

November 2023

**MCLEAN COUNTY**

**COOPERATIVE EXTENSION**

**Family and Consumer Sciences Newsletter**

## Important Dates:

**November 14th - Cooking with the Calendar 10:30 a.m.**

**November 15 Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending June 30.**

**November 23-24: Office Closed for Thanksgiving**

**December 1 Membership dues due to county treasurer.**

**December 15 County dues due to the State KEHA Treasurer & Area Treasurer (see KEHA Manual Appendix, page 16 – Treasurer’s Remittance).**

**December 31 County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see KEHA Manual Appendix page 17).**

**December 31 State dues delinquent if not paid by this date (lose voting rights at State Meeting).**

**December 31 Cutoff date for funds submission for fundraising recognitions for Ovarian Cancer Program, Coins for Change, KEHA Clean Water Project, KEHA Scholarship Challenge, etc. (awards to be presented at the 2023 KEHA State Meeting).**



**“On a deeper level you are already complete. When you realize that, there is a playful, joyous energy behind what you do.”**

**Eckhart Tolle**

### **AGENT'S CORNER**



*Kelly Bland*

McLean County Extension Agent for  
Family and Consumer Sciences

I have had the opportunity to travel quite a bit over the past couple of months to places I’ve never been before. I’ve traveled to Rhode Island for the National Extension Association of Family & Consumer Sciences. There I attended several workshops introducing me to new programs that I look forward to bringing to us here in McLean County. (I also got to try a Lobster Roll and SEVERAL bowls of Clam Chowder! YUM!) I have also traveled to Pawhuska, Oklahoma and got to visit the Pioneer Woman’s Mercantile and Lodge where Ree Drummond and her family live and work. This was a long-awaited trip with my mom and sister. We had the greatest time! (Highlight of the trip, though, was interacting with bison!)

I’ll travel again for Thanksgiving. Since we don’t see each other on Christmas, we combine Thanksgiving and Christmas in one trip and call it Thanksmus! We have the best time together. Food, playing games as a family, and just spending time together. I hope that each of you get to spend time with your family, or friends that are family, and have the best time, too! Happy Thanksgiving to all of you!

# McLean County Homemaker Connection

## KEHA WEEK

The KEHA reception was a resounding success, and we express our gratitude to everyone who participated. The event featured engaging conversations and the signing of the Proclamation by Judge Executive Curtis Dame.

We take pride in the significant number of volunteer hours contributed by our outstanding members this year. Your hard work and dedication have not gone unnoticed. As we celebrate these accomplishments, let's also commit to keeping up the momentum and continuing the impactful service to our wonderful county. Thank you for all you do, and let's forge ahead with the same enthusiasm and commitment!



Above: KEHA Reception



## LEADERS LESSON:

### CARBON MONOXIDE

This lesson will focus on what steps you and your loved ones can take to be safe from this dangerous gas that is all around us!

### Thought for the Month and Roll Call:

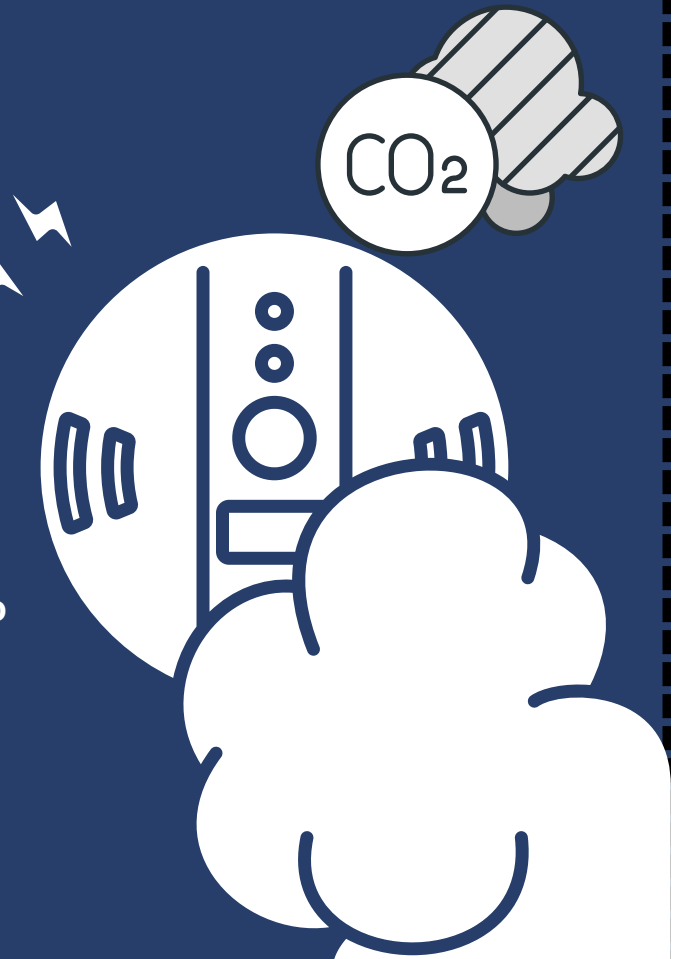
#### Thought for the Month:

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us" Terri

Marshal

#### Roll Call:

In November, we celebrate Thanksgiving, Name one of your blessings this year OR how you plan to be a blessing for others.



## Meeting Dates:

November 2nd: Homemaker Council Meeting 1:00 at the Extension Office  
November 9th: Friendship Meeting at 6:00.  
November 14th: BGG Meeting at Noon  
November 15th: Dues and applications for Mailbox members are due.

## SAVE THE DATE!

DECEMBER 5TH, 2023

## FARM TO FORK DINNER

MYER CREEK PARK

Social Hour: 5:30PM Dinner: 6:00 PM

Tickets will be available at:  
McLean County Extension Office

TICKETS  
\$25.00EACH

ALL PROCEEDS GO TO:  
GOD'S HOUSE OF HOPE FOOD BANK

More information Call: 270-273-3690

## WOODBURNT BOOKMARKS & BOOK SWAP

NOVEMBER 9,  
2023

McLean County  
Extension  
10:00 AM

BRING A GENTLY USED  
BOOK TO SWAP IF YOU  
LIKE.

SHARE ONE OF YOUR  
FAVORITE READS, AND  
FIND SOMETHING NEW.

\$3.00 DUE ON DAY OF  
CLASS  
ADULTS ONLY

SPACES LIMITED PRE-REGISTER  
273-3690





# Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken
- breast 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

## Buffalo

- 3 tablespoons hot pepper sauce
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
- + 1 tablespoon water

\* For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings  
Serving size: 1 potato with chicken  
Cost per recipe: \$8.82  
Cost per serving: \$1.47



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

**Nutrition facts per serving:**  
210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:  
LaToya Drake,  
Program

Coordinator  
II, University  
of Kentucky  
Cooperative  
Extension Service

Let's get  
**COOKING!**



Cooking with the Calendar begins November 14th at 10:30 a.m. at the McLean County Extension Office.

Come and try the latest recipe from our NEP calendar, get a healthy lesson from our FCS agent, Kelly, and just have a good time!

This class is free, but registration is required.

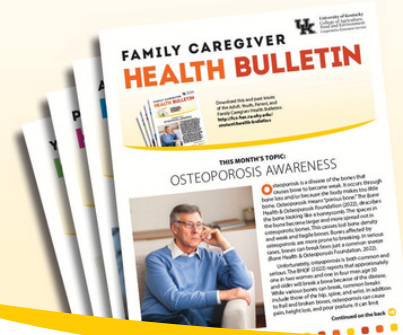
Please call (270) 273-3690 to register by November 7th.





# FAMILY CAREGIVER

# HEALTH BULLETIN

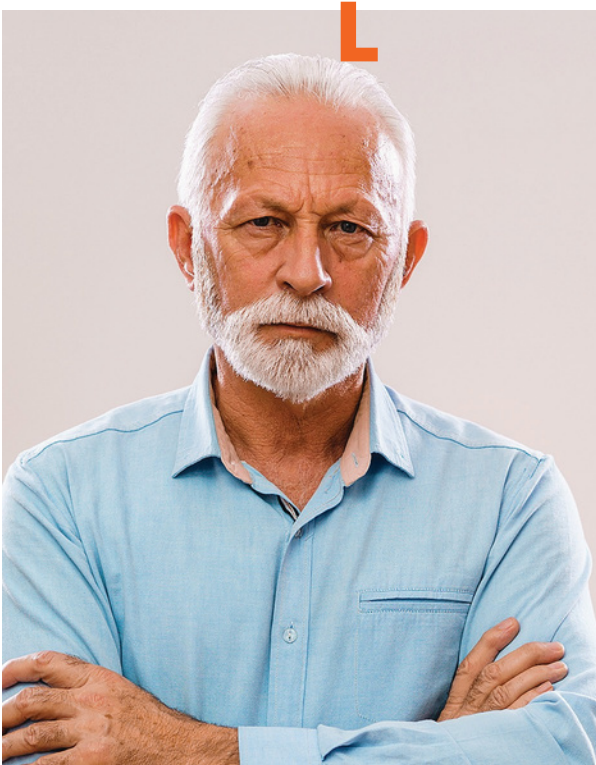


**NOVEMBER 2023**

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

## THIS MONTH'S TOPIC:

# LEWY BODY DEMENTIA



Lewy body dementia (LBD) is a disease caused by abnormal deposits of protein in the brain. These deposits, called Lewy bodies, lead to problems with thinking, mood, behavior, and movement (NIH). According to the National Institutes of Health, LBD is one of the most common causes of dementia after Alzheimer's disease and vascular disease. It affects more than one million people in the U.S.

### Types of LBD

“Lewy body dementia” (LBD) is an umbrella term that includes two related types of dementia: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD), according to the Lewy Body Dementia Association. DLB and PDD are related but differ in the timing of cognitive and mobility impairment (NIH).

- With DLB, a person experiences dementia within one year of movement symptoms, such as rigidity, slowed movement, stiffness, and tremors (Alzheimer's Association,

**Continued on the next page** 



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NIH). Decline in thinking may look like Alzheimer's disease, but over time, other DLB symptoms and problems with movement will occur.

- With PDD, movement symptoms, consistent with Parkinson's disease, start first and cognition problems don't occur for more than a year (NIH). Not all people with Parkinson's disease develop dementia, but it is not uncommon for older adults living with Parkinson's to do so. According to the NIH, a later life diagnosis of Parkinson's disease is a risk factor for PDD.

### DLB symptoms

The Lewy Body Dementia Association reports the following distinct features of DLB.

- Progressive cognitive impairment
- Fluctuating attention and alertness can present like delirium, lasting for hours or days
- Recurring visual hallucinations
- Parkinson-like movement (rigidity, shuffling, slowed mobility, tremors, stooped posture)

DLB is also associated with changes in sleep and autonomic functions like blood pressure, thermal regulation, digestion, urinary incontinence, and sexual response. DLB is progressive, which means the symptoms and decline can get worse over time. Changes should be reported to a health-care professional. Ultimately, people with DLB will require full-time care.

### DLB risk factors

The cause of LBD is unknown. No specific lifestyle factors are proven to increase risk and no genetic test can prove if someone will develop it. As researchers continue to learn more, they do know that the following risk factors are linked to higher risk (NIH):

- Older age
- Rapid eye movement sleep behavior disorder
- Parkinson's disease

In addition, the Mayo Clinic reports that LBD affects more men and, sometimes, those with a family history may have greater risk.

### Diagnosis

LBD can be difficult to diagnosis. Not only can LBD occur alone or with other brain disorders, but it can also resemble other diseases and disorders

(Lewy Body Dementia Association, NIH). The order and/or severity of symptoms can also vary (Lewy Body Dementia Association). The only definitive diagnosis of LBD is with an autopsy. But health-care providers use a "one-year-rule" to help identify the type of LBD, which helps doctors better understand the likely disease progression and determine a proper treatment (NIH). Evaluations consist of medical history, physical examinations, lab work, brain imaging, and neuropsychological tests (NIH).

### Treatment

There is no cure for LBD, but a correct diagnosis and proper treatment can help improve quality of life. Certain medication, therapies, counseling, home safety modifications, and adaptive equipment can make daily tasks more manageable. The NIH also suggests building a caregiving team that might include a neurologist who specializes in dementia and/or movement disorders; a primary care physician; physical, speech, occupational, and sleep therapists; palliative care specialists; and a pharmacist. Support groups can also be a valuable resource for both patients and caregivers.

### Advice for LBD caregivers

- Educate yourself and others about the disease, including health-care professionals
- Ask for help
- Form a caregiving team
- Be flexible and realistic
- Care for yourself
- Talk to children and teens in age-appropriate terms
- Seek resources. Start with Lewy Body Dementia Association (800-539-9767 or 404-935-6444)

#### REFERENCES:

- Lewy Body Dementia Association (LBDA). (2023). Clinical Management. Retrieved August 28, 2023 from <https://www.lbda.org/clinical-management>.
- Mayo Clinic. (2023). Lewy Body Dementia Overview. Retrieved August 25, 2023 from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>
- NIH. (2023). Lewy Body Dementia. Retrieved August 27, 2023 from <https://www.ninds.nih.gov/health-information/disorders/lewy-body-dementia>

## FAMILY CAREGIVER HEALTH BULLETIN

**Written by:** Amy F. Kostelic,  
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Adult Development and Aging  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

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

## THIS MONTH'S TOPIC: MONEY TRANSFER APPS

Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure that the app you choose is reputable.

### WHAT ARE MONEY TRANSFER APPS?

You may have heard of apps such as Venmo, Cash App, Zelle, or PayPal. These apps allow for person-to-person money transfers directly from your account to the recipient. Convenience is a large draw for these apps, as they make it easy to send money without having to carry cash or swipe a card. For example, you can easily repay a friend for covering your lunch if you forget your wallet, or you might pay a babysitter when you don't have cash on hand.

### TAX IMPLICATIONS

Money transfer apps often allow you to make a note of what the payment is for or indicate if a transaction is personal or for business. The app might need to report transfers related to a business expense. So, labeling transfers can keep personal transactions from being counted as income, such as a friend paying you back for dinner.



### PAYMENT MISHAPS

Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

Some apps have security measures built in to avoid paying the wrong person, such as with a recipient's phone number or email address. Always double check that the recipient is who you intend them to be before sending money. Some apps allow the recipient to send you a request for payment. Others will allow you to add friends or contacts. Consider sending a small "test" amount first, such as \$1, to ensure it goes to the correct person before sending larger sums.





## MONEY TRANSFER APPS ARE AN EASY TARGET FOR SCAMMERS BECAUSE OF THE QUICK NATURE OF THE TRANSACTIONS



### AVOIDING SCAMS

Money transfer apps are an easy target for scammers because of the quick nature of the transactions and the difficulty of getting money back once it has been sent. Common scams include promise of product, loved one in need, and fake customer support scams.

**Promise of product** scams are when a scammer requests payment and promises a product with no intention to deliver. Promised items might include concert tickets, puppies, or other items sold on online marketplaces. Always research a seller to ensure they are reputable or wait until you have the product in hand before transferring money.

**Loved one in need** scams involve a scammer pretending to be a loved one in crisis requesting you immediately send money. These scams prey on your emotions. Always take time to verify the situation before acting. For example, if you received a message on social media, their account may have been hacked. Call your loved one before you consider transferring money.

**Fake customer support** scams can be tricky to spot. Scammers pose as representatives from a money transfer app or company. They

send emails, texts, or make phone calls that seem legitimate, but they ask for your personal information or account details. Always seek customer support directly through the app or company website, and never disclose personal information if you receive unsolicited contact.

If you suspect a scam, report it to help stop the scammer. Visit <https://reportfraud.ftc.gov/> to file a report with the Federal Trade Commission.

### REFERENCES:

Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/helpful-tips-using-mobile-payment-services-and-avoiding-risky-mistakes/>

National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-to-person-payment-apps>

Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

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