

NEWSLETTER

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

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Beginning Sewing	Mar. 25



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506




Disabilities accommodated with prior notification.

SEE YA
Around Town

Mount★ Olivet

CRAFTS & CRUMBS

Each month community members gather at the Robertson County Extension Office to take part in sessions called Crafts & Crumbs. Each class consists of a craft as well as a healthy recipe component.

Classes have consisted of mesh wreaths, book page dahlias, doily dream catchers, woven loom rugs, no sew pumpkins, wood sign painting, and lots more.

If you are a Robertson County Homemaker often times these classes can be attended at a discount.

These sessions are great for anyone looking to unwind with fellow community members. There's always time for good food, good friends, and fun crafts.



PLAN.
EAT.
MOVE.



Cooperative
Extension Service

MEET your CEC Members



Polly

Polly White has lived in Robertson County for almost 35 years. For the last 30 years she has been involved with the Robertson County Homemakers and has served on various boards and committees. "One of my favorite Homemakers activities is the semi-annual bake sale. I love to bake and the money we raise goes to support a scholarship for a graduating senior at Robertson County School. I have also been involved in teaching 4-H sewing to girls and boys. I enjoy the satisfaction that they have when they complete a project and can say they made something themselves. 4-H has so many opportunities to prepare our children to be responsible adults."

Linda

Linda Edwards is the current chair person for the CEC. "I have been on the board for approx. 29 years. I consider it a privilege to work with the people of Robertson County to help improve their knowledge and lives, by giving them programs and information to obtain goals they have for themselves and their children. I have worked with 4-H children on projects for fair exhibits, fund raisers to help with the cost of camp. I have participated in the Farm School for Women for several years. Years ago we had a committee called the Food for Thought committee that brought speakers that portrayed historical figures to the community. This program used the funds for children such as dances and activities. If you would like to become involved with CEC join us for a meeting or stop by and talk to our staff. They have a wealth of knowledge on various topics."



COMMUNITY

MEET -N- GREET

APRIL 22 @ 5:00 P.M.
Robertson County Ext. Office

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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with prior notification.

COOKING THROUGH THE CALENDAR

**MARCH 7
11 A.M.**

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.



Easy Sheet Pan Chicken Bake



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

CRAFTS & CRUMBS

March 25

Robertson County Extension Office
5:00 p.m.

Call to Register

606-724-5796

Limited to 20 Spots

Community Members \$30.00
Homemaker Members: \$25.00

Includes all material and instructions.

Registration must be paid by Mar.16

HOW TO MAKE AN EASY RIBBON WREATH



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FAMILY CAREGIVER

HEALTH BULLETIN



Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Robertson County Extension Office
39 East Walnut Street
Mt. Olivet, KY 41064
(606) 724-5796

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.

Continued on the next page 



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.

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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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WORKFORCE SOLUTIONS
CUSTOMIZED EMPLOYEE TRAINING

FARM & FAMILYnight



The section header "FARM & FAMILYnight" is displayed in a large, bold font. Below the text are two images: one showing a group of cows and another showing a field with a hay bale. Below the images is the logo for Meadowview Regional, which includes a stylized bridge icon and the text "meadowviewregional".

Save The Date...
Farm & Family Night
Coming March 5th

Tickets Available Feb. 12th.
Questions...Call 606.759.7141 ext. 66117

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