

Family and Consumer Sciences Newsletter

 Cooperative Extension Service



MAY 2024

YOU HAVE QUESTIONS?
WE HAVE ANSWERS!

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

“Sweet May hath come to love us, flowers, trees, their blossoms don; and through the blue heavens above us the very clouds move on.” -Heinrich Heine

In this newsletter you can expect:

Upcoming Program Dates

April Event Review

Homemaker Happenings



Rosa Smith
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Fun Days in May

May 21, 2024- International Tea Day

May 24, 2024- Don't Fry Day

May 26, 2024- Paper Airplane Day

May 29th, 2024- Senior Health and Fitness Day

Holidays:

May 5th- Cinco De Mayo

May 12th- Mother's Day

May 27th- Memorial Day





Drop It Like It's Hot

Drop It Like It's Hot is a 10-week program where participants meet once a week to motivate and encourage each other as they begin dropping unhealthy habits and participate in weekly challenges to begin a healthier lifestyle. Participants have the option to attend in person or virtually in a Facebook Group. Currently we have 22 participants who are completing the hybrid program.

Upcoming Sessions:

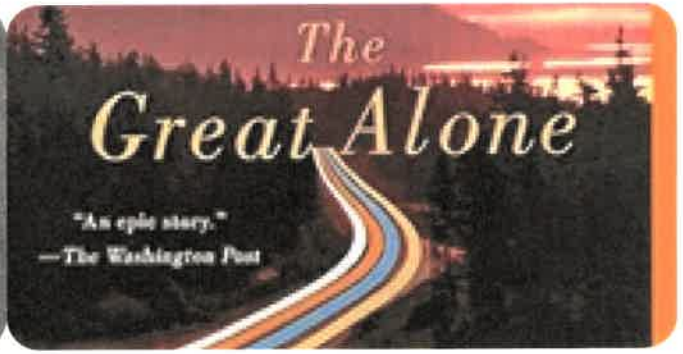
May 3rd: Session 9: Stress Management

May 10th: Session 10: Weekly Habits/ Celebration of Completed Program



Midweek Stroll

During the months of June & July, we will have a weekly midweek stroll every Wednesday where participants can pick up a bag and partake in a midweek walk with friends and family.



Book Club

Our first Book Club Meeting will be held on June 20th at the Owsley County Extension Office at 5:00pm. We will be discussing our readings on *The Great Alone* by: Kristin Hannah. Pre-registration is needed to purchase book copies for participants. Please register by May 3rd, 2024.



Come Sew With Us

Come Sew with Us is an annual event hosted by Cooperative Extension Service and Quicksand Master Clothing Volunteers. This year the event will be held in two locations.

June 6, 2024 at the Knott County Extension Office

-and-

June 13, 2024 at the Breathitt County RCARS

See Attached flyer for more information or to register.

Registration due by May 15th.

Homemaker Happenings



Lazy Susan Workshop

- On April 9th, FCS Agent, Rosa Smith, and homemakers travelled to The Wood Utilization Center in Breathitt, KY to learn about woodworking and complete the Lazy Susan Workshop.



Lunch-n-Learn

On April 4th, Owsley County Homemakers enjoyed a Lunch-N-Learn lesson on food safety when cooking outdoors with Leslie Co. FCS Agent Vicki Boggs. Participants enjoyed seeing outdoor cooking equipment like the Cast iron Dutch oven and exploring ways to cook and bake outdoors. Participants made their own fire starter and had a delicious snack of "campfire" veggies and dip.

A Few Notes To Remember

- May Lunch-N-Learn: May 8th @ Noon.
- State Homemakers Meeting Silent Auction items, Quilt Squares, and items for door prize baskets due by May 3rd to Extension Office.

Programs Coming Soon!



A Baker's Dozen

On April 22nd, FCS Agent Rosa Smith attended 3-2-1 Pie & Pastry Workshop in Laurel Co. where she brought back A Baker's Dozen curriculum comprised of a variety of baking labs that she will be implemented across programs and scheduling events for soon!



Laugh & Learn

On April 25th, FCS Agent Rosa Smith travelled to Lee County Extension to experience Laugh & Learn hosted by Lee County FCS Agent, Laken Campbell. Rosa has been trained in the curriculum and will begin hosting Laugh & Learn in Owsley County on June 27th in partnership with Owsley County Public Library.



Mark Your Calendars!

May 1st- Last Day to Pre-Register for Book Club

May 3rd- Drop it Like It's Hot Session 9 @3:30- Extension Office

May 7th- Farmer's Market Pop Up Event 2:00-5:00 @ Owsley County Farmers Market

May 8th- Homemakers Lunch & Learn- (Dinner on a Dollar) @ 12:00pm- Extension Office

May 10th- Drop It Like It's Hot Session 10 & Celebration @ 3:30- Extension Office

May 15th- Last Day to Register for Come Sew with Us

May 15th- Area Homemaker Training at RCARS

June 6th - Come Sew with Us, Knott Co.

June 13th- Come Sew with Us, Breathitt Co.

June 20th- Book Club: The Great Alone by: Kristin Hannah- Extension Office

June 27th- Laugh & Learn @ 3:00

July 11th- Lunch & Learn @ 12- Extension Office

Thank you for reading!

ROSA SMITH, FCS AGENT	606-593-5109
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 5

Owsley County Extension Office | 92 Lone Oak Industrial Park Road | Booneville, KY | 41314 | (606) 593-5109

INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).



RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

Contributing Author: Jared Borders, Family Financial Counseling Student, University of Kentucky

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Who is a Beginning Sewer?

A beginning sewer is anyone that has an interest in sewing but has limited or absolutely no sewing experience.

Who is a Kentucky Master Clothing Volunteer?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

How do you become an Extension Homemaker?

You may apply at your local Extension Office during their regular hours of business. There are many benefits of being a homemaker. Having local membership includes becoming a part of Quicksand Area and Kentucky Extension Homemakers Association. Homemakers enjoy a big variety of activities! Join today!

KNOT BAG

Carole Dunhuber will teach you how to make this beautiful Knot bag



SEWING MACHINE MAT

Betty Harris will teach you how to make this crafty Sewing Machine Mat



FABRIC BASKET

Lisa Ison will teach you how to make this unique and useful Fabric Basket



Cooperative
Extension Service

Come Sew with Us

Hosted by
Cooperative

Extension Service and Quicksand Master Clothing Volunteers

June 6, 2024
Knott County Extension
Office

10 a.m. - 1:30p.m.

June 13, 2024
Breathitt County: RCARS,

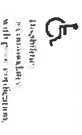
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

The official publication of Kentucky's comprehensive Extension service, offering a wide range of educational programs in agriculture, food, and the environment. The journal covers a wide range of topics, including: agricultural production, farm management, rural development, and environmental issues. The journal is published quarterly and is available to all Extension educators and volunteers. For more information, contact your local Extension office or visit our website at www.kyextension.org.

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development



Accessibility
Statement
and
Policy

Register early! Class size is limited. Please register by May 15th.
 Mail this form with registration fee of \$5.00 to:
 Rosa Smith, 92 Lone Oak Industrial Park Rd, Booneville, KY 41314



Registration Form

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m.

- ____ KNOT BAG
 - ____ SEWING MACHINE MAT
 - ____ FABRIC BASKET
 - ____ REVERSIBLE HEADBAND
 - ____ FROSTY
 - ____ PLAYING CARDS HOLDER
 - ____ ECO-FRIENDLY SPONGE
 - ____ MINI WALLET
- PLEASE CHECK ONE BELOW:**
- ____ KNOTT _____ BREATHTTT
 (ROBINSON CENTER)

REVERSIBLE HEADBAND

Rita Rogers will teach you how to make reversible headbands for adults and youth.



ECO-FRIENDLY KITCHEN SPONGE

Gail Halsey will teach you how to make an Eco-friendly kitchen sponge.



MINI WALLET

Nancy Pratt will teach you how to make a nice Mini Wallet



FROSTY

Cheryl McCauley will teach you how to make a versatile Frosty Winter decoration.



PLAYING CARD HOLDERS

Ashley Phipps will teach you how to make



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Rosa Smith
 Owsley County Extension Office
 92 Lone Oak Industrial Park Rd
 Booneville, KY 41314

Name _____

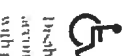
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Cooperative Extension Service

Virginia and Samuel Rains
 Family and Consumer Sciences
 411 Youth Development
 Community and Economic Development



Disabilities acknowledged with prior notification.



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

ADULT

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>

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THIS MONTH'S TOPIC:

SUNSCREEN SAFETY



Extended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.

Continued on the back



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Put on broad spectrum sunscreen that has an SPF of 30 or higher before you go outside. Reapply every 2 hours.

➔ Continued from page 1

When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

REFERENCES:

- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

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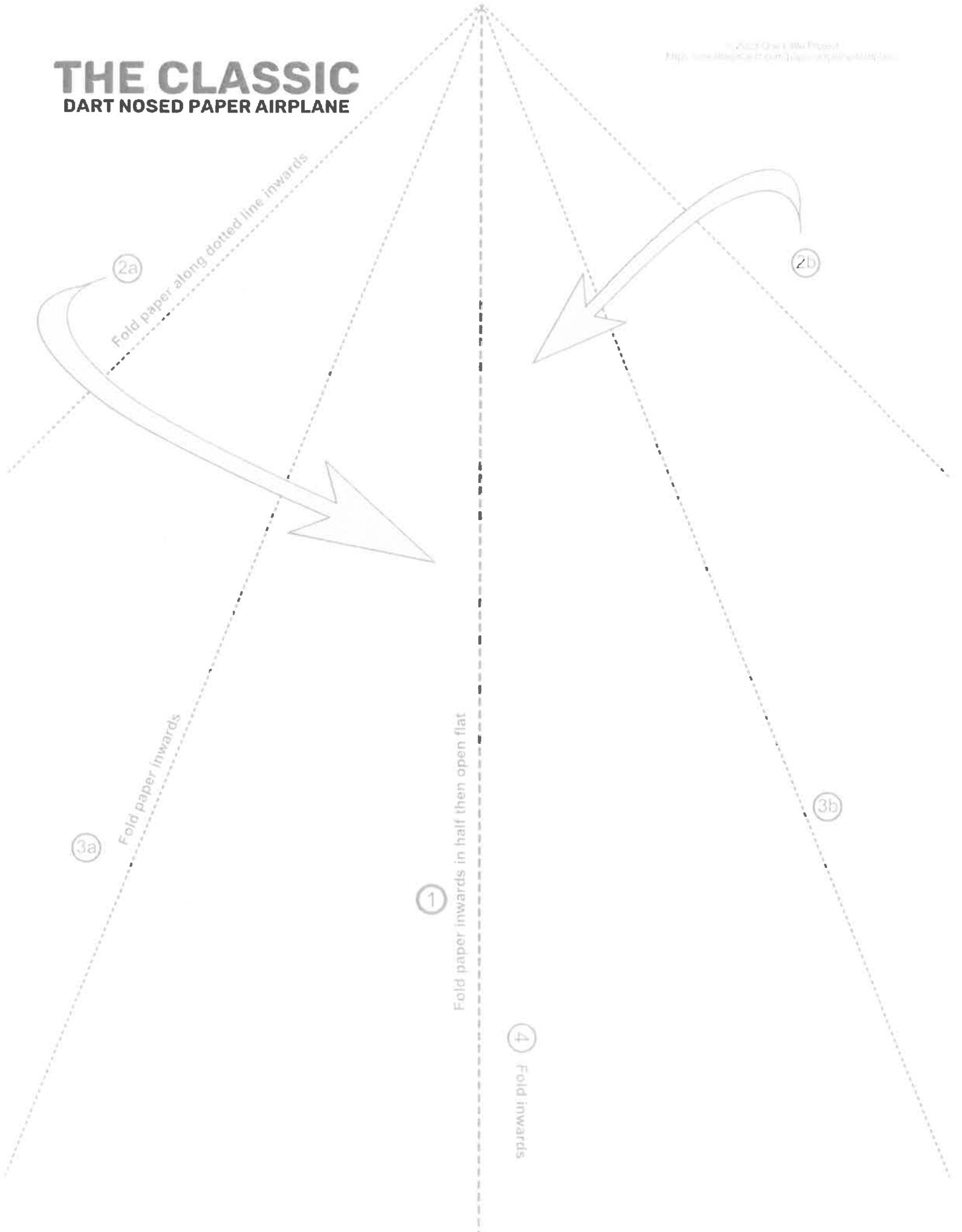
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THE CLASSIC

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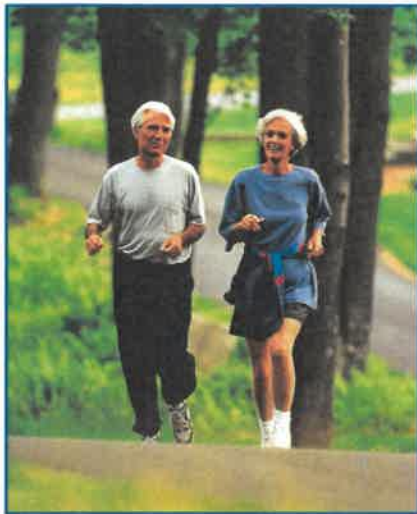
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How to make a paper airplane

Stand Up to Falling

Physical Activity, Exercise and Fall Prevention

Amy F. Hosier, Family Life Specialist, Department of Family Studies



Physical inactivity leads to muscle weakness and loss, and has a negative effect on flexibility and balance, increasing a person's risk of falling. To significantly minimize the chances of falling, **strength, balance, and flexibility** must be increased. This increase can be accomplished through ordinary physical activity (daily activities that involve movement, such as housework, gardening, walking, and climbing stairs) and exercise (planned activity performed for the purpose of obtaining fitness and health benefits, such as swimming, cycling, golfing, and working out at a health club).

Talk to your physician before starting an exercise program. But also talk to your doctor if you avoid activity and exercise because you fear you will fall. Your physician can work with you or recommend a physical therapist who can help you create an exercise program designed especially for you. A physical therapist can also use techniques such as electrical stimulation, massage, or ultrasound to help improve flexibility and reduce fall risks. Physicians can also help you if falling is related to a medical condition, medications, or a balance disorder.

Start slowly, set realistic goals, and listen to your body. If 10 to 30 seconds or 3 to 5 repetitions is too challenging, perform as many repetitions or hold for as long as you feel comfortable. Work your way toward more.

Regardless of the exercise you choose, your physical activity should match your needs and abilities. Some people can walk three miles without thinking twice about it, but others may be able to only walk down the hall and back. At whatever level you begin, a fall prevention program should include an appropriate exercise plan that addresses strength, balance, and flexibility. The Mayo Clinic recommends walking, water workouts, and tai chi; your routine may be as simple as walking, using hand weights, and stretching to music.

Strength

Decreased muscle strength is associated with increased risk of falling. Because gradual muscle loss is a natural part of the aging process, physical activity and exercise habits that improve strength are

Falling Facts

The risk of falling and of being seriously injured in a fall increases with age, but older adults (65+) are not falling because they are old. Some older adults may be at increased risk of falling because of a neurological disorder or a disease that causes trouble with walking, posture, and balance. Others may fall because of a number of preventable risk factors including

- Lack of exercise
- Unsafe home environments
- Vision problems
- Lack of balance
- Medication usage

By addressing such risk factors, a person can lower his/her chance of falling or prevent a fall from occurring.

In a given year, one in three older adults can expect to fall. Falls are the leading cause of injury and injury-related death among older adults. Falls are also the leading cause of nonfatal injuries and hospital admissions for trauma among older adults. Men age 65 and older are more likely to die from a fall; older women are more likely to experience a nonfatal fall injury, such as a hip fracture. Regardless of gender, after the age of 60, both the incidence of falling and the severity of fall-related complications increase. Such falls among seniors jeopardize health and independence.

The Kentucky Injury Prevention and Research Center (KIPRC) reports that older patients who are hospitalized for falling are six times more likely than younger patients to be discharged into a nursing home for intermediate or long-term care.

important. According to the Fall Prevention Institute, 30 to 40 percent of muscle mass is lost by age 65, and by age 70 or 80, the average loss of muscle strength in the upper thigh muscles is about 20 to 40 percent. Such muscle loss can create potential problems for people trying to stand or walk without falling. In addition, those who have experienced a fall or feel weak or unsteady on their feet might stop or decrease physical activity and exercise in order to feel safer. Disuse, however, can cause more harm than good, as muscle and tissue loss affect the muscle's ability to function properly.

The good news: It is never too late and you are never too old to begin strength training. Even though muscle mass decreases with age, research has demonstrated that older adults, even those 85 years old and older, who strength train are able to increase muscle mass and strength. In older adults, increased strength, especially in the leg muscles, often results in greater levels of independence and improvements in the ability to walk and carry out daily living activities. Strength training helps with muscle tone and balance, and it aids mobility, all of which help reduce the risk of falling.



Leg straightening strengthens your thighs.

- Sit in a sturdy chair with your back supported by the chair. (For added comfort behind the leg, you may choose to put a rolled bath towel at the edge of the chair, under your thighs.) Breathe in slowly.
- Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
- Flex foot to point toes toward the ceiling. Hold position for 1 second.
- Breathe in as you slowly lower leg back down.
- Repeat 10 to 15 times, then switch to the other leg.
- Perform two sets of 10 to 15 repetitions on each leg.

Balance

Poor balance is an important predictor of falling. Our muscles are continually making slight movements to help our body maintain a balanced position. Muscle strength, vision, and sensation are essential to good balance. Weak leg muscles, poor vision, and slow reaction time decrease an older adult's balance and increase the risk of falling. Medical complications, medications, and

various balance disorders—dizziness, vertigo, problems with equilibrium—also affect some older adults. When balance becomes impaired, older adults are more likely to experience general postural unsteadiness and falls.

The good news: Just as we can train our bodies to improve strength, we can train our bodies for better balance to prevent falls. Good balance facilitates independent daily activity and increases quality of life. Many exercises that help to improve balance can be done anytime and anywhere.



Good balance begins with good posture.

- Hold head erect with chin parallel to floor.
- Keep shoulders level.
- Point knee caps and ankles straight ahead.
- Slightly elevate your chest with a straight upper back.
- Practice good posture while sitting, standing, and moving.



Stand on one foot to improve balance.

- Stand on one foot behind a sturdy chair, holding on for balance.
- Hold position for up to 10 seconds.
- Repeat 10 to 15 times, then switch to the other leg.
- Perform two sets of 10 to 15 repetitions on each leg.

Flexibility

Aging can affect a person's ability to be flexible. Flexibility is important because it helps prevent muscle tension and allows muscles to move smoothly, and keeps the body protected from injury, including falls. Cartilage—the tough, flexible connective tissue found in many joints—helps support the bones and allows the joints to move. With age, the cartilage in the joints becomes rough, especially in the joint areas that receive the most stress, such as the hips and knees. Stiffness, soreness, or the natural aging of the skeletal system can force a change in posture to accommodate the aches and pains. Poor posture can lead to tight muscles, impaired balance, and inflexibility.

The good news: Stretching is an easy way to keep the body

flexible. Although it is often the most overlooked part of an exercise routine, stretching can improve your performance and reduce your risk of falling and injury, so don't overlook it. Stretching can reduce muscle soreness and lower back pain, increase blood and nutrients to the tissues, improve your coordination, and reduce stress. The flexibility you develop will help you enjoy exercise more.



Back stretch helps you develop a flexible back.

- Sit up toward the front of a sturdy chair. (A chair with armrests works well too.) Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
- Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and reach toward the back of the chair. If you can reach the back of the chair, you may use that to hold onto. Place your right hand on the outside of your left thigh. Twist farther, if possible.
- Hold the position for 10 to 30 seconds.
- Slowly return to face forward.
- Repeat on the right side.
- Perform at least 3 to 5 more repetitions in each direction.

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- A Matter of Balance (1995). University of Boston Roybal Center Consortium. A Matter of Balance is a special program based on the fear of falling. It prepares the mind and body for exercise while aiming "to reduce [the] fear of falling, stop the fear of falling cycle, and increase activity levels among community dwelling older adults." For more information on A Matter of Balance, contact your local extension agent or the Kentucky Department for Aging and Independent Living (DAIL).
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Provided by Cooperative Extension Services in partnership with the Kentucky Pharmacist Association, and the Kentucky Safe Aging Coalition. For additional information visit: www.kphanet.org and www.kspan.uky.edu

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Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

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. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



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

Nutrition facts per serving:
 300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:
 Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service



Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,
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.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.