

Clinton County FCS Newsletter

July/August 2024

Blueberries for Brain Health

Some people call blueberries a “superfood” because of their brain-health boosting abilities. Blueberries are a great example of a nutritious food that supports brain health. But keep in mind the term superfood doesn’t have a scientific definition, and usually marketing companies use it to sell a product or idea.

Blueberries are full of phytochemicals which also give them their deep, rich blue color. Any fruit or vegetable with a bright or deep color is supportive of brain health because they all contain different phytochemicals. Another name for phytochemicals is antioxidants. For blueberries, the phytochemicals are anthocyanins. These are a group of chemicals that have been linked to slower aging, protected memory, and maintained motor skills later in life. Experts don’t know how many blueberries you need to eat each day to support these benefits. All berries are also a good source of fiber which helps stabilize blood sugar. Sugar is the preferred energy source of the brain which can help people feel better and improve overall mood.

Keep in mind that foods labeled as superfoods are often high in nutrients, but we don’t want to use the term in a way that makes people feel guilty for not being able to choose “superfoods.” The best choice for overall health and well-being is focusing on variety in the foods we eat each day. You may find lists online or social media posts listing out “brain foods,” but really any foods high in fiber and naturally brightly colored like fruits and vegetables are going to support brain health.

Reference

Blueberries. Retrieved from <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/blueberries>

Source: Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

Christy’s Comments

Happy Summer! Additional updates will be sent over the upcoming weeks so be sure to watch for texts, emails, and Facebook posts. A new year of Homemakers kicks off August 6th. Hope to see you there!

Best Wishes,

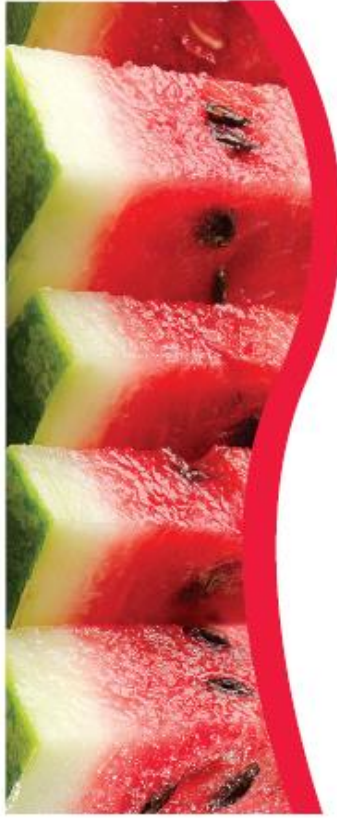


Christy Stearns, M.S.

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Watermelon Salsa

2 cups chopped seedless watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic vinegar

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Looking for Recipes?

Be sure to visit Plate it Up Kentucky Proud online (plateitup.ca.uky.edu) or follow on Facebook for delicious recipes that put a new twist on your favorite Kentucky Proud foods! A variety of recipe cards are available at the Extension Office as well. Stop by and take a few of your favorites home!



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University of Kentucky, Lexington, KY 40506-0032 or
US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



LET'S TACO 'BOUT HOMEMAKERS



**AUGUST
6TH
5:00 PM**

**CLINTON COUNTY
EXTENSION
OFFICE**

**KICKOFF
MEETING**

BRING A FRIEND!

**YOU DO NOT HAVE TO
BE A CURRENT HOMEMAKERS
MEMBER TO ATTEND**

**LEARN ABOUT ACTIVITIES
PLANNED FOR THE
YEAR, ENJOY GOOD
FOOD, FELLOWSHIP,
& GET CREATIVE!**

**PLEASE REGISTER BY
AUGUST 2ND
(606) 387-5404**

**Cooperative
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

YOU'RE INVITED

MEDICAL MARIJUANA: A CONVERSATION

PRESENTED BY CLINTON COUNTY A.S.A.P.

DATE: THURSDAY, JULY 25TH.

TIME: 9:00AM

LOCATION: CLINTON COUNTY AG EXTENSION OFFICE
2601 BUSINESS HWY 127 N ALBANY, KY 42602

(BREAKFAST PROVIDED BY CLINTON CO. ASAP)



TOPICS TO INCLUDE

WHAT IS MEDICAL CANNABIS?

A brief overview of Ky Medical Cannabis Program.

LAWS AND REGULATIONS

A look at KY Statutes and Regulations.

LOCAL GOVERNMENT LAWS

What options does your community have?

LICENSING

Business Types and Availability. Business Regulations (Safety and Security Requirements). Application and Licensing Fees.

PATIENT & CAREGIVER REQUIREMENTS

How Ky residents qualify for a medical card and the process to obtain the proper credentials.

PURCHASE LIMITS AND RESTRICTIONS

SCHOOL POLICY


What schools need to do.


Q & A

Please submit questions in advance.

Email to: bboon@adanta.org

EDUCATION IS KEY TO MAKING INFORMED DECISIONS

 For More Info:
606-387-5512

 Respond with your questions to
by email: bboon@adanta.org

We will address as many of your questions during the presentation as time allows. If your specific question is not addressed we will reach out with a response.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.



AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.

HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.



WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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