

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



OCTOBER 2024



*Rosa Smith*

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**Breast Cancer Awareness Month, observed every October, is dedicated to raising awareness, promoting early detection, and supporting those affected by breast cancer through education and advocacy.**

**Breast cancer can be detected through several methods, including:**

1. **Self-exams**
2. **Clinical breast exams**
3. **Mammograms**
4. **Ultrasound.**
5. **MRI (Magnetic Resonance Imaging):**
6. **Biopsy**

**Routine screenings and prompt action on any unusual signs are key to early detection.**



In This Issue

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- **Breast Cancer Awareness**
- **Disaster Preparedness**
- **Healthy Choices**
- **Money Wise**
- **Health Bulletins**
- **Joining a Homemaker Club**
- **October-December Events**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

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October  
By Robert Frost

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.

The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!

For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.





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## Owsley County,

October is here, and with it, the warmth and vibrancy of autumn settle over our hills and valleys. It's a month filled with colorful changes and a reminder to pause and focus on family, community, and the many ways we can prepare ourselves for the coming winter months. I've always seen October as an ideal time to reflect on the importance of strengthening family bonds and promoting well-being within our homes. This season offers us opportunities to build family traditions, improve communication, and enhance the overall health and happiness of our loved ones.

October is also a perfect time to focus on your personal and family finances, especially as we approach the holiday season. In FCS, we talk about preparing not only for the physical changes of fall but also for the financial demands that may arise toward the end of the year. Take time to review your household budget, plan ahead for holiday spending, and consider ways to simplify your expenses while still enjoying meaningful celebrations.

This month also brings exciting community events! I'm thrilled to remind everyone about Boo-Fest, happening right here in Booneville. This fun, family-friendly event is a wonderful way for us to come together, celebrate the season, and strengthen the ties that make Owsley County so special. The Extension office is so excited to be a part of the festival this year with our Pumpkin Painting/Carving Contest. Be sure to check out the flyer for more information. In addition to Boo-Fest, keep an eye out for other Extension programs this fall. October is a time for reflection and gratitude, as we celebrate the beauty of fall and the closeness of our community. I encourage everyone to take advantage of this season by making time for family, attending local events, and preparing for the holidays ahead.

Warm regards,

Rosa Smith  
Family and Consumer Science Agent  
Owsley County Extension Service





# FCS Focus

hello  
OCTOBER

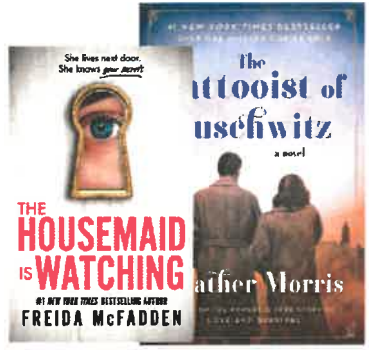


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## Owsley County Book Club

October 21st- The Housemaid is Watching: Book 3 @ 5:00pm

November 18th- The Tattooist of Auschwitz



## Owsley County Homemakers

October 11th- Lunch-N-Learn with Kelsey @ 12:00pm  
October 24th- Area Homemaker Meeting in Letcher Co. @ 10



### Senior Citizens

November 11, 2024  
December 9th, 2024



### Junior Homemakers

October 10th @ 3:30  
November 14 @ 3:30  
December 19 @ 3:30

### Walk Your Way- Walking Program

October 9th, 2024 @ 3:30  
October 25th, 2024 @ 3:30



### Holiday Road Show

Nov 6- Wolfe & Breathitt  
Nov. 8- Lee & Owsley  
Nov 14- Perry & Leslie  
Nov 15- Knott & Letcher



### Child Development & Play (Ages 5 and Under)

Oct. 21- Laugh and Learn- Public Library @ 3:30  
Nov. 18- Laugh and Learn- Public Library @ 3:30  
Dec 16th- Laugh and Learn- Public Library @ 3:30



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# BE PREPARED FOR A WILDFIRE

Wildfires can ruin homes and cause injuries or death to people and animals.



FEMA

FEMA V-1013/May 2018

A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie.



Often caused by humans or lightning.



Can cause flooding or create problems with transportation, gas, power, and communications.



Can damage your property. Set up defense zones to protect your home.



Can happen anywhere, anytime. Risk increases with little rain and high winds.

## IF YOU ARE UNDER A WILDFIRE WARNING, GET TO SAFETY RIGHT AWAY

Leave if told to do so.



Listen for emergency information and alerts.

If trapped, call 9-1-1.



Use N95 masks to keep particles out of the air you breathe.

# HOW TO STAY SAFE WHEN A WILDFIRE THREATENS



**Sign up for your community's warning system.** The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

**Know your community's evacuation routes** and find several ways to leave the area. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.

**Gather emergency supplies, including N95 respirator masks** that filter out particles in the air you breathe. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

**Keep important documents** in a fireproof safe. Create password-protected digital copies.

**Use fire-resistant materials to build, renovate, or make repairs.**

**Find an outdoor water source with a hose** that can reach any area of your property.

**Create a fire-resistant zone** that is free of leaves, debris, or flammable materials for at least 30 feet from your home.

**Review insurance coverage** to make sure it is enough to replace your property.



**Evacuate.** Leave immediately if authorities tell you to do so.

**If trapped, call 9-1-1** and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help people find you.

**Listen to EAS, NOAA Weather Radio, or local alerting systems** for current emergency information and instructions.

**Use an N95 masks** to keep particles out of the air you breathe.



**Listen to authorities** to find out if it is safe to return and whether water is safe to drink.

**Avoid hot ash, charred trees, smoldering debris, and live embers.** The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock walking the ground.

**Send text messages or use social media** to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.

**Document property damage with photographs.** Conduct an inventory and contact your insurance company for assistance.

## Take an Active Role in Your Safety

Go to [Ready.gov/wildfires](https://www.ready.gov/wildfires). Download the **FEMA app** to get more information about preparing for a **wildfire**.



**FEMA**

FEMA V-1013

# 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!

<b>1</b> Remove the smoke alarm from the wall or ceiling.			<b>2</b> Look at the back of the alarm for the date of manufacture.
<b>3</b> Smoke alarms should be replaced 10 years from the date of manufacture.			<b>4</b> 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](http://usfa.fema.gov) and [www.nfpa.org](http://www.nfpa.org).

U.S. Fire Administration



FEMA



# 4 EASY WAYS to stay safe **online**

Our online world needs to be protected. There are easy things we can do to ensure our information is safe from those wishing to steal it.

## Recognize & report phishing

Most successful online intrusions result from a recipient of a "phishing" message accidentally downloading malware or giving their personal information to a spammer. Do not click or engage with these phishing attempts. Instead, recognize them by their use of alarming language or offers that are too good to be true.

**Report the phish and delete phishing messages.**



## Use strong passwords

Simple passwords can be guessed. **Make passwords at least 16 characters long**, random and unique for each account. Use a password manager, a secure program that maintains and creates passwords. This easy-to-use program will store passwords and fill them in automatically on the web.

\*\*\*\*\*

## Turn on multifactor authentication (MFA)

Use MFA on any site that offers it. MFA provides an extra layer of security in addition to a password when logging into accounts and apps, like a face scan or a code sent by text.

**Using MFA will make you much less likely to get hacked.**

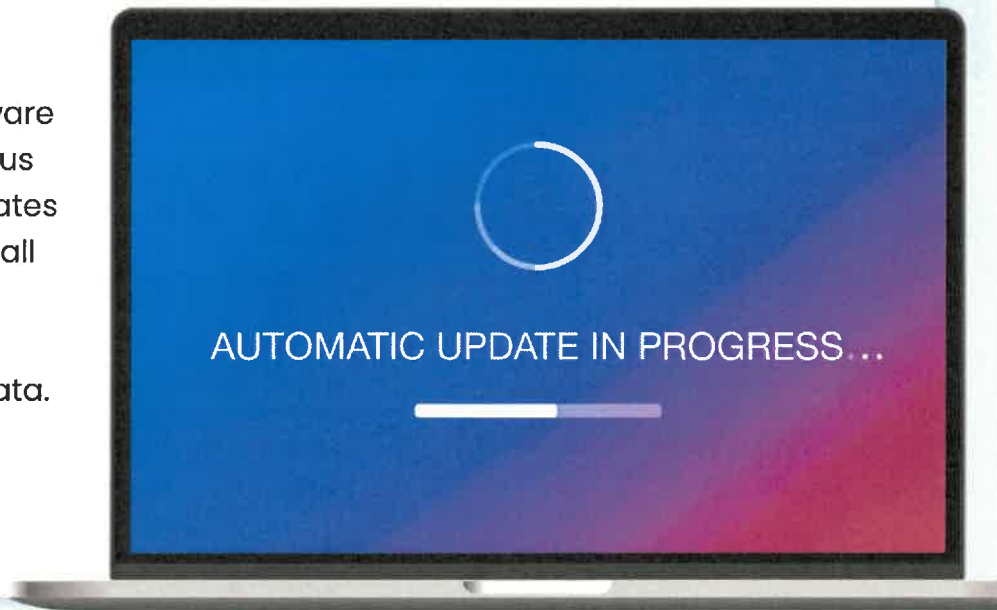




## Update software

When devices, apps or software programs (especially antivirus software) notify us that updates are available, we should install them as soon as possible. Updates close security code bugs to better protect our data.

**Turn on automatic updates to make it even easier.**



Taking these steps helps  
**Secure Our World.**



**We can all help one another**  
stay safer online, so share these tips  
with a family member or friend!

[cisa.gov/SecureOurWorld](https://cisa.gov/SecureOurWorld)

# Recommended Earthquake Safety Actions



Federal, State, and local emergency management experts and other official preparedness organizations agree that the actions described below will reduce injury and death during earthquakes.

In most situations, if you feel shaking or get an earthquake alert, immediately:

**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and allows you to stay low and crawl to shelter if nearby.

**COVER** your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath it for shelter.
- If no shelter is nearby, crawl next to an interior wall (away from windows).
- Stay on your knees; bend over to protect vital organs.

**HOLD ON** until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts.
- No shelter: hold on to your head and neck with both arms and hands.

If you are unable to drop to the ground, sit and bend over, covering your head and neck with your hands and arms. If you use a cane, keep it with you even if you go under a table to help you get back up. If you use a wheelchair or walker with wheels (a rollator), **LOCK** your wheels (or set the brake) and remain seated until the shaking stops. Always **COVER** your head and neck with your arms, a pillow, a book, or whatever is available and **HOLD ON** until shaking stops. For other accessibility recommendations see [EarthquakeCountry.org/accessibility](https://EarthquakeCountry.org/accessibility).

U.S. West Coast residents are encouraged to download the MyShake app to receive earthquake alert messages on their cellphone.

*A small jolt might turn out to be the start of a large earthquake, so always protect yourself immediately!*



## How to Protect Yourself in Various Settings

**Indoors:** Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, tall furniture, televisions, and cabinets with heavy objects or glass. Do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! (Exterior building materials and glass can fall and may hit you as you exit.) If seated and unable to drop to the floor: bend forward, Cover your head with your arms, and Hold On to your neck with both hands.

**In bed:** Do not get out of bed. Lie face down to protect vital organs, and Cover your head and neck with a pillow, keeping your arms as close to your head as possible, while you Hold On to your head and neck with both hands until shaking stops. You are less likely to be injured by fallen and broken objects by staying where you are.

**In a multiple-floor building:** Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

**In a classroom:** Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

**In a stadium or theater:** Drop to the ground in front of your seat or lean over as much as possible, then Cover your head with your arms (as best as possible), and Hold On to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

**In a store:** Drop, Cover, and Hold On. Getting next to a shopping cart, beneath clothing racks, or onto the bottom shelf of a large multi-shelf unit to provide extra protection from falling objects.



### **What NOT to do!**

Many people still think "getting in a doorway" is safe, however this is out-of-date advice that should never have been recommended. We now understand that doorways: are not stronger than any other part of the house; do not provide protection from falling or flying objects; and will not be a safe space in the rare case of building collapse.

**Outdoors:** Move to an open space if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then Drop, Cover, and Hold On. This protects you from any objects that may be thrown through the air, even if nothing is directly above you.

**Driving:** Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs, trees and other hazards. Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles. If a power line falls on the car, stay inside until a trained person removes the wire.



**Near the shoreline:** Follow instructions for your setting described above. Then as soon as shaking reduces enough that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive within minutes. Don't wait for officials to issue a warning. Walk, rather than drive, to avoid traffic, debris, and other hazards.



**Below a dam or reservoir (water storage facility):** Follow instructions for your setting described above. Large water storage structures can become damaged during a major earthquake. Catastrophic failure causing a large amount of water to be released and flow downhill is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan for getting to high ground.

## More information

[EarthquakeCountry.org/step5](https://www.earthquakecountry.org/step5) (additional guidance, videos, and images)

[EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility) (includes additional guidance for accessibility accommodations before, during, and after earthquakes)

[ShakeOut.org](https://www.shakeout.org) (Register to practice earthquake self-protection along with millions worldwide each year!)

[YouTube.com/greatshakeout](https://www.youtube.com/greatshakeout) (Look for the *Earthquake Safety Video Series* Playlist)



# The Homemaker's Journal

## October

### CREATING WELCOMING COMMUNITIES

On September 26th, Breathitt County FCS Agent Stacy Trent lead the leader lesson on Creating Welcoming Communities. Participants engaged in cultural biased identification and identifying their own cultural identity.



### JUNIOR HOMEMAKERS

Junior Homemakers enjoyed a lesson on flower bouquet arrangement techniques and tips, caring for fresh cut flowers and exploring retail outlets for those interested in growing and selling their own blooms.



### UPCOMING MEETING DATES

**October 11- Lunch-N-Learn with Kelsey, Perry Co FCS Agent- Owsley County Extension Office 12:00pm**

**October 24- Area Homemakers Meeting in Letcher County- Wear Pink**

#### Holiday Road Show

**Nov 6- Wolfe @ 10, Breathitt @ 1  
Nov. 8- Lee @ 10, Owsley @ 1  
Nov. 14- Perry @ 10, Leslie @ 1  
Nov. 15- Knott @ 10, Letcher @ 1**

**Homemaker Dues Date: Nov. 26**

**December 12- Homemaker Holiday Luncheon @ 12**



# Homemakers

## How to join for the 2024-2025 Year!

### What is the Kentucky Extension Homemakers Association?

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development and education in cooperation with the Kentucky Cooperative Extension Service.

Club dues will be due in November!

### Homemaker Club Information

Owsley County Homemakers: Meets monthly at the Owsley County Extension Office for Lunch-N-Learns at 12:00pm

If you need assistance or more details about starting or restarting a Homemakers club, don't hesitate to ask!

### Benefits of being a Homemaker Member:

1. Volunteerism: Engage in meaningful projects and make a difference in your community!
2. Hands-on Classes: Get involved with practical workshops and learn new skills.
3. Community Involvement: Be a driving force in your neighborhood, shaping its dynamic spirit!
4. Fellowship and Friendships: Build lasting connections with like-minded individuals.
5. Exciting Trips: Embark on adventures like the KEHA State meeting and more.
6. Educational Programs: Fuel your curiosity with engaging programs and stimulating discussions.
7. Cultural Arts: Unleash your creativity at the Cultural Arts Exhibit, featuring 27 diverse categories.
8. Leadership Opportunities: Lead, inspire, and make an impact in your community.

FOR MORE INFORMATION ON BECOMING A HOMEMAKER MEMBER OR STARTING A HOMEMAKER CLUB CONTACT FCS AGENT ROSA SMITH AT 606-593-5109

# FCS Rewind



## Strawberry Freezer Jam

Volunteer Oneida McIntosh lead the lesson on how to make strawberry freezer jam. Each participant followed along and made their own Strawberry Freezer Jam



## Laugh & Learn Playdate

Ages birth to 5 came together to develop school readiness skills through music, math, literacy and more.

## Senior Citizens: Tasting the Calendar

Seniors got to taste Septembers Recipe: Ramen Skillet Dinner



## Book Club

The Book Club finished their reading of The Housemaid's Secret and received their next book

The Housemaid is Watching.



## Apple Jelly Workshop with Owsley County Head Start

Parents and Staff at Owsley County Head Start participated in a hands-on learning workshop on how to make Apple Jelly using a Jelly Maker.



## Junior Homemakers

Our new group of Junior Homemakers enjoyed a fun, engaging lesson on cut flowers and techniques of flower bouquet arrangements.



## Lunch-n-Learn

Breathitt County FCS Agent, Stacey Trent lead the lesson on Community Culture.



# ADULT HEALTH BULLETIN

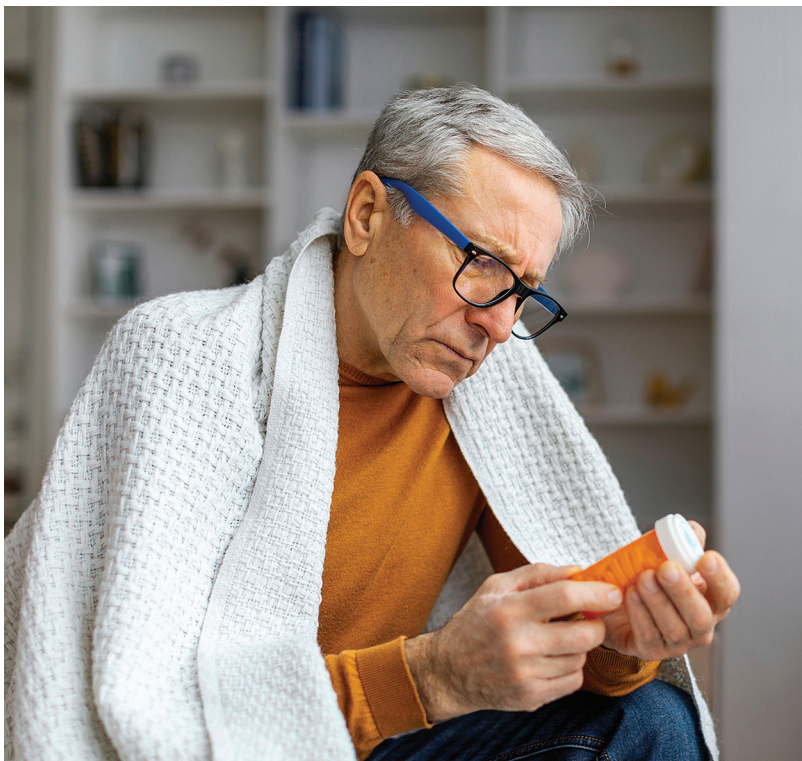


**OCTOBER 2024**

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

## THIS MONTH'S TOPIC

# HOW IS YOUR HEALTH LITERACY?



**H**appy 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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**Cooperative Extension Service**

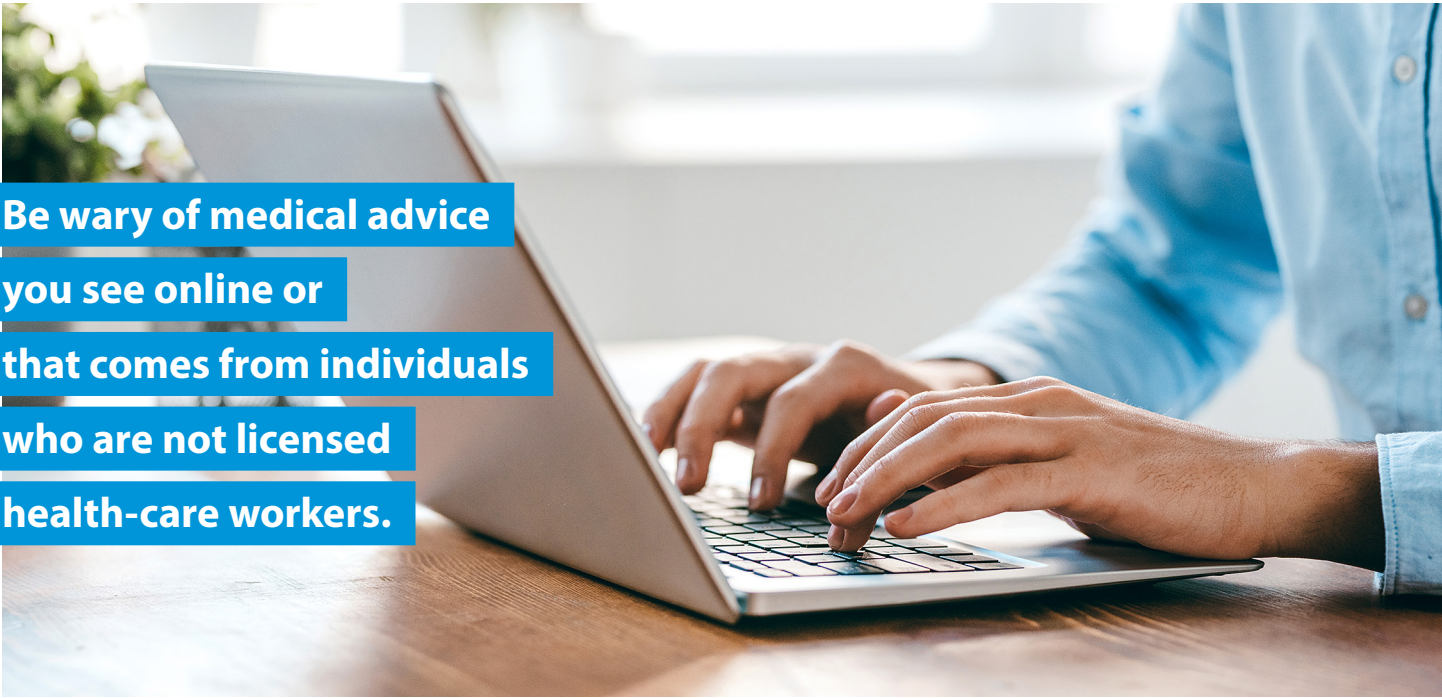
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**Be wary of medical advice  
you see online or  
that comes from individuals  
who are not licensed  
health-care workers.**

**→ 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>

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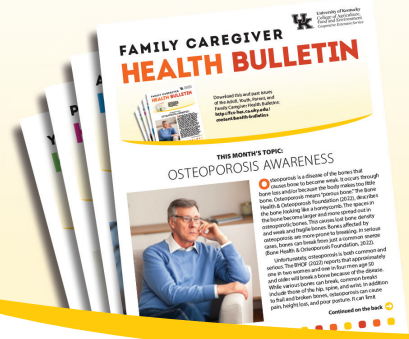
**ADULT  
HEALTH BULLETIN**

**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>

## THIS MONTH'S TOPIC

# STORYTELLING ENHANCES CAREGIVING



**A**s 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.

Continued on the next page →



# 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>

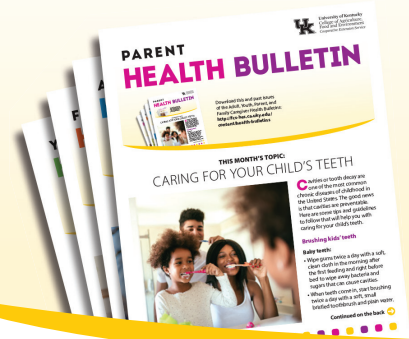
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**FAMILY CAREGIVER  
HEALTH BULLETIN**

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

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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>

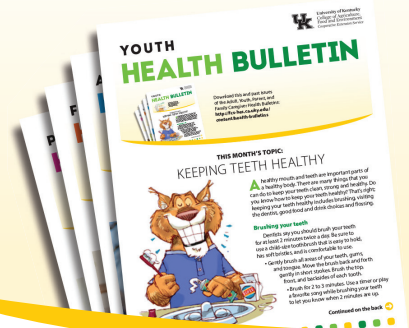
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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
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Adobe Stock



# YOUTH HEALTH BULLETIN



**OCTOBER 2024**

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**THIS MONTH'S TOPIC**

## GET ACTIVE WITH SPORTS!

**W**hat is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:



- A: \_\_\_\_\_
- C: \_\_\_\_\_
- T: \_\_\_\_\_
- I: \_\_\_\_\_
- V: \_\_\_\_\_
- E: \_\_\_\_\_

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It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.

we make a  
GREAT team!



**Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.**

These are the sports I have played:

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I would like to play this sport on a team:

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I would like to keep playing this sport:

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If I could try a new sport, I would like to try:

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**REFERENCE:**

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Sports-061.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx)

GOOD  
GAME!

Win OR Lose...  
FLAG FOOTBALL  
is ALWAYS Fun!



**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



# 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.

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## 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>

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# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Pumpkin Carving/ Painting Contest Due October 21, 2024		1	2	3  Pumpkin Days @ RCARS	4  Pumpkin Days @ RCARS	5
6	7	8	9  Walk Your Way @ 3:30	10  Junior Homemakers @ 3:30	11  Lunch-n-Learn @ 12:00pm	12
13  KEHA WEEK	14	15	16	17	18	19
20	21  Laugh & Learn @ 3:30  Book Club @ 5:00	22	23	24  Area Homemaker Meeting in Letcher Co.	25  Walk Your Way @ 3:30	26
27	28	29	30	31  Halloween		





# Sweet Potato Hash



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

### Nutrition facts

#### per serving:

270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

#### Source:

Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

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. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**

**Serving size: 1/8th of recipe**

**Cost per recipe: \$14.17**

**Cost per serving: \$1.77**

