


Hardin County Extension FCS Newsletter


THE HAPPY, HEALTHY

Hardin County Extension

Homemaker

December 2024



Happy Holidays, Homemakers!

If you're like me, you both look forward to, and feel slightly overwhelmed by this time of year. But I am hoping that this holiday season brings you rest, contentment, joy, family, food, fun, laughter, and all of the good things each of you deserve. I am so looking forward to spending several days at home with my husband and seeing the magic of the season through the eyes of my girls. I'd be lying if I told you that 2024 has been easy for me. Bringing a 4th girl into the world, then working full time and trying to fill in for vacant positions has left me spent and feeling like I rarely saw most of you this year. Here's to hoping that 2025 brings a bit of relief for my schedule and more time with your clubs celebrating the amazing things you do. Thank you to those of you who showed me grace this year as I worked to balance mom of 4 life and the extra unexpected work load at the office. It was very appreciated.

Happy holidays to you and yours,

NEWSLETTER NEED TO KNOWS:

The Hardin County Extension Office
 will be closed for the holidays Dec 25.- January 1, 2025
 The office will reopen on Thursday January 2, 2025

Dayna Fentress

Hardin County FCS Agent

UPCOMING LESSON LEADER TRAININGS

JANUARY LESSON

OSTEOPOROSIS:
IN THIS NEWSLETTER!

FEBRUARY LESSON

"GRANDCHILDREN MAKE
GRAND COOKS"

JANUARY 22 @ 10:30 A.M.
HARDIN COUNTY

MARCH LESSON

"PATHWAYS TO WELLNESS"

FEBRUARY 26 @ 1:00 P.M.
LARUE COUNTY

**2025 SEWING
CLASSES WILL
START ON
JANUARY 17 FROM
1-3 OR 4-7.
DETAILS TO BE
RELEASED IN THE
NEW YEAR**

*Caregiver Support
Group*

2025 Dates

**Meeting 2nd Tuesday
of each month**

**MEETINGS ARE FROM
1:00 - 3:00 PM**

THERE WILL BE TIME TO
SHARE EXPERIENCES
AFTER THE SPEAKER IF
YOU FEEL COMFORTABLE
DOING SO!

**FREE TO
ATTEND**



NEW!!

**ENGLISH PAPER
PIECING CLASS**

NEW MEMBERS CAN JOIN ON
JANUARY 11 AT 9 AM. CALL TO
REGISTER FOR THE CLASS!
ASK FOR MORE DETAILS IF NEEDED!



No Sew Quilted Star Ornament

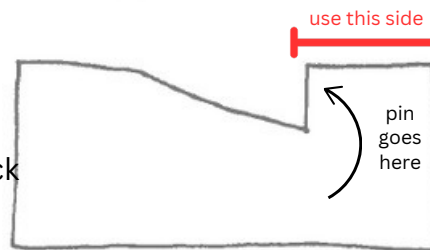
Materials needed:

- 2.8" craft foam ball
- 10 white fabric squares, for center (2.5" x 2")
- 16 red fabric squares, for next layer (2.5" x 2")
- 16 green fabric squares, for outer layer (2.5" x 2")
- 175 silk straight pins (dressmaker pins 1 1/16")
- 10" ribbon or lace (1/2" wide)
- 1 yd. ribbon (1/8" wide)



Instructions:

Cut fabric squares with a rotary cutter. Cut out a piece of cardstock from the pattern outline here. You will use this as a guide to know where to lay your fabric.



Place 2 pins in ball to find opposite ends and center. Lay one white (center) square over pin (carefully remove pin underneath) and pin on all four corners.

Using four white (center) squares, fold 1 square in half lengthwise and put pin in wrong side of fabric and push into ball (Figure 1). Fold to center (both sides) for form a triangle and pin with 4 pins (Figure 2). Do the same opposite the first white (center) triangles, until all 4 pieces of fabric are used.

Using the cardboard guide, measure from point and this is where the next pin goes (following seams). Use 8 red (next layer) squares and go on opposite side so that fabric lays properly to create the star. Do this until all 8 pieces of red (next layer) fabric are used, folding and pinning as above (Figure 3).

Continue with 3rd row, using 8 green squares (outer layer), fold and pin.

Now do the other side of the ball, same as the beginning. Put 1/2" wide lace or ribbon around the ball where fabric ends meet and pin. Can also use hot glue or fabric glue. Tie a bow out of 1/8" ribbon and pin where lace/ribbon meets. Leave 1 large loop for hanging.

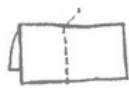


Fig. 1

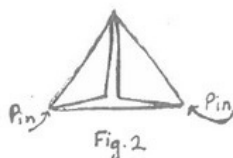


Fig. 2

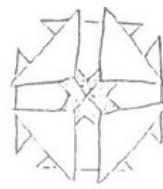


Fig. 3

Strong Bones for Life: Prevent Osteoporosis

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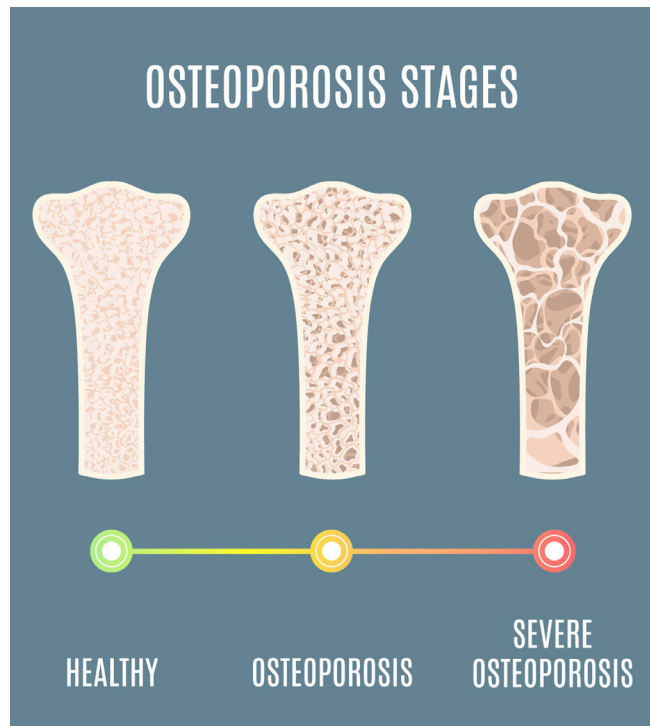
There are many things you can do to keep bones healthy and strong at every age and stage of life. It is never too early, or too late, to embrace a healthy bone lifestyle and work toward preventing osteoporosis.

This publication highlights the risk factors and diagnosis of osteoporosis, prevention and treatment recommendations, as well as lifestyles that promote bone health across the life span. Investing in bone health enhances life quality and independence.

Bone Health Across the Life Span

The benefits of investing in bone health while young last into old age (NIH, 2022). Proper nutrition and lifestyle habits of a pregnant mother can help build strong bones before a baby is even born (NIH/Medline Plus, 2022). During childhood, adolescence, and early adulthood, bones continue to grow in size and density. During this period, proper nutrition and regular exercise can significantly increase bone mass and enhance bone health. Poor health decisions like smoking, inactivity, excessive alcohol intake and poor diet, can decrease bone mass (NIH, 2021).

Most people reach their peak bone mass in their mid- to late-20s and slowly start losing bone mass around age 40 (NIH, 2021; NIH, 2022). It is normal to lose bone mass over time. But those who have higher peak bone mass when young are better protected against fractures and osteoporosis in old age (NIH, 2021).



What is Osteoporosis and Who Gets it?

Osteoporosis is a disease that causes bones to become porous (less dense), weak, and more prone to breaks. A bone with osteoporosis looks like a honeycomb. The spaces within the honeycomb become larger and the outer shell of the honeycomb becomes thinner.

A minor fall, a sudden movement, and even a sneeze, can break a bone in someone with osteoporosis.

Osteoporosis itself is not painful. Some people do not know they have weak bones or osteoporosis until a bone breaks. Because it happens over a long period of time and there are typically no symptoms in the early stages of bone loss, osteoporosis is called the “silent” or “invisible” disease (IOF, 2019; NIH, 2017). Bones most vulnerable to osteoporosis include the spine, hips, ribs, upper arms, and wrists.

Fractures and breaks can be painful, disfiguring, and life changing. There is no cure for osteoporosis but there are ways to prevent and treat it (IOF, 2019; NIH, 2017, 2018).

Risk Factors and Causes

Osteoporosis affects people of any age, gender, and ethnicity. Some risk factors are preventable, and others are not. Understanding risk factors may help you prevent osteoporosis and fractures.

Preventable Risk Factors	Risk Factors You Cannot Control
<ul style="list-style-type: none"> • Poor diet (low in calcium and vitamin D, excessive dieting, poor protein intake) • Lack of physical activity • Weight • Smoking • Excessive alcohol use • Various medications • Sedentary lifestyle 	<ul style="list-style-type: none"> • Age (60+) • Sex (women are at greater risk) • Race/Ethnicity • Family history • Body size (slender, thin bones) • Hormonal changes • Various medical conditions • Certain medications

References: IOF, 2019; NIH, 2017; NIH 2018

According to the Mayo Clinic (2021), non-Hispanic white, Asian, and older postmenopausal women are especially susceptible to osteoporosis. The NIH reports that the risk for developing osteoporosis is significant but lower for African and Hispanic women and that osteoporosis is more common in non-Hispanic white men.

Diagnosing Osteoporosis

It is important to talk about bone health with a health-care professional throughout your life span. In addition to the risk factors, signs or symptoms that could indicate a problem include back pain, a change in posture, loss of height over time, or bones that break easily. If you are concerned, you can request bone health assessments, such as a fracture risk assessment and bone mineral density test, to further identify risk (IOF, 2019).

The International Osteoporosis Foundation (IOF) suggests the following list of specific questions to ask a health-care professional:

- “Do I have any risk factors for osteoporosis, including medical conditions or medicines, that cause bone loss?”
- “Do I need a bone mineral density (BMD) test?”
- If you have a BMD test, “What do the results mean, and do I need medicine to protect my bones?”
- “How can I get enough calcium and vitamin D?”
- “What kind of exercise should I do to help strengthen my bones and muscles?”

What is Osteopenia?

When talking about osteoporosis, you might hear about a condition called osteopenia. Osteopenia means that your BMD is lower than normal and you are at increased risk of breaking a bone. Not everyone diagnosed with osteopenia will develop osteoporosis (IOF, 2019).

Treating Osteoporosis

Treatment for osteoporosis varies depending on the person and risk (IOF, 2019). Various treatments have proven to reduce the risk of various types of fracture. Health-care professionals may also prescribe calcium and vitamin D supplements. They may recommend weight-bearing and muscle-strengthening exercises to help maintain bone, strength, and balance. Health-care professionals may also encourage fall prevention measures, such as having your vision checked, regular exercise, managing medication, and making home modifications. Treatment for osteoporosis can be effective and contribute to life quality, including an active and independent life (IOF, 2019).

Be Proactive: Bone Health at Every Age and Stage

To help improve bone health, consider bone-healthy nutrition, physical activity, and fall prevention.

Nutrition to Support Bone Health

As people grow and age, bones are constantly changing. This means you should eat a diet that supports healthy bones. Calcium is a mineral your body needs to work the right way and helps to build and maintain your bones. It is essential to give your body the calcium it needs across the life span. Your need for calcium changes based on age and life stage.

Meeting Calcium Needs

Below is a table that provides the Recommended Dietary Allowances (RDAs) for calcium for all ages.

Age and Life Stage	Daily Calcium Needs (mg)
0-6 months*	200 mg
7-12 months*	260 mg
1-3 years	700 mg
4-8 years	1,000 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
51-70 years (male)	1,000 mg
51-70 years (female)	1,200 mg
Over 70 years	1,200 mg

*Adequate intakes provided rather than RDAs

You can find calcium in plenty of foods but mostly in dairy items. For those who cannot tolerate cow's milk or animal-based dairy items, other foods and beverages can help you meet your daily calcium needs. Foods and beverages that are good sources of calcium include:

- Dairy-based milks (e.g., cow, goat, sheep)
- Plant-based milk-type beverages (e.g., almond, soy)
- Cottage cheese and yogurts
- Cheeses
- Almonds
- Sardines and salmon
- Leafy greens (e.g., collard, kale, turnip, spinach, mustard)
- Calcium-fortified products (e.g., orange juice, breakfast cereals)

From the age of 4 and throughout adulthood, every person should consume at least 1,000 mg of calcium each day. As an example, eating the following foods and beverages in one day would help you meet the minimum daily requirement of 1,000 mg of calcium. This does not represent the only food you should eat in one day but is one example of how you can get calcium throughout the day in a variety of foods. These suggestions equal approximately 1,082 mg of calcium.

- Cup (8 ounces) of calcium-fortified orange juice with breakfast,
- One serving of calcium-fortified breakfast cereal with one cup of nonfat milk,
- Cup (8 ounces) of yogurt for a snack, and
- Salmon (3 ounces) with ½ cup of spinach for dinner.

Adding Calcium to the Diet

There are affordable and creative ways to add calcium to your diet each day if you find it difficult to reach your daily needs. Consider the following ideas:

- For snacks, consider cheese (e.g., mozzarella, cheddar), a handful of almonds, or dry, calcium-fortified breakfast cereals.
- Add cheese to sandwiches, vegetables, and main dishes.
- Add cottage cheese or ricotta to waffle or pancake batter.
- For those who do not like milk, consider drinking your calcium in a smoothie made with leafy greens, fruits, and calcium-fortified orange juice.

Vitamin D is another important nutrient for bone health. You need vitamin D to build and maintain strong bones and muscles. It also helps the body absorb calcium better when the nutrients are eaten together during the same meal or snack. There are a few foods naturally high in vitamin D. Some include salmon, canned tuna, egg yolks, cow's milk, and other vitamin D-fortified foods like orange juice and breakfast cereals.

**For more information on Osteoporosis, contact Dayna!
There is more to this publication!**