

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



SEPTEMBER 2024



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Holidays and Dates to Remember

- September 2nd- Labor Day
- September 5th- National Cheese Pizza Day
- September 6th- National Read a Book Day
- September 8th- Grandparents Day
- September 9th- National Teddy Bear Day
- September 11th- Patriot Day
- September 27th- National Coffee Day



In This Issue

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- Healthy Choices
- Money Wise
- Health Bulletins
- Joining a Homemaker Club
- September- October Events





"September" by Helen Hunt Jackson

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.
The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.
The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook.
From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.
By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.





Owsley County,

As the crisp air of fall begins to sweep through our beautiful county, we find ourselves at the doorstep of a season filled with warmth, gatherings, and the anticipation of the holidays. This time of year is not only a celebration of the changing leaves and cozy evenings but also an opportunity to reflect, reevaluate, and prepare for the months ahead.

The fall season naturally invites us to think about the upcoming holidays and special events that bring us together with family and friends. With these celebrations often comes the need to plan and budget thoughtfully, ensuring that we can fully enjoy the season without financial stress.

September is the perfect time to take proactive steps in preparing for the months ahead. I encourage you to consider the following as you plan:

1. **Set a Holiday Budget:** Begin by outlining your anticipated expenses for the holidays. This could include gifts, meals, travel, and any other seasonal activities. Setting a budget now will help you avoid overspending later.
2. **Review Your Finances:** Take a close look at your current financial situation. Assess your income, expenses, and savings. This will give you a clear picture of where you stand and where adjustments might be needed.
3. **Prioritize Spending:** As you plan, prioritize your spending according to what matters most to you and your family. This might mean choosing meaningful gifts over expensive ones or planning cost-effective holiday activities.
4. **Start Saving Early:** If you haven't already, now is a great time to start putting aside a little extra each week. Even small amounts can add up and provide a cushion for holiday expenses.
5. **Plan for the Unexpected:** Life can be unpredictable, so it's wise to set aside a portion of your budget for unexpected expenses that may arise during the holiday season.

By taking these steps now, you can approach the fall and winter months with confidence and peace of mind. The Owsley County Extension Service is here to support you with resources, information, and guidance to help you navigate your financial planning during this important time of year.

As the leaves change and the days grow shorter, let's embrace the spirit of the season—one of preparation, reflection, and the joy of togetherness. I wish you a wonderful and fruitful fall season filled with warmth and cherished moments.

Warm regards,

Rosa Smith

Rosa Smith
Family and Consumer Science Agent
Owsley County Extension Service





Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days**
- Extra cell phone battery or charger**
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Non-sparking wrench or pliers to turn off utilities**
- Can opener (if kit contains canned food)**
- Local maps**

FEMA's Ready Campaign

educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Ready.



FEMA

Federal Emergency Management Agency
Washington, DC 20472

PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.



KNOW YOUR RISK

Prepare for the risks where you live.

Visit [FEMA.gov](https://www.fema.gov) where you can input your location to get information about disasters in your area.

Visit [Ready.gov](https://www.ready.gov) to know how to prepare for disasters and what to do during an emergency.

Download the [FEMA mobile App](#) to receive real-time weather and emergency alerts, locate shelters, send notifications to loved ones and more.



MAKE A PLAN

Prepare yourself and your family before disaster strikes.

Consider the **specific needs of your household** like medical needs or items for your pets.

Practice your family's plan.

Visit [Ready.gov/plan](https://www.ready.gov/plan) and use our template to create a Family Emergency Plan you can email to yourself.



[ready.gov/plan](https://www.ready.gov/plan)



TAKE ACTION

Be ready to respond to and recover from a disaster.

Gather supplies that fit your family's needs.

Secure important documents.

Understand your **insurance coverage.**

Participate in community disaster preparedness events.



Go to [Ready.gov](https://www.ready.gov) for more information to help you be prepared!

Everyone Has a Role

As you prepare, adjust your plans and emergency supply kits to your own daily living needs and concerns.



BUILD A KIT

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as medications and infant supplies, and remember to pack for your pet!

www.ready.gov/kit

Your basic kit should include enough items to last for several days:

- Water
- Non-perishable food
- Cash
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- Non-electric can opener
- First aid kit
- Whistle
- Prescription medications
- Personal hygiene items
- Dust mask to help filter contaminated air
- Moist wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities

LEARN MORE AND GET INVOLVED



Learn how to take action in emergency situations and provide lifesaving care before professional assistance arrives through **You Are the Help Until Help Arrives**.



Visit FEMA.gov/cert to find a Community Emergency Response Team program, and train to help your community respond and prepare for disasters.



Take a CPR and first aid class offered by a local community organization, so that you know what to do if a family member, neighbor or co-worker is hurt.



Go to Ready.gov for more information to help you be prepared!



KNOW YOUR ALERTS AND WARNINGS



FEMA

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Local police and fire departments, emergency managers, the National Weather Service (NWS), the Federal Emergency Management Agency (FEMA), the Federal Communications Commission (FCC), the National Oceanic and Atmospheric Administration (NOAA), and private industry are working together to make sure you can receive alerts and warnings quickly through several different technologies no matter where you are—at home, at school, at work, or in the community.

For those with access and functional needs, many messages are TTY/TDD compatible and many devices have accessible accommodations. Review this fact sheet to make sure you will receive critical information as soon as possible so you can take action to be safe. Be sure to share this information with your family, friends, and colleagues. And remember to keep extra batteries for your mobile phone or radio in a safe place or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.

IPAWS INTEGRATED PUBLIC ALERT AND WARNING SYSTEM

Organized by FEMA, the Integrated Public Alert and Warning System (IPAWS) is the Nation's alert and warning infrastructure. It provides an effective way to alert and warn the public about emergencies using the Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA Weather Radio All Hazards, and other public alerting systems from a single interface. IPAWS is used to send notifications for three alert categories—Presidential, AMBER, and Imminent Threat.

For more information on IPAWS, EAS, and WEA, visit www.ready.gov/alerts.

Using IPAWS, officials can send messages simultaneously through multiple pathways, including:

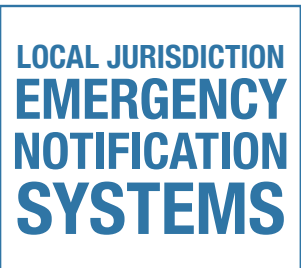
- EAS: used by alerting authorities to send detailed warnings to broadcast, cable, satellite, and wireline communication pathways;
- WEA: Free, 90-character emergency text messages sent by local alerting authorities to equipped mobile devices within range of cell towers broadcasting in the affected area. You do not have to sign up for WEA alerts. To find out if your mobile device is capable of receiving WEA alerts, contact your cellular service provider or visit www.ctia.org/WEA; and
- IPAWS compliant digital road signs, sirens, and other systems.



The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. It is a comprehensive weather and emergency information service available to the public. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS notices.



A special weather radio receiver is required to receive NWR broadcasts. You can buy these receivers at many retail outlets such as electronics stores, department stores, big box stores, or online. Be sure to look for the Public Alert or NWR logo to ensure the radio meets technical requirements. Models identified as SAME, or Specific Area Message Encoding, receivers allow users to select alerts for specific geographic areas. For information on NOAA Weather Radio All Hazards, visit www.nws.noaa.gov/nwr.



OPT-IN/SIGN-UP TEXT AND EMAIL SYSTEMS

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source for critical information. Small costs may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word "alerts"; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

ENHANCED TELEPHONE NOTIFICATION (ETN) SYSTEMS

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as a Reverse 911® system. Most systems include landline phone numbers, but some also allow for messages to Voice over Internet Protocol (VoIP) and mobile phones through an opt-in process—check with your local emergency management for information on this system and available features.

OUTDOOR SIRENS AND/OR VOICE ALERT SYSTEMS

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

LOCAL SCHOOL OR ORGANIZATION NOTIFICATION SYSTEMS

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in text and email systems similar to those used by local jurisdictions.

MOBILE APPS WITH LOCAL ALERT FUNCTIONS



FEMA APP

Stay updated with severe weather alerts from the National Weather Service for up to five locations across the U.S.; learn how to stay safe before, during, and after over 20 types of hazards; save a custom list of the items in your family's emergency kit; and locate and receive driving directions to open shelters and disaster recovery centers. You can also submit disaster-related photos to a public map using the Disaster Reporter feature. The FEMA App is also available in Spanish. Download the app to your mobile device or smartphone free on iTunes or Google Play. Learn more at www.fema.gov/mobile-app.



AMERICAN RED CROSS APP

The Red Cross Emergency app combines more than 35 different types of severe weather and emergency alerts. You can choose the alerts that are important to your location or the location of loved ones. The "Family Safe" feature allows you to notify loved ones that an alert has been issued in their area and check to see if they are safe. The app also offers information on what to do before, during, and after severe weather hits and how to find open Red Cross Shelters. All content is also available in Spanish. You can download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later) and Google Play (Android). Learn more at www.redcross.org/prepare/mobile-apps.



THE WEATHER CHANNEL APP

Tracks weather and provides local forecasts and push alerts of severe weather to your mobile device. Download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later), Google Play (Android), App World (BlackBerry), and Windows Phone at www.weather.com/apps.

SUMMARY OF ACTIONS

FOR INDIVIDUALS

- Confirm your mobile device can receive Wireless Emergency Alerts.
- Sign up for text and/or email alerts from your local jurisdiction.
- Consider purchasing a NOAA Weather Radio All Hazards.
- If you do not have a landline, check to see if your jurisdiction has options for VoIP and mobile phones to be connected to ETN systems such as Reverse 911®.
- Sign up for listservs and alerts for the workplace, schools, houses of worship, or other community organizations you'll want to hear from in an emergency.
- Download relevant hazard alerts and warnings apps.
- Create a list of all the alert systems available to you, and make sure everyone in the household receives the alerts as part of your household communication system.

FOR ORGANIZATIONS

- Test internal communication systems to ensure all individuals in the organization can be contacted.
- Designate individuals to be responsible for distributing alerts from official sources.
- Consider purchasing a NOAA Weather Radio All Hazards.
- Develop a list of all the alert systems available for your community and your organization as a guide for people in the organization.
- Encourage individuals to sign up for alerts and warnings, and assist them with finding any needed information.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



12 WAYS TO PREPARE

<input type="checkbox"/>  <p>Sign up for Alerts and Warnings</p>	<input type="checkbox"/>  <p>Make a Plan</p>	<input type="checkbox"/>  <p>Save for a Rainy Day</p>	<input type="checkbox"/>  <p>Practice Emergency Drills</p>	<input type="checkbox"/>  <p>Test Family Communication Plan</p>	<input type="checkbox"/>  <p>Safeguard Documents</p>
<input type="checkbox"/>  <p>Plan with Neighbors</p>	<input type="checkbox"/>  <p>Make Your Home Safer</p>	<input type="checkbox"/>  <p>Know Evacuation Routes</p>	<input type="checkbox"/>  <p>Assemble or Update Supplies</p>	<input type="checkbox"/>  <p>Get Involved in Your Community</p>	<input type="checkbox"/>  <p>Document and Insure Property</p>



12 WAYS TO PREPARE



**Sign up
for Alerts
and Warnings**



Make a Plan



**Save for a
Rainy Day**



**Practice
Emergency
Drills**



**Test Family
Communication
Plan**



**Safeguard
Documents**



**Plan with
Neighbors**



**Make Your
Home
Safer**



**Know
Evacuation
Routes**



**Assemble or
Update
Supplies**



**Get Involved in
Your Community**



**Document and
Insure Property**



TAKE ACTION AND PREPARE



FEMA

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There are many ways to take action and prepare before a disaster occurs. The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness. Simple actions at home and in your neighborhood can make a big difference!



@Readygov
Twitter.com/readygov



@Readygov
Facebook.com/readygov



Fema.gov/mobile-app



Ready.gov/prepare

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.



STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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ADULT HEALTH BULLETIN



SEPTEMBER 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 STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued on the next page →



Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

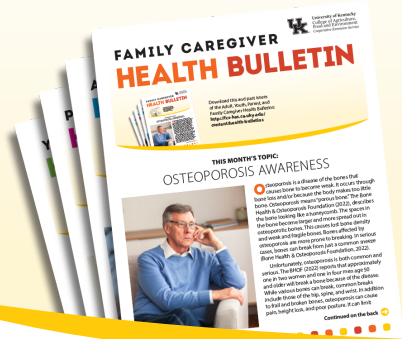
ADULT
HEALTH BULLETIN

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Adobe Stock



FAMILY CAREGIVER

HEALTH BULLETIN



SEPTEMBER 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

STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are a some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

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After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

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- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

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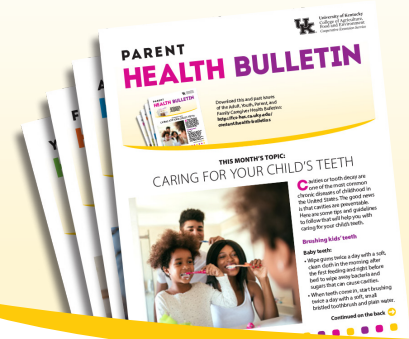
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FAMILY CAREGIVER HEALTH BULLETIN

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PARENT HEALTH BULLETIN



SEPTEMBER 2024

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE: HIKING FOR HEALTH



Hiking is a great activity for whole families to do together. It gets kids and adults alike away from screens, enjoying nature, and spending quality time together. Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!

Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike — that is a good thing! It means you are engaging muscles that don't get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder. This makes hiking a great way to build endurance. Hiking on uneven surfaces improves balance and coordination for both kids and adults.

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There are also mental benefits to hiking. Many people say that being in nature helps them to feel less stress, improves their mood, and helps them to sleep better at night. All great reasons to get outdoors and go for a hike!

It is easier said than done, however, to take kids on any kind of adventure. To help your hike succeed, there are a few things to consider when taking kids on a hike.

- **Plan hikes to see interesting things.** A summit lookout, interesting rock formations, or waterfalls are great destination hikes to keep kids engaged.
- **Come prepared.** Remember a bag with water, bug spray, snacks (if needed), and a way to navigate.
- **Keep kids in view.** Set boundaries about how far ahead or behind an adult you feel comfortable with them being.
- **Stay on the trail.** Limit exposure to unwanted poisonous plants and animal encounters by staying on marked trails.
- **Take regular breaks.** Kids may wear out faster than adults. A short break to reset may help them last longer.
- **Consider bringing an activity** like a nature journal or scavenger hunt to encourage curiosity and interest.

If you are looking for places to hike close to home or farther away, here are a few resources on hiking opportunities in Kentucky.

- Plan a hike at a Kentucky state park. Their website has information about trail head locations, trail lengths, and other helpful information: <https://parks.ky.gov/things-to-do/trails/hiking>.
- Kentucky has seven national parks as well, many with trails to hike and sights to see: <https://www.nps.gov/state/ky>.
- Kentucky Tourism has also curated a list of destinations with hiking trails and information to plan trips to visit each location: <https://www.kentuckytourism.com/things-to-do/outdoors/outdoor-recreation/hiking>.

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

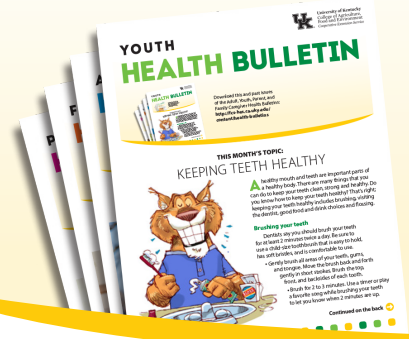
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YOUTH

HEALTH BULLETIN



SEPTEMBER 2024

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THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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 Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

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HEALTH BULLETIN

Written by:

Katherine Jury, MS

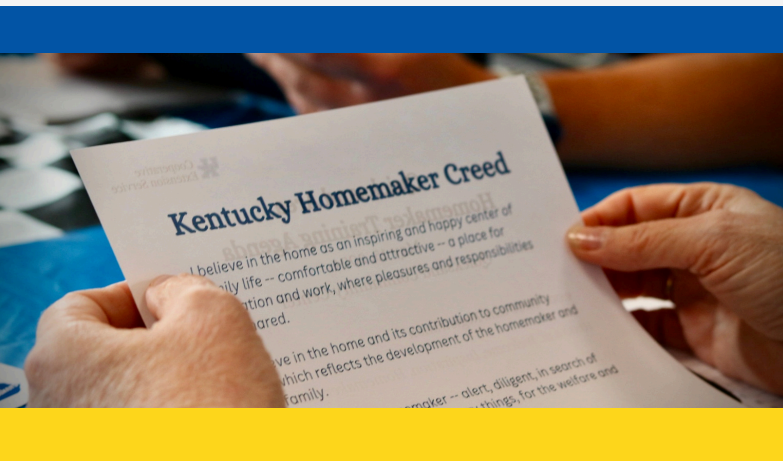
Edited by: Alyssa Simms

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Cartoon illustrations by:

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





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 Focus



Rosa Smith

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Owsley County Book Club

September 19th- The
Housemaid's Secret Book 2 @
5:00

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



Owsley County Homemakers

September 26- Lunch-N-Learn with Stacey @ 12:00pm
September 26- Homemaker Council Meeting @ 1:00pm
October 11th- Lunch-N-Learn with Kelsey @ 12:00pm
October 24th- Area Homemaker Meeting in Letcher Co. @ 10

Senior Citizens

September 9th @ 10:15



Sweet Freeze: Strawberry Freezer Jam

September 5th- Ext Office- @ 5:00
Oneida McIntosh will lead the workshop.
Learn about freezer jams and take home
your own sample!



Child Development & Play (Ages 5 and Under)

Sept. 23- Laugh and Learn- Public Library @ 3:30
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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
 - 1 medium onion, chopped
 - 1 medium carrot, thinly sliced
 - 1 bag (16 ounces) frozen broccoli
 - 2 cups cooked chicken, chopped
 - 1 package (3 ounces) chicken-flavored instant ramen noodles
 - 1 cup water
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap 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 oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92

Nutrition facts per serving:
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:
Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

