

September

Marion County FCS

Extension Newsletter

Important Dates:

Monday, September 1st: Closed in observance of Labor Day

Friday, August 8th: Back to School Bash from 5-7pm at Centre Square

Tuesday, September 2nd: WITS Workout at Senior Citizens at 12:30pm

Tuesday, September 9th: WITS Workout at Senior Citizens at 12:30pm

Wednesday, September 17th: RSVP for Leader lesson - Stock the Freezer

Monday, September 22nd: Leader lesson - Stock the Freezer at 10:00am

Thursday, September 25th: Cook through the Calendar at 4:30pm

Monday, September 29th: Homemaker meeting at 3:30pm

Wednesday, October 1st: Homemaker annual dues are due/RSVP for Lincoln Trail Area Homemaker meeting and payment due

Thursday, October 9th: Lincoln Trail Area Homemaker meeting at St. Gregory Church Event Center

September is National Preparedness Month. Are you prepared for a natural disaster or any other disaster? Extension Cooperative offers a series on disaster planning called "In the Face of Disaster." Here are some tips to help you prepare for a disaster:

1. Create a plan of how you will react to specific scenarios and discuss it with your family.
2. Make a list of emergency contacts and post it for all family members to have access to.
3. Create an evacuation plan.
4. Keep in mind any special needs any family member may have due to age, medication, or dietary requirements.
5. Have ways to get access to emergency alerts.

It is always a good idea to prepare for an emergency before one occurs.

Rachel Mattingly
Family & Consumer Science Agent





Martin-Gatton
College of Agriculture,
Food and Environment

stock the freezer lesson

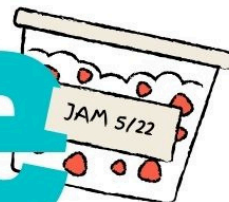
Come learn the benefits of stocking
freezer meals, and make a meal for your
freezer before you go!

September 22
Marion County
Extension Office

10:00 a.m.

RSVP required by 9/17

If you're a Homemaker
member, this is the October
lesson leader training!





Home Inventory Checklist

Tour your home and record the value of the major items inside. You could handwrite the list on a notepad or use a digital spreadsheet or app. Use the table on Page 2 as a guide to record your notes. Include as much detail as possible, such as each item's value, date purchased, and model or serial number. It also may help to take photos or record a video walk-through of your home.

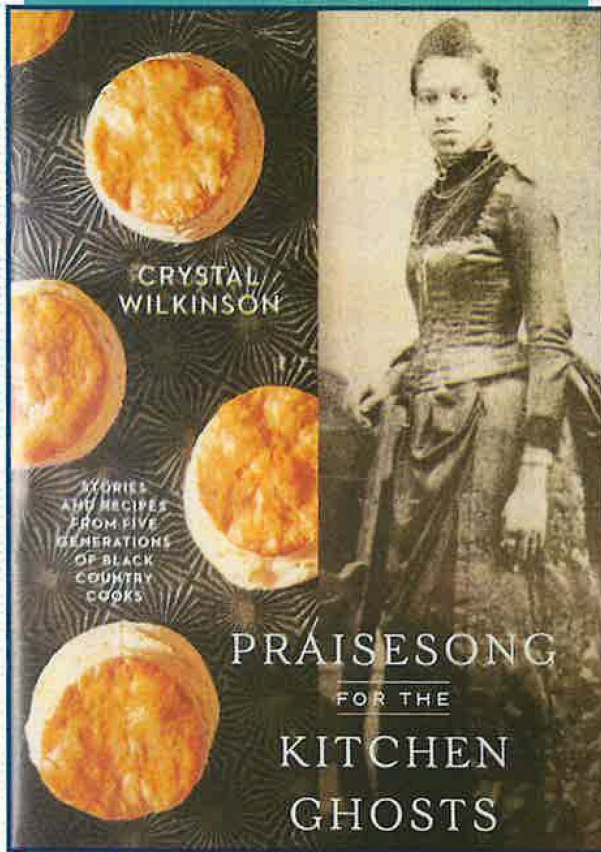
(Note, certain items may require additional insurance coverage. Talk to your insurance agent about cash limits and policy riders for items of value such as expensive jewelry, electronics, or business equipment.)

- ☐ Large appliances (Examples: refrigerator, range, microwave, dishwasher, freezer, washer, dryer, air conditioner, furnace, water heater)
- ☐ Small appliances (Examples: air fryer, space heater, dehumidifier, vacuum cleaner)
- ☐ Furniture (Examples: beds, dressers, couches, chairs, tables, desk, etc.)
- ☐ Cell phones
- ☐ Electronics (Examples: computers, tablets, televisions, radios, video game systems, cameras)
- ☐ Office, home business, or farm equipment
- ☐ Books, records/DVDs/CDs, games
- ☐ Artwork and décor
- ☐ Musical instruments
- ☐ Pet habitat (Examples: animal enclosures, special equipment)
- ☐ Collectibles or antiques
- ☐ Toys
- ☐ Exercise or sporting equipment
- ☐ Recreational or hobby equipment
- ☐ Linens, window coverings, rugs, bedding
- ☐ China, crystal, dishware
- ☐ Cookware
- ☐ Silverware, cutlery, and other utensils
- ☐ Medicine cabinet contents
- ☐ Clothing, shoes, outerwear
- ☐ Jewelry
- ☐ Luggage, purses, briefcases
- ☐ Outdoor equipment (Examples: lawnmower, grill, generator, patio furnishings, play equipment)
- ☐ Tools and workbench
- ☐ Vehicles
- ☐ Other (Examples: safe, firearms, cash, wine or liquor collections)

References and Resources:

- <https://www.ready.gov/financial-preparedness>
- https://www.ready.gov/sites/default/files/2020-03/ready_emergency-financial-first-aid-toolkit.pdf

Item	Notes	Purchase Price	Current Value	Date Purchased	Serial Number



**A LYRICAL
CULINARY
JOURNEY
FROM THE FORMER
POET LAUREATE OF
KENTUCKY.**

BIG BLUE BOOK CLUB

Big Blue Book Club
is back via Zoom!

**October 27
November 3
November 10
November 17**

1:30 pm Eastern/12:30 pm Central

**Visit the Big Blue Book Club
Website to register:**

<https://ukfcs.net/BigBlueBookClub>

and click on the book cover!



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Lexington, KY 40506




Disabilities
accommodated
with prior notification.

Big Blue Book Club News

Big Blue Book Club is back in its original format via Zoom! Mark your calendars for MONDAYS, beginning October 27 through November 17, as we read *Praisesong for the Kitchen Ghosts* by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson not only is from Kentucky, but she is a former Kentucky Poet Laureate. And, we heard you when you asked for another "cookbook" story book. This book is full of family recipes and family stories that just might resonate with your own.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

Registration for this series opens September 2, 2025 on the website, ukfcs.net/BigBlueBookClub. As always, the first 200 registered participants will receive a free copy of the book.



Media Contact: Robin Malpass
robin@robinmalpass.com
(312) 508-0228

QUILT DOCUMENTATION DAYS SEPTEMBER 12 & 13, 2025
Free On-Demand Webinar!

Paducah, KY, August 18, 2025—[The National Quilt Museum](#) will host Quilt Documentation Days on Sept. 12-13, 2025. This will be the largest and most comprehensive Quilt Documentation Days event ever held by the museum.

"The need for this event is great. After stepping into my role at the museum last year, I noticed an interesting trend. We receive calls almost daily from people who have inherited quilts and want information about their historical significance," said Bonnie Schrock, NQM Executive Director.

Anyone who owns a treasured heirloom quilt will benefit by having their quilt documented to preserve the quilt's story before it is lost to time. Led by certified appraiser Vickie Coleman of Bluegrass Quilt Appraisal, participants will receive documentation about their quilt that may include such information as its materials, pattern, creator, and other unique features of the quilt.

All quilts documented during the event will become a part of the historical record in the [Quilt Index](#), a national electronic repository of quilts nationwide. Anyone interested in learning more about Quilt Documentation Days can watch a free on-demand webinar available at this [link](#).

Registration for the event is required, and space is limited. Each appointment is limited to one quilt. Participants may register for up to two appointments. Registration includes access to the museum's galleries on the day of the appointment(s). [Register here.](#)

The project is funded in part through an America250KY Grant made possible through the Kentucky Arts Council and the Kentucky Historical Society. A small registration fee is required, which benefits The National Quilt Museum, a nonprofit organization.

"As we approach 250 years as a nation, it is important to document the history of these quilts and their makers," said Schrock. "This event will remove the barriers that often make quilt documentation difficult and unaffordable."

The National Quilt Museum is located at 215 Jefferson Street in Paducah, Kentucky, and is open daily from 10 a.m. to 5 p.m. Monday through Saturday and 1 p.m. to 5 p.m.

on Sunday. General admission is \$15, seniors are \$13, students are \$5, and children under 12 accompanied by an adult are free. Tickets may be purchased on the website or upon arrival. Complimentary parking is available onsite. For additional information, visit quiltmuseum.org or call 270-442-8856.

###

ABOUT VICKIE COLEMAN

EDUCATION AND EMPLOYMENT

- Undergraduate degree in Textiles, Clothing, and Merchandising, The University of Tennessee
- Master of Science in Vocational Education, University of Kentucky
- Family and Consumer Sciences teacher of textiles and clothing, middle school administrator
- Graduate assistant in the textile testing laboratory and adjunct instructor of History of Costume and Textile Chemistry, University of Kentucky
- Professor and chair in the Textiles, Clothing, and Merchandising program, Director of the Historic Costume Collection, Midway College
- Adjunct instructor, taught Introduction to Textiles, Textile Testing and Evaluation, Beginning and Advanced Apparel Design, and History of Costume, Eastern Kentucky University
- Master Clothing Volunteer with University of Kentucky Extension Service

PROFESSIONAL ACTIVITIES

- Opened *Bluegrass Quilt Appraisal, LLC*, 2018
- Served as a Kentucky State Fair Judge – Textiles (Quilts, Fashion Sewing/Wearable Textile Art), 2019
- Curated a Kentucky Historical Quilt Society historic quilt display at the Lexington Public Library, 2021
- Served as the Kentucky Heritage Quilt Society Museum Archives Chair and the Quilt Registrar of the Kentucky Quilt Documentation Project, 2019 -2024
- Certified with the American Quilter's Society as an Appraiser, 2022
- Appraised at QuiltWeek, Paducah, 2023, 2024,2025
- Wrote the proposal that brought the American Quilt Study Group's annual seminar to Louisville, Kentucky, September 2023
- Participated in a Hands-on Curatorial Workshop, Quilters Hall of Fame Museum, 2023
- Curated Gallery Hop Exhibit: *Fancy and Frugal: Quilts of the Great Depression*, and Gallery Talk presentation at the Lexington Public Library, 2024
- Provide appraisals and consultations for Shaker Village at Pleasant Hill, 2024 - present
- Served as President of Quilters Guild of the Bluegrass, 2023-2025

- Appraised six museum donations, including the Obama Presidential Center donation, 2024
- Taught at QuiltWeek, Paducah, 2025
- Serving as a member of the AQS Appraiser Certification Committee
- Provide consultations and appraisals for The National Quilt Museum, Paducah, 2023 – present
- Contributed to writing the \$10,000 KY250 grant awarded from *America250KY: Exploring 250 Years Through the Arts* to sponsor a Western Kentucky quilt documentation event at the National Quilt Museum, 2025
- Serving as a member of the KY250 grant leadership team, 2025
- Mentoring two aspiring appraisers, 2024, 2025
- Featured on *Bernina's Sew & So Podcast*, January 2025
- Engaged as a featured speaker, conducted bed turnings, appraisals, curated an exhibit, and was a promotional podcast interviewee at Festival of the Quilt, Shady Valley, TN, April 2025
- Serving as an active member of the Quilters' Guild of the Bluegrass, Modern Quilt Guild, Kentucky Heritage Quilt Society, American Quilt Study Group, American Quilters' Society, Tennessee Quilt Study Group, the Midwest Fabric Study Group, and Bluegrass Retired Home Economists

About The National Quilt Museum

The National Quilt Museum (NQM) is America's premier Quilt Museum, having received the National Designation by a congressional declaration in 2008. The museum collects and presents the finest work made by today's quilters in America and worldwide. It provides year-round exhibitions and programming for adults and children.

NQM Social Media Links

Instagram: [instagram.com/nationalquiltmuseum](https://www.instagram.com/nationalquiltmuseum)

Facebook: www.facebook.com/NationalQuiltMuseum

Media Contact:

Robin Malpass

robin@robinmalpass.com

(312) 508-0228

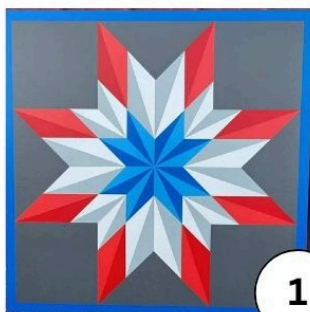
BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & MARION CO. EXTENSION OFFICE



TUESDAY NOVEMBER 4, 2025
MARION CO. EXTENSION OFFICE

9 AM - 3 PM



1



2



3

Indoor or Outdoor Signs:

2'x2' = \$130, 3'x3' = \$190, 4'x4' = \$270

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by **October 3, 2025**



Sorry **NO** refunds on missed event - alternate arrangements will be available
Please bring your own drink, hair dryer and .94" Frog Tape

Call to register, space is limited: 270-692-2421



4



5



6

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2025

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

THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at <https://ukfcs.net/ItFoD-FinancesAfter>.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (<https://ukfcs.net/RedCross>) or area churches may be able to provide temporary lodging. Contact your local

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IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety of Kentucky-specific resources for shelter and other assistance at <https://ukfcs.net/DisAsst>.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit <https://ukfcs.net/FEMAind>.

OTHER BASIC NEEDS

Food – It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at <https://ukfcs.net/FAFoodBank>. Your local health department or county FCS agent can also help you find food banks in your area.

Clothing and Personal Care Items – If clothing or personal care items were damaged,

consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

Mental Health – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. “Help” can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.

Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and
Kelly May, Senior Extension Associate for Family Finance and Resource Management
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

ADULT HEALTH BULLETIN



SEPTEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



Suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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Lexington, KY 40506



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During QPR training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.



➔ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhc.org.



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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000 Street Road
City, KY
Zip
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THIS MONTH'S TOPIC FALL PREVENTION



Sept. 22-26 is Fall Prevention Awareness Week. This nationwide week reminds us that falls among older adults is a public health crisis. According to the Centers for Disease Control and Prevention, 1 in 4 older adults age 65 and older fall each year. Falls are the leading cause of serious injury. They include fractures and head trauma, as well as emergency room visits and even injury-related death. Falls impact independence and quality of life. They give rise to a fear of falling and can reduce active living as a result. Falls are also associated with significant financial burden and rises in health care costs.

It is important to talk about falls because they are preventable. Many groups, like the CDC have initiatives and evidence-based falls prevention programs to help address

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A photograph showing a caregiver in a blue shirt and dark pants kneeling on a light-colored floor, reaching out to help an elderly person with white hair who has fallen face down. The caregiver is holding the person's arm. In the background, there is a window with a view of greenery outside. The text 'FAMILY CARE' is visible on the window.

Fall-proofing your home

(decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places) can help prevent falls.

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fall risk and promote prevention. For example, STEADI (Stopping Elderly Accidents, Deaths and Injuries) is a national initiative aimed at preventing falls among community-dwelling adults 65 years and older, <https://www.cdc.gov/steadi>. Bingocize® is a 10-week workshop that combines the game of Bingo, exercise, and health education, including fall prevention. It can be played in-person or remotely. A Matter of Balance is an eight-week program that aims to reduce fear of falling and increase activity levels. CAPABLE (Community Aging in Place — Advancing Better Living for Elders) is a five-month program that uses occupational therapists, nurses, and handymen who provide home modifications. To explore a full list of evidence-based programs proven to help older adults reduce the risk of falling, go to the National Council on Aging at <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>. You can also call your local County Extension Office to see what they are doing to prevent falls in your community.

Key strategies to help prevent falls, according to the Mayo Clinic and NIH include:

- Regular physical activity
- Balance and strength training
- Fall-proofing your home (decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places)

- Medication management (review medications, understand side effects)
- Regular vision and hearing tests
- Wear sensible, properly fitting, sturdy, flat shoes with non-skid soles
- Stand up slowly
- Stay hydrated
- Eat a well-balanced diet and nutritious foods
- Limit alcohol consumption
- Stay active and engaged
- See a health-care provider regularly

REFERENCES:

- CDC. (2024). Older Adult Fall Data. Retrieved July 15, 2025 from <https://www.cdc.gov/falls/data-research/index.html#:~:text=Older%20adult%20falls%20reported%20by,2>
- Mayo Clinic. (2024). Fall Prevention: Simple Tips to Prevent Falls. Retrieved July 15, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358#:~:text=Secure%20loose%20rugs%20with%20double,for%20the%20shower%20or%20tub>
- National Council on Aging. (2023). Evidence-Based Falls Prevention Programs. Retrieved July 15, 2025 from <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>
- National Institute on Aging. (2022). Falls and Fractures in Older Adults: Causes and Prevention. Retrieved July 15, 2025 from <https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention>

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Lincoln Trail Area Extension Homemakers



College of Agriculture,
Food and Environment
Cooperative Extension Service

Annual Meeting

Come to celebrate the treasures of the past
year and look forward to the new year.

OCTOBER

9

9:30 REGISTRATION & SNACKS
10:00 EST MEETING/LUNCH

\$20 Registration Fee due by October 1 to your county

Please select ham, fried chicken, or vegetarian

St. Gregory Church Event Center
350 St. Gregory Church Rd
Cox's Creek, KY 40013

Cultural Arts county winner drop off
October 8, 9-11 EST
St. Gregory Church Event Center





Chicken and Ranch Mushrooms

Servings: Makes 4 servings Serving Size: ¼ of recipe Recipe Cost: \$6.78 Cost per Serving: \$1.70



Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, sliced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 ½ cups fresh spinach
- ¼ teaspoon garlic powder
- 2 cups cooked barley or brown rice

Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushrooms. Add butter. Sauté for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

320 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 90mg cholesterol; 270mg sodium; 26g carbohydrate; 4g fiber; 1g sugar; 0g added sugar; 30g protein; 80% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.