

Marion County FCS Extension Newsletter

Thursday, October 3rd

-Baby Shower @ Springview Hospital, 5-7pm

-Reading Celebration @ Marion County High School for all ages, 5-7pm

Friday, October 11th

-RSVP due for Annual Homemaker Meeting

Tuesday, October 22nd

-Homemaker Leader Lesson - Healthy Holiday Meals taught by Lynnette Allen, 10am

Thursday, October 24th

-Cultural Arts set up

Friday, October 25th

-Annual Homemaker Meeting

Fall is here! The old saying, time flies when you are having fun. I guess that is true. I have been on the job for just over 7 months and time has really gone by fast. With school back in session, September is just a blur. October and November's calendars are packed with various types of programming going on.

A few things to remember for October. October is nationally recognized for Fire Safety Month. Make sure you have a plan in place just in case of a fire. Make sure you take the time to check your smoke detectors.

October 13-19 is recognized as KEHA week. I would encourage anybody who isn't a homemaker to take the time to come visit and think about becoming a homemaker. If you are a homemaker, I would encourage you to become more involved in the club. The club can be only as good as its members. To all members, please try to get new faces to join!

Rachel Mattingly
Family & Consumer Science Agent

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Lexington, KY 40506



Disabilities accommodated with prior notification.

KEHA News

Celebrate KEHA Week - The second full week of October is when we celebrate all things KEHA statewide! The tagline for this year's celebration, from Oct. 13-19, 2024, is "Become an Olympic Extension Homemaker." Find materials online on the KEHA Week webpage at <https://keha.ca.uky.edu/celebrate-keha-week>. The online digital resource kit includes a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. It is also a great time to start your county membership drive and dues collection. Counties are encouraged to have a dues deadline no later than Dec.1. The remittance form can be found in the KEHA Manual Appendix on page 16.

YOU Could Speak at State Meeting! - The call for session proposals at the 2025 State Meeting is now online. Homemakers who have a topic to share are encouraged to submit a proposal. The form is due Oct. 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.

2025 KEHA State Meeting Room Block Open Now - Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Manual Review - KEHA has convened a Manual Review Committee to review the entire handbook and appendix. If you have any suggestions for changes to the KEHA Handbook, please contact President Brenda Hammons brhammons65@yahoo.com, Parliamentarian and Committee Chair Susan Hansford susanhansford@hotmail.com, and/or KEHA Advisor Kelly May k.may@uky.edu.

Nominations Sought for Kentucky Master Farm Homemakers Guild - The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

The County Info Sheet and details regarding the new member selection process are available on the Master Farm Homemakers Guild web page. County nominees should complete and submit the County Information form by Nov. 15.

Marion County Homemakers Food Drive

Food is an immediate and tangible way to help someone. Every donation of food helps.

The Marion County Homemakers will be accepting donations of non-perishable food to benefit community Blessing Boxes and a local Food Bank.

**Donations may be dropped off at the
Marion County Extension Office or
see any Homemaker.**

Marion County Extension Office
416 Fairgrounds Road, Lebanon KY 40033
Call 270-692-2421 with any questions



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative
Lebanon, KY 40504



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Slow Cooker Chicken Santa Fe Soup

Servings: 8 Serving Size: 2 cups



Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
3. Return chicken to soup and it is ready-to-serve.

Date: _____

Enrollment Form for

Marion County Extension Homemakers Association

Name _____ Address _____

Email _____

Name of Club _____

Phone: Home () _____ Work () _____
Cell () _____ Fax () _____

Birth year (Optional): _____

Race (Optional - circle one): White Black or African American
 Asian/Pacific Islander American Indian or Alaska Native Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

First year of KEHA membership: _____ Total years of membership: _____

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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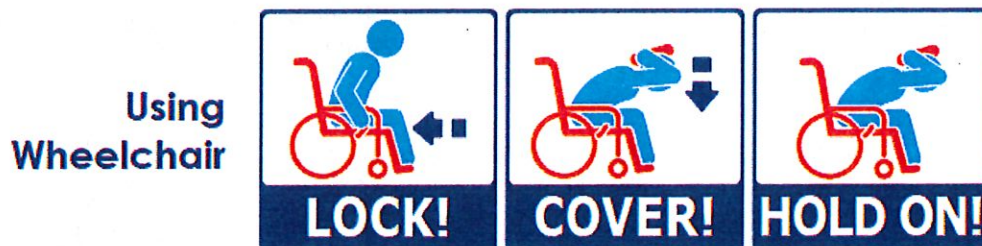
Appendix 11
June 2017

Membership Dues Deadline: December 1st, 2025

October Highlights:

- National Cybersecurity Month
- National Fire Prevention Week - October 6-12, 2024 - "Smoke Alarms: Make Them Work for You!"
- International Great Shakeout Earthquake Drills - October 17, 2024 - 10:17 am local time

If You Feel Shaking or Get an Alert:

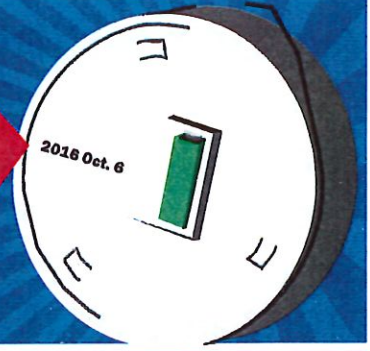


EarthquakeCountry.org/step5



Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years



Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!

1

Remove the smoke alarm from the wall or ceiling.



October 6, 2016

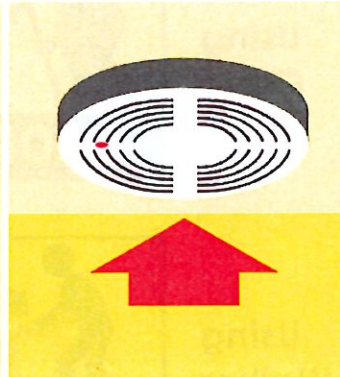
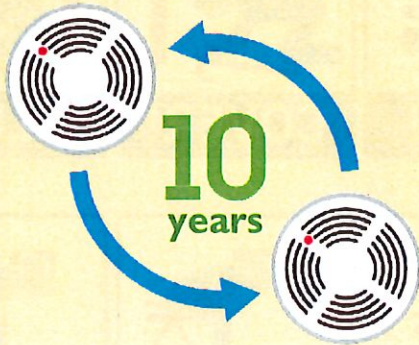


2

Look at the back of the alarm for the date of manufacture.

3

Smoke alarms should be replaced 10 years from the date of manufacture.



4

Put the alarm back on the ceiling or wall if it is less than 10 years old.



A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit usfa.fema.gov and www.nfpa.org.

ADULT HEALTH BULLETIN



OCTOBER 2024

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

NAME County
 Extension Office
 000 Street Road
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THIS MONTH'S TOPIC

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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Disabilities accommodated with prior notification.



**Be wary of medical advice
you see online or
that comes from individuals
who are not licensed
health-care workers.**

➔ **Continued from the previous page**

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

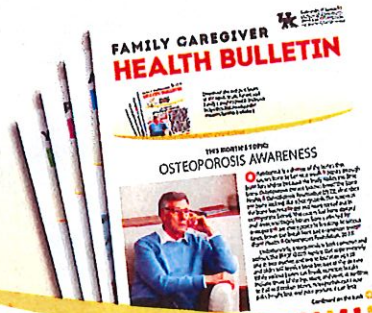
**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



FAMILY CAREGIVER

HEALTH BULLETIN



OCTOBER 2024

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

STORYTELLING ENHANCES CAREGIVING



As a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.

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The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

➔ Continued from the previous page

This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the *Care Management Journal*, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.

REFERENCE:

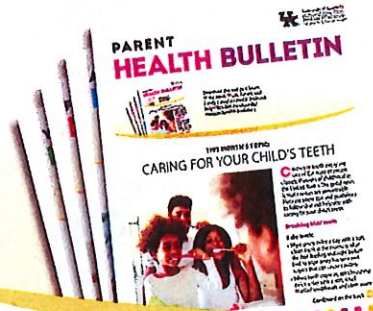
Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



PARENT HEALTH BULLETIN



OCTOBER 2024

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THIS MONTH'S TOPIC SPORTS HELP KIDS BE ACTIVE



The first week of October is Youth Sports Week in the United States, a time to celebrate the many benefits of playing sports! Kids and teens need to be active to be healthy, and sports are a natural outlet for kids to be active and have fun. There are many physical benefits of playing sports. Practices and games can help kids achieve the recommended 60 minutes of physical activity each day, as well as provide activities and drills that can increase hand-eye coordination, flexibility, and strength. Kids (and adults, too!) need to do a wide variety of exercises. Everyone needs aerobic activities that make their hearts beat faster, muscle-strengthening activities, and bone-strengthening activities every week. Skills and drills that include jumping, throwing, running, kicking, and the like are great for increasing overall physical health.

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Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus.

➔ **Continued from the previous page**

Playing sports has benefits beyond just being good exercise. Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus. It is important to learn how to win gracefully, how to be a good sport when they do not win, how to encourage their teammates, and to persevere when learning new skills. Sports can also give kids a bigger friend group and positive mentors from coaches and other parents.

Help your child find their way to play! Your child's personality and lifestyle factors will help determine which sport, and at what level of competition they will want to play. There are so many team and individual sports out there! Encourage your child to get involved in a sport they already love or try something new. If they feel intimidated, find a friend who wants to get involved, too. Many parks and recreation departments offer low-cost and local options to get kids involved. Schools and other community organizations may also have teams that your child could join.

Sports can help parents to be active, too! You can spend time with your child and get in minutes

of movement by practicing along with your child at home. Are there drills that your child can teach you or you can do with them to help them improve? Or strength- or stamina-building exercises that you could both do together? Many coaches and leagues are happy to provide information on how you and your child can continue to build their skills (and yours!) outside of practice times.

As a parent or caregiver, it is important to encourage and cheer for your child as they learn and grow through sports. It is equally important to demonstrate good sportsmanship and a positive attitude, regardless of the outcome of a competition. Most of all, remember that the purpose of sports for kids is to be active and have fun!

REFERENCE:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents>

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HEALTH BULLETIN**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

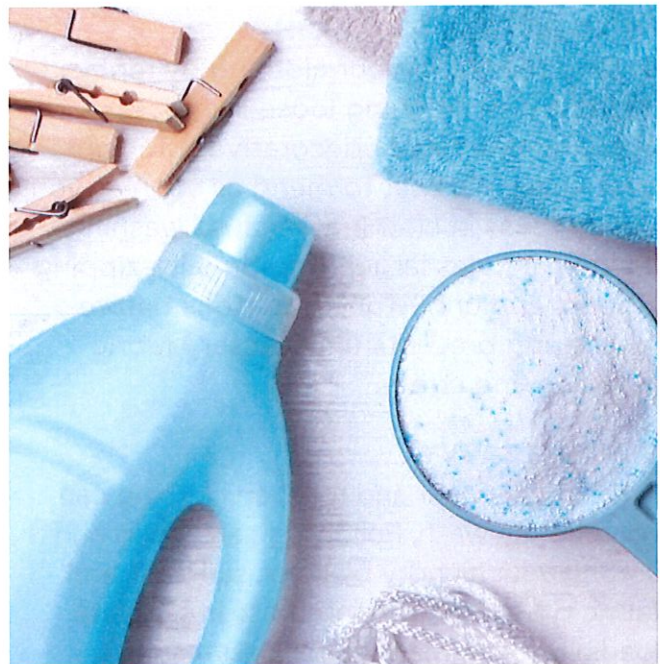
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.



WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar - in place of fabric softener - is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F - especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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