food and Nutrition

Recipe Calendar

Cooperative Extension Service

Fruited Coleslaw

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: $1.57
Cost per serving: $0.26

Nutrition facts per serving:
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
Adapted from Iowa State University Extension

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Lexington, KY 40506

4-H NEWSLETTER

Crystal Smith
4-H Youth Development

HEAD - Problem solving: ability to sort out complex problems.
HEART - Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.
HANDS - Skills development: ability to do, skill in doing and habit of doing.
HEALTH - Physical development: understanding and appreciating a growing and changing body.

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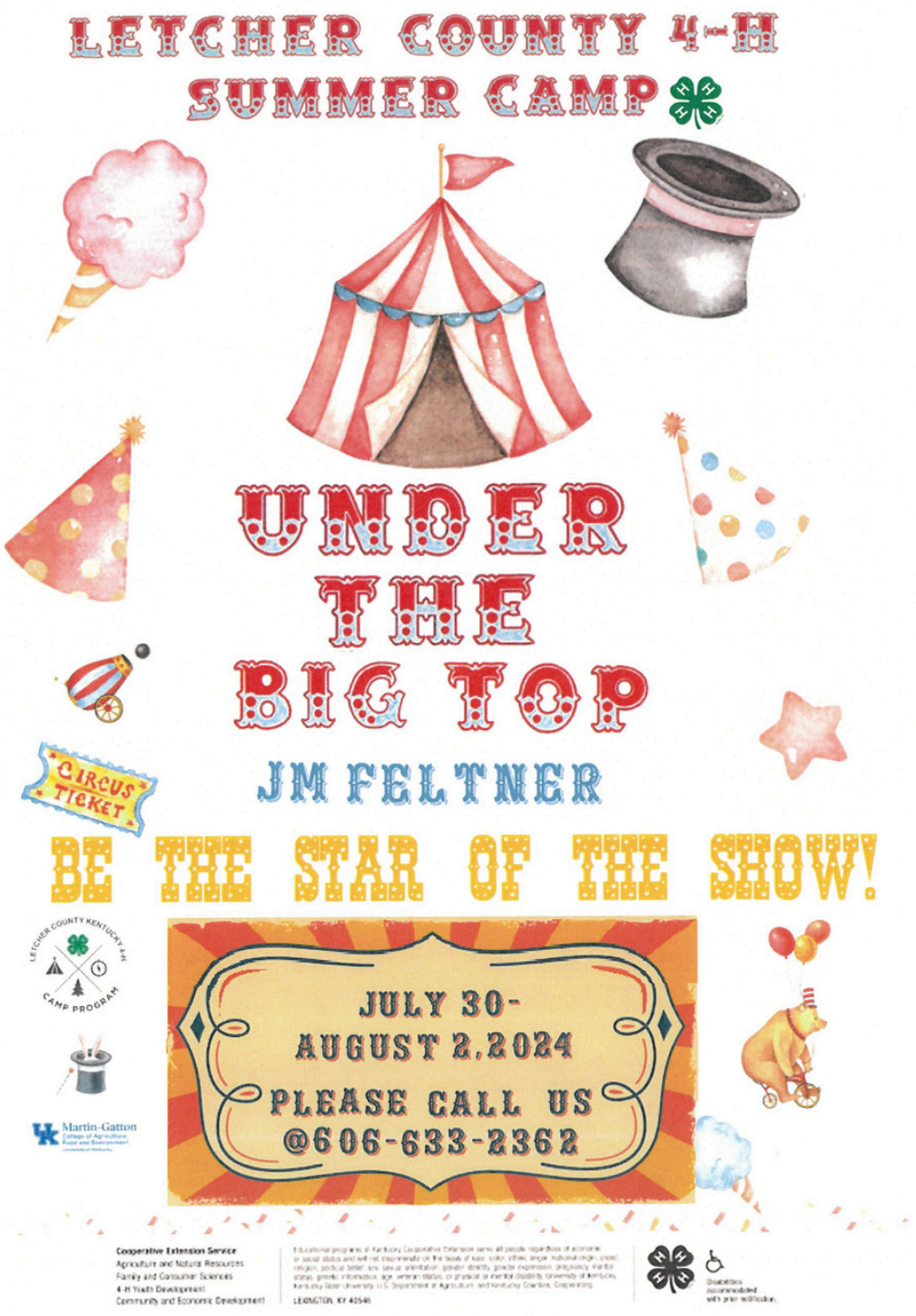

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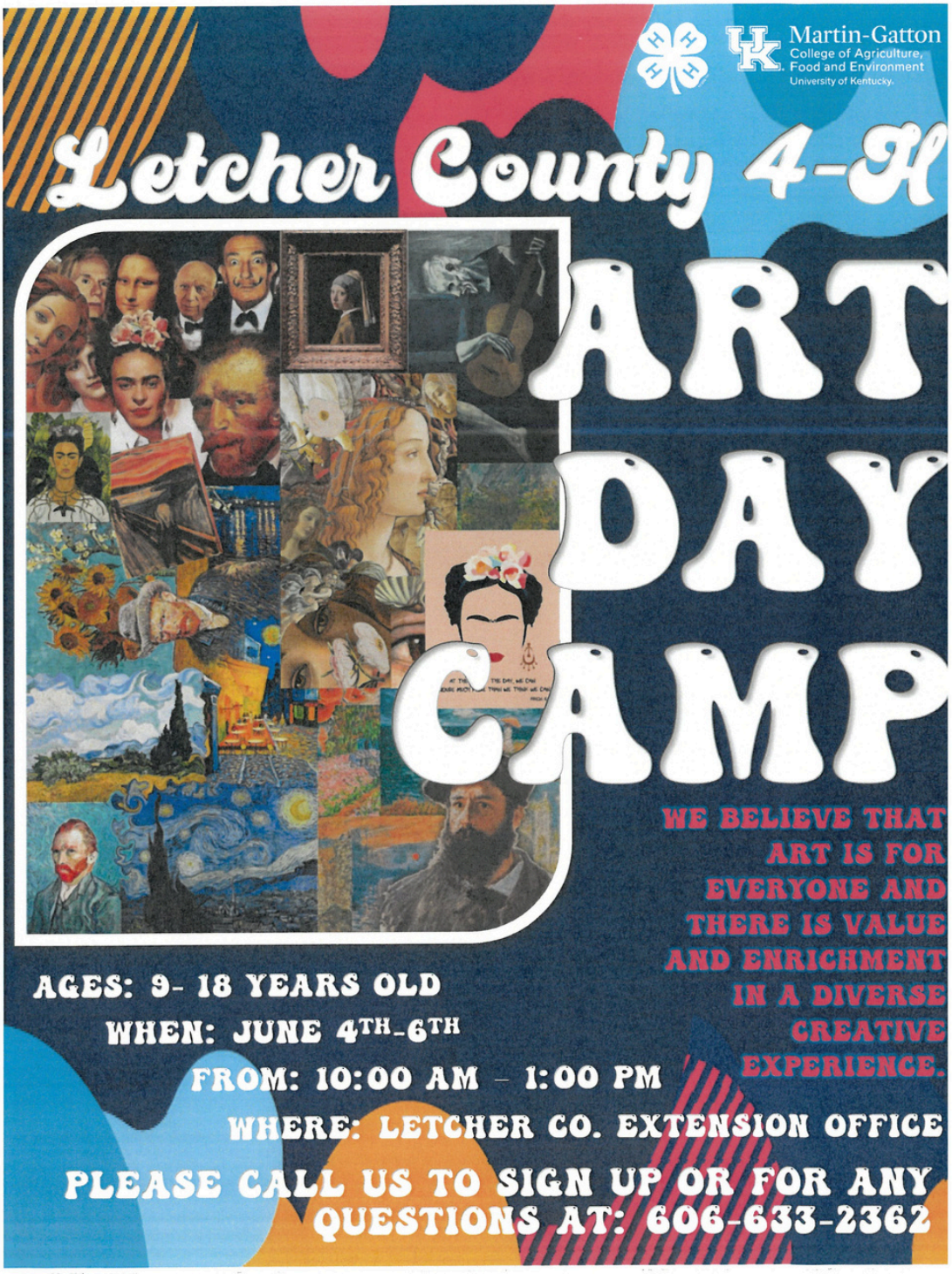

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