

**APRIL 2025**

# FCS NEWS & NOTES

## MAIN TOPIC

# Signs of Parkinson's disease

**A**ccording to the National Institutes of Health, Parkinson's disease (PD) is "a brain disorder that causes unintended or uncontrollable movement, such as shaking, stiffness, and difficulty with balance and coordination." Scientists believe PD is caused by a combination of genetic and environmental factors, including head injuries. Symptoms usually develop and progress slowly over time. They affect people differently. Many people living with PD experience tremors, slow movement, stiff limbs, and gait and balance issues. Along with these motor symptoms, the Parkinson's Foundation reports that people with PD may also experience depression, anxiety, apathy, hallucinations, problems with digestion and sleeping, loss of smell, and a variety of cognitive impairments. According to the Parkinson's Foundation, 10 early signs of PD include:



- 1.** Tremors
- 2.** Small handwriting
- 3.** Loss of smell
- 4.** Trouble sleeping
- 5.** Problems with walking or moving because of stiffness
- 6.** Constipation
- 7.** Soft or low voice
- 8.** Facial masking (looking serious or depressed, even when you are not)
- 9.** Dizziness or fainting spells because of low blood pressure

### **10.** Stooped or hunched body posture

If you or someone you love shows signs or symptoms of PD, talk to a health-care provider. There is not a specific test to diagnose PD, according to the Mayo Clinic. But health-care professionals can order a variety of exams, tests, and

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## Cooperative Extension Service

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.

# HEALTHY RECIPE

## Down-Home Greens

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 large yellow onion, diced
- 1 clove garlic, minced
- 1 teaspoon red pepper flakes
- 1 teaspoon paprika
- 1 pound collard greens, chopped
- 2 cups low-sodium vegetable stock
- 1/4 cup apple cider vinegar
- Salt and pepper, to taste



1. In a large pot or skillet, heat oil and butter over medium-high heat and sauté onion and garlic for 2 minutes.
2. Add red pepper flakes, paprika, and collard greens and cook another minute.
3. Add vegetable stock and apple cider vinegar. Cook covered until the greens are tender, about 20 minutes.
4. Add salt and pepper to taste. Serve immediately.

**Note:** Make this recipe with any type of greens (kale, mustard, Swiss chard, turnip) or a combination.

**Servings:** 4 Serving Size: 1 1/4 cup

**Nutrition facts per serving:** 120 calories; 7g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 90mg sodium; 12g carbohydrate; 6g fiber; 2g sugar; 4g protein; 130% Daily Value of vitamin A; 70% Daily Value of vitamin C; 30% Daily Value of calcium; 6% Daily Value of iron

**Source:** Becky Freeman, Social Marketing Research Project Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

## Continued from page 1

procedures to help make a proper diagnosis and treatment plan. Doctors cannot cure PD, but medicines, surgery, and a healthy lifestyle can help someone live well with it.

### References:

- Mayo Clinic. (2024). Parkinson's Disease. Retrieved 1/9/25 from <https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/diagnosis-treatment/drc-20376062>
- NIH. (2022). Parkinson's Disease: Causes, Symptoms, and Treatments. Retrieved 1/7/25 from <https://www.nia.nih.gov/health/parkinsons-disease/parkinsons-disease-causes-symptoms-and-treatments>
- Parkinson's Foundation. (2025). What is Parkinson's? Retrieved 1/9/25 from <https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons>

**Source:** Amy Kostelic, Associate Extension Professor, Adult Development and Aging

# KEHA

## Updates

### KEHA state meeting coming soon!

The Kentucky Extension Homemakers Association (KEHA) State Meeting is almost here! There is still time to register for this event. This year's meeting will take place May 6-8, 2025, at Hyatt Regency Lexington. Visit the KEHA State Meeting website for information on making room reservations, registering for the event, and other details. Please check the fillable registration form online for updates on classes that might be full. Please see the following tips to enhance your experience:

### Deadlines:

- **April 5** is the postmark deadline for state officer and chair credentials.
- **April 7** is the deadline for the conference rate at the Hyatt.
- **April 7** is the early-bird registration postmark deadline.
- **April 15** is the deadline to register for the Master Farm Homemaker Guild luncheon and meeting.
- **April 21** is the final postmark deadline for registration.

### Free health screenings:

Raising Hope will provide free health screenings from 9 a.m. to 3:30 p.m. Tuesday and from 8 a.m. to 4 p.m. Wednesday. Look for more information on site and in your program.

### Support fundraisers:

- Areas each provide a themed raffle basket.
- Counties may bring item(s) for the silent auction. Please only bring new items.
- 12-inch finished quilt squares for auction.
- The Center for Courageous Kids is collecting twin-sized bed quilts for their kids' camp.
- Bring a checkbook and/or cash!

### Support our vendors!

New this year, Snippy Jim will be sharpening scissors, so bring your dull pairs for a sharpening fee.

### Reminders:

Wear the colors of jewels to the opening lunch and pack a sweater or other layers for temperature shifts.

# Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

*Note: Job Club will be meeting by Zoom only.*



**FREE  
and  
open  
to the  
public!**

**Register for  
the Zoom  
webinars**



**April 8, 2025, 9-10 a.m.**

## **Job Search Strategy Tips from HR and Recruiter Panel**

Join us for a panel discussion with Human Resources Specialists and Recruiters who will share job search tips that will help prepare you for your next career transition. Themes will include interviewing strategies, how to answer difficult questions, salary negotiation and networking.

*Presented by Nick Dendinger, Director of HR, Bullard; Tamisha Boleware, Director of Internal Recruitment, Malone Workforce Solutions; Rebecca Wren, Chief People & Business Officer, Ronald McDonald House Charities of the Bluegrass*

**April 22, 2025, 9-10 a.m.**

## **How Brain Science Can Boost Your Leadership and Career**

How difficult is it to influence critical behavior? In today's overloaded workplace, the ability to increase your influence is crucial for getting things done—whether you're a manager, a people leader, or job seeker. Leaders and professionals alike struggle to inspire and motivate others to drive meaningful change. In this session, you'll discover five powerful strategies to boost your ability to influence critical behavior. Learn how leading experts in cognitive science, including the pioneer of NeuroLeadership, have applied brain science to the business world. By understanding how our brains function and leveraging specific tactics, you can better influence outcomes—whether you're aiming to lead a team, move into leadership or stand out in your job search.

*Presented by Kyle Anne Poland, Training and Development Consultant, Kyle Anne Poland Enter TRAINing*

 **Alumni  
Association**

 **Human  
Resources**  
*Temporary Employment*



## BIG BLUE BOOK CLUB

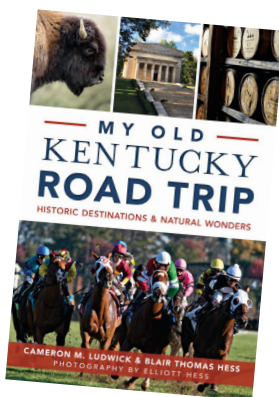
After so many sessions and reading so many books together, we have reached our 10th book. We are pleased to announce that in 2025 we will read "My Old Kentucky Road Trip - Historic Destinations and Natural Wonders" by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state. Some might be familiar to you, but you will learn about many for the first time.

In the spirit of the book, we will be taking Big Blue Book Club "on the road." We're offering our kickoff session in our traditional format via Zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book's authors will join us there for an informative session about some of their favorite Kentucky destinations, and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will be on March 13 at 11 a.m. Eastern. During the next few months, we will travel across the state where you can join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together!

Visit our new Big Blue Book Club website to register for our next session or to learn more about sessions of the past at <https://ukfcs.net/BigBlueBookClub>.



## LOCAL EVENTS

Martin-Gatton  
College of Agriculture,  
Food and Environment

### *Living On a Few Acres* **Turning Your Backyard Into a Homestead.**

#### **Session 1: Where Do I Start?**

**January 27th at 2:00pm**

Is homesteading for me? What resources are there? How do I decide what I would like to do?

We will cover these common questions and more at our first meeting.

#### **Session 2: Establishing Healthy Soils**

**February 24th at 2:00pm**

Homesteading starts from the ground up, literally. We will cover the basics of assessing your soil, reading a soil test, amending poor soils, and supporting healthy soils.

#### **Session 3: Vegetable Gardening**

**March 24th at 2:00pm**

Whether you have a balcony or 15 acres you can grow your own vegetables. We will talk about gardening in small and large spaces.

#### **Session 4: Sheep and Goat Production**

**April 28th at 2:00pm**

Participants will learn about the basics of selecting and raising small ruminants. Topics such as nutrition, breed selection, and proper care will be discussed.

#### **Session 5: Raising Backyard Poultry**

**May 12th at 2:00pm**

We will discuss poultry production for both meat and egg consumption. From breed selection, to the basics of nutrition, care, and other aspects of poultry husbandry.

**All sessions will be held at the Casey County Extension Office Educational Building.**

**1517 S. Wallace Wilkinson Blvd  
Liberty, KY 42539  
Call 606-787-7384 to register.**

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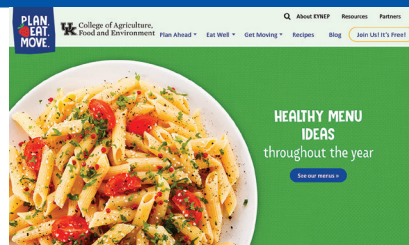
**Instagram.com/UKFCSExt**



**UKFCSExt.podbean.com**



**YouTube.com/UKFCSExtension**



Feeling better happens one small step at a time.

We know, because that's what we've done - and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

## PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit [PlaneatMove.com/free-classes](https://PlaneatMove.com/free-classes) to learn more.

# PRODUCE BEST PRACTICES TRAINING

April 15th at 10:00am

April 16th at 2:00pm

Casey County Extension Office

**This training is required for all vendors of the  
Casey County Farmers Market.**

A basic food safety training program, this is a prerequisite for  
sampling certificates and a good idea for anyone growing produce.

**Call to register, 606-787-7384.**

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# HOMEBASED MICROPROCESSING WORKSHOP

**APRIL 30TH, 2025  
9:30AM TO 2:30PM**

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. There is a \$50.00 fee for this certification each year.



**Go to [ukfcs.net/HBM](https://ukfcs.net/HBM) or scan  
the QR code to register.**

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# WE NEED YOU!

WE NEED JUNIOR (16 & 17Y) & ADULT COUNSELORS  
FOR 4-H CAMP - JULY 21ST - 25TH.



Turn applications NO LATER than  
June 6th.

BE A PART OF OUR TEAM & HELP PROVIDE THE  
BEST WEEK EVER AT THIS YEAR'S 4-H CAMP!

Help our 4-H  
Camp  
program be  
a success by  
volunteering  
as a 4-H  
Camp  
Counselor!

We have several campers who would not be able to attend 4-H Camp without the generosity of our community & its members. Please consider donating to help sponsor a 4-H Camper this summer.

For more information, please contact Meagan Foust at the Casey County Extension Office at 606-787-7384 or [meagan.klee@uky.edu](mailto:meagan.klee@uky.edu).

# The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.

## SUNRISE GRANOLA



- Nonstick spray
- 2 tablespoons + 1 teaspoon butter
- 1 cup chopped pecans
- 1/3 cup light brown sugar
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1/4 cup unsweetened coconut flakes (optional)
- 1/2 cup unsalted sunflower seeds (optional)

1. Preheat oven to 325.
2. Prepare baking sheet with nonstick spray or line with parchment paper.
3. In a small saucepan, melt butter over low heat. Add chopped pecans and increase heat to medium, stirring often for 3 minutes or until pecans are lightly toasted. Add brown sugar, reduce heat to low and stir until melted. Remove from heat and stir in vanilla extract.
4. In a large bowl, combine oats, coconut and sunflower seeds. Add sugar mixture and toss until oats are evenly coated.
5. Spread granola evenly on prepared cookie sheet. Place in oven on middle rack and bake for 15 minutes. Remove from oven and stir. Bake for another 6 minutes or until golden brown.

### CONVERSATION STARTERS

- What nicknames have you been called?
- Who's your personal hero?
- What's the nicest thing you've seen one person do for another?

### QUESTIONS TO ASK EVERYDAY

- What are three things for which you are thankful for?
- What did you learn today?
- How did you make someone smile today?



## MAKE YOUR OWN BIRD FEEDER

### Materials:

- Popsicle Sticks
- Glue
- String or piece of wire
- Paint or decorations

### Directions:

- Layer the popsicle sticks with glue to form a box. Leave space for the door and windows.
- Next, make a triangle shape for the roof of the birdhouse
- Attach the triangle to the top of the box with glue
- Paint and decorate the popsicle sticks
- Use the string or wire to attach the house to a tree or a window

## DEVELOPMENTAL RELATIONSHIPS

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

### Provide Support Empower

#### Tips:

- Give them a choice
- Listen to them
- Encourage children to problem solve

## DTP... ON THE GO!

It's finally starting to get warmer! This is a great time for families to start to spend time outside together. There are a variety of things that families could do together during this month like have a picnic, take a hike, do a scavenger hunt, plant some seeds, or plant a garden.



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by completing this quick survey!



dinnertableproject.org

