

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
MAY 2025 NEWSLETTER



Spring cleaning for your mental health

Source: Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. Prioritize tasks: Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or

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organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.

2. Focus on one room at a time: It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.

3. Use a timer: Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.

4. Spread out the cleaning: Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.



5. Ask for help: Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even

roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.

6. Mindful cleaning: As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.

7. Celebrate your progress: Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.



Cooperative
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Kentucky
HANDS
Health Access Nurturing Development Services
Every family needs an extra pair of HANDS.



Healthy
Choices
FOR EVERY
BODY

Expecting a baby or have a little one?

Join us for this great 4-week series and learn how **Healthy Food Choices** affect you and your little one.



- Each week is a different topic
- Learn a new recipe
- Cook something delicious
- Go home with **free stuff**



May 22, May 29, June 5, June 12
11am-12:30pm

Franklin County Extension Office
101 Lakeview Court, Frankfort, KY 40601

Register by email or calling
pamela.holbrook@uky.edu
502-695-9035



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



Cooperative
Extension Service



USDA
Supplemental
Nutrition
Assistance
Program
Putting quality food
to work for you.

This invitation is an equal opportunity provider. This material was partially funded by USDA Supplemental Nutrition Assistance Program - SNAP!



FAMILY CAREGIVER

HEALTH BULLETIN



MAY 2025

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

Franklin County Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

MILITARY CAREGIVER MONTH



Military caregiver month happens in May to honor the millions of caregivers who support the nation's veterans. This month helps the public learn about wounded service men and women and the people who care for them. Pay tribute to caregivers and praise the work they do and time they give. These are ways you can help support our troops and military households.

Military caregivers can be spouses, partners, parents, children, relatives, friends, neighbors, and co-workers. They provide a range of physical and mental care to support and help foster faster healing. Military caregivers help the nation save millions of dollars in health-care costs.

To show your support of a military caregiver, try helping with these daily tasks:

- Drive a veteran to a health-care visit or to run errands

Continued on the next page →



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



The VA Caregiver Support Line,

1-855-260-3274,

helps with resources,

gives advice, and offers

networking chances,

such as education groups.

→ **Continued from the previous page**

- Help with grocery shopping
- Make or deliver a meal
- Housecleaning
- Offer to sit with a veteran and offer friendship
- Offer time with the veteran to give a caregiver some rest

You can also reach out to the Department of Veterans Affairs to learn about chances to volunteer that might be near you.

If you are a military caregiver, there are resources, support services, and other assistance to help with the challenge of caregiving.

- **The VA Caregiver Support Line, 1-855-260-3274**, helps with resources, gives advice, and offers networking chances, such as education groups.
- **The VA Program of Comprehensive Assistance for Family Caregivers** gives approved caregivers support options such as a monthly stipend, respite care, money for approved travel costs, health insurance, and mental health services. To

learn more, go to the U.S. Department of Veterans Affairs website, <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>.

- **Veterans Crisis Line: Dial 988 and then press 1** to reach the Veterans Crisis Line. Responders are trained in crisis intervention and military culture. You can find more information at <https://www.veteranscrisisline.net/about/what-is-988>.

REFERENCES:

- U.S. Department of Veterans Affairs. (2025). The Program of Comprehensive Assistance for Family Caregivers. Retrieved 3/12/25 from <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>
- Veteran.com Community. (2025). Month of the Military Caregiver. Retrieved 3/12/25 from <https://veteran.com/military-caregiver-month>

Written by: Kerri Ashurst, Senior Extension Specialist, and Amy Kostelic, Associate Extension Professor of Adult Development and Aging

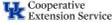
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



UPCOMING Events

FRANKLIN CO. 4-H WEEKEND MINI CAMP 

June 27-29, 2025

Registration Open!

One campfire wasn't enough for Summer 2025!

Cost: \$175 Ages 9 +  **J.M. Feltner 4-H Camp London, KY**

4-H Summer Camp fun packed into ONE weekend!

Questions? **502-695-9035**  **Registration Link:** <https://franklin.ca.uky.edu/4-h-mini-camp-weekend-2025> 

 **WITS WORKOUT** 

An Interactive Brain Health Program

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Fridays- May 9th, 16th, 23rd, 30th

Time: 1:30 PM

Where: Capital City Activity Center
202 Medical Heights Dr.
Frankfort, KY 40601

Register: (502) 223-5794

Led By: Carla A. Carter, FCS Agent
Franklin County Cooperative Extension

Wits Workout is a program developed

JOIN OUR PAPER-PIECED QUILT BLOCK CLASS!

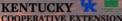
Instructor: Patty Gibian
Book: Wonderful World of Paper-Pieced Quilt Blocks by Liza Taylor

- Details:
- Duration: 4 hours, once a month for 12 months
 - Blocks: 12 selected blocks from the book
 - Cost: \$12 per class

Schedule:
Tuesdays and Saturdays: May 13 & 17, June 10 & 14, July 22 & 26, August 12 & 16, October 21 & 25, November 11 & 15, December 9 & 13, January 13 & 17, March 17 & 21, April 14 & 18, May 12 & 16, June 9 & 13

Start Date: May 13 2025
Time: 10 AM - 2 PM
Location: IOI Lakeview Court
For additional information and to register: gpgib@aol.com





Farm City Field Day

07.10.25

5 pm - 8 pm

SAVE THE DATE & TIME 

Strength Walk

Walk, Run, & Find your Source of Strength



Sponsored by Sources of Strength



Saturday May 17th

FREE
admission

WHHS Track
10am-12pm
walk begins at 11!

FREE
Chick-fil-A
biscuit for the
first 50 PEOPLE!



Local Organizations & Booths



Kids Crafts, Yard Games, & More!



CINDY LOU WHO'S KETTLE CORN

Local Food Vendors



Finding your Strengths



Save the date

Cooperative Extension Service

**FORT HARROD AREA
2025 HERITAGE CRAFT CAMP**
OCTOBER 24TH AND 25TH

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422



Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Instructors Needed!

Please visit your county extension office for a hard copy of the instructor application. Instructor applications are **DUE ON June 23rd** and should be turned back in at your county extension office. Applicants will be asked to bring in samples of their desired craft camp project to the Craft Camp planning committee meeting at the Jessamine County Extension Office on June 30th at 1pm.

Fort Harrod Area looks forward to seeing you at the 2025 Heritage Craft Camp!

FIRST BAPTIST CHURCH

SATURDAY **JUNE 21** 10a-4p

Dr. Rosby L. Glover

UNITY in the COMMUNITY

UK Health Fair, Food, Contests, Entertainment, Kids Activities & Community Party

100 CLINTON STREET FRANKFORT, KY 40601 | BISHOP TIANGELLO HILL | SENIOR PASTOR

Spring Market Hours

Opening Day of Regular Season:
April 26th
8:30am-noon

April Dates:
4/5 & 4/19
10am-11:30am

Tuesday Markets begin, 5/6
Thursday Markets begin 4/24

404 Wilkinson Blvd

www.franklincountyfarmersmarket.org
shop online: fcmarket.localfoodmarketplace.com



For more information on upcoming events visit our website at <https://franklin.ca.uky.edu/events>.

It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

This is an opportunity to teach a class on garment construction, home décor, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **September 4th and 5th 2025**. Your class can be full day, half day or if needed 1 ½ days in length. **The deadline for submission is May 1st.** Please email tara.duty@uky.edu with any questions. To submit an application please follow this link: <https://form.platoforms.com/fr32zdhw7e> or use the QR code below.

Submitting an application does not guarantee class selection. Committee will make final class selections and notify instructors by June 1st.



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Disabilities accommodated with prior notice.

LEXINGTON, KY 40546

Franklin County
FLOOD RELIEF BENEFIT CONCERT

BIRTHDAY BASH **May 10, 2025**
6 PM to 9 PM
gates open at 4:30 PM
Lakeview Park

Live Music
Food & Beer Trucks
Cornucky
Corn Hole Tournament

DONATE NOW!



Sailboat & Sunset Painting

June 1, 2025
3 pm

\$25 per person

Refreshments and supplies included.
Space is limited.

Register by
May 26, 2025
101 Lakeview Court
502-695-9035
franklin.ext@uky.edu



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Veggie Container Giveaway

JOIN OUR HANDS-ON WORKSHOPS TO CREATE YOUR OWN VEGETABLE CONTAINER GARDEN! LEARN TO GROW FRESH TOMATOES, LETTUCE, AND HERBS RIGHT AT HOME, PERFECT FOR ANY SPACE. REGISTRATION IS NOT REQUIRED. SUPPLIES ARE LIMITED.

May

TUESDAY, 13
1ST CORINTHIANS
214 MURRAY ST.
6 PM

THURSDAY, 15
LIBERTY HALL
202 WILKINSON ST.
6 PM

SATURDAY, 17
THORN HILL
700 LESLIE AVE.
10 AM



BROCCOLI GRAPE PASTA SALAD



Ingredients

- ¾ cup diced pecans
- 8 ounces whole grain pasta (bow tie or other type)
- 5 slices turkey bacon
- 2 cups seedless red grapes
- 1 pound fresh broccoli
- ¾ cup low-fat mayonnaise
- ¼ cup honey
- ¼ cup diced red onion
- ¼ cup red wine vinegar

Directions

- Preheat oven to 350°F; bake pecans 5-7 minutes or until lightly toasted.
- Prepare 8 oz of pasta according to package directions.
- Cook bacon, cool, and crumble into small pieces.
- Cut the broccoli into small florets and halve 2 cups of grapes.
- Whisk together mayonnaise, honey, diced red onion and vinegar in a large mixing bowl. Add broccoli, cooked pasta and grapes.
- Cover and chill for 30 minutes.
- Stir in bacon crumbles and diced pecans just before serving.

*Source: planeatmove.com/ KY NEP
An Equal Opportunity Organization.*

Be sure to follow our Facebook page
for all the up-to-date
information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

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Disabilities
accommodated
with prior notification.