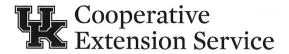
Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

October 2025



Cooperative Extension Service Spencer County PO Box 368 100 Oak Tree Way Taylorsville KY 40071-0368 (502) 477-2217 Fax: (502) 477-1343

spencer.ca.uky.edu

Community Service Day

What a fantastic turnout for Thread and Thimble's community sew day! Several homemakers from Spencer County and the surrounding counties joined together at the Spencer County Extension Office to make over 130 pillowcases for Military Missions. More are expected to be made. If you are interested in making pillowcases contact Gayle Browning or the Extension Office to find out how, we will be accepting donations of completed pillowcases at the Extension Office until October 16th.

Military Missions is an organization based out of Lexington, KY that devotes their energy to sending care packages to service members that are currently deployed overseas. To learn more about them and their mission visit their website: https://militarymissions.org/

Thank you to all our volunteers and staff that helped make the day a success, look to our Facebook page and website for more opportunities to volunteer in the future. Below are some pictures from Monday's event!



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 KEHTOCKE STOWN WHITE THE TO	29	30	October 1	Cook Wild KY - 5 pm Lesson: Smoked Cheese (bring items for charcuterie	Community Baby Shower - 11am If you are volunteering please arrive by 10:15 am.	4
vo.	9	7 Patchworker's Quilt Guild - 10 am Games Club - 11:15 am Active Living/ Code Red Training- 10am	∞	Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm SCPL Food as Health. Topic:	Lunch Bunch - 11 am, at the Revival Coffee Co. 103 Realty Rd. Fisherville, KY	11
12	13	,		16	Homemaker Potluck Breakfast - 9:30 am. Bring a breakfast food item to share!	18
19	Homemaker Week	Neek s Quilt	Homemaker Week	Homemaker Week	Homemaker Week	25
		Guild - 10 am Ac tive Living/ WITS Workout/ Art Project - 10am				
26	Thread and Thimble - 10am Big Blue Book Club 1:30,Kitchen Ghosts Crystal Wilkinson	28	29	30	31	November 1 Homemaker Dues must be paid by November 4th!

Upcoming Dates

Community Baby Shower

October 3, 2025 at the Spencer County Extension Office. If you plan on volunteering for this event please let Beth Maxedon know and arrive at the Extension Office by 10:15 the morning of the event.

Homemaker Dues - \$12.00, exact.

Dues must be paid by November 4th to Nicole Hahn at the Extension Office. Bring exact cash or check to pay, no change is available. Pick up your 2025-2026 Member Handbook too!

Group Updates

Thread and Thimble Monthly Projects

October: Patterned place mats
November: Decorative tree skirts

December: Dresden Plates table topper

Cook Wild

October 2nd, 5 PM: Smoked Cheese

We will be learning about smoked cheese and charcuterie. Please bring your own item for the charcuterie spread!

Inclement Weather

For safety reasons, if Spencer County Schools are delayed or closed due to *inclement weather* then all Spencer County Homemaker clubs will follow the same delay or closing pattern. For more info contact the Extension Office.

Homemaker Groups

Patchworkers Quilt Guild (10/7, 10/21)

When: 1st and 3rd Tuesday of the month Where: Spencer County Extension Office Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

Loyal Homemakers (10/9)

When: 2nd Thursday of the month

Where: Spencer County Extension Office Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (10/9)

When: 2nd Thursday of the month

Where: Spencer County Extension Office Contact: Nichole Hutchins - (502) 422-0719

Facebook: https://www.facebook.com/

groups/129924587048584

Time: 4 PM

Waterford Homemakers (10/15)

When: 3rd Wednesday of the month Where: Spencer County Extension Office Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (10/27) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

Game Group (10/7)

When: 1st Tuesday of the month

Where: Spencer County Extension Office

Contact: Cindy Neely

Time: 11 AM

Lunch Bunch (10/10). RSVP by 10/6/25

When: 2nd Friday of the month Where: Revival Coffee Company

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

Active Living (10/7, 10/21)

When: 1st and 3rd Tuesday of the month Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

Cook Wild KY (10/2)

When: 1st Thursday of even months, 5PM Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217

Theme: Smoked Cheese

**For Homemaker Club announcements please email info to Ryan by the first of the month at ryan.linton@uky.edu **

Future Projects

Check out some of the projects the Thread and Thimble group will be making in October and November! If you have questions please contact Gayle Browning!



Baked Apples and **Sweet Potatoes**

5 medium sweet potatoes

4 medium apples

1/2 cup margarine 1/2 cup brown sugar 1/2 teaspoon salt

1 teaspoon nutmeg 1/4 cup hot water 2 tablespoons honey

- 1. Boil potatoes in 2 inches of water until almost tender.
- 2. Cool potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat the oven to 400°F. Grease a casserole dish with a small amount of margarine.
- 4. Layer potatoes on the bottom of the dish.

- 5. Add a layer of apple slices.
- 6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle top with nutmeg.
- 9. Mix the hot water and

honey together.

- 10. Pour over top of casserole.
- 11. Bake for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





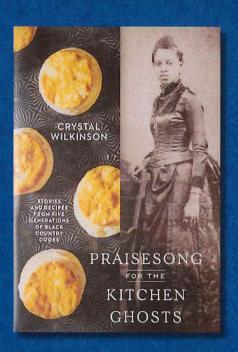
an equal opportunity organization

BIG BLUE IN BOOK CLUB

SAVE

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT via Zoom



Registration opens **September 2, 2025**. Visit the website, <u>ukfcs.net/BigBlueBookClub</u>, to register.





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.



AUTOMATIC UPDATE IN PROGRESS ...

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

















BE PREPARED FOR A WILDFIRE

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

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 systemsfor 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.

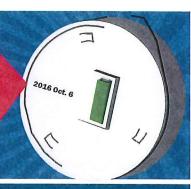


Take an Active Role in Your Safety

Go to Ready.gov/wildfires. Download the FEMA app to get more information about preparing for a wildfire.

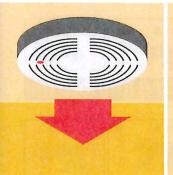
Don't Wait— Check the Date!

Replace Smoke Alarms Every 10 Years



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

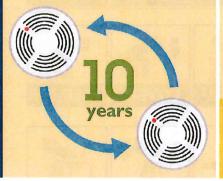
Remove the smoke alarm from the wall or ceiling.





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

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





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



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



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



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



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



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

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

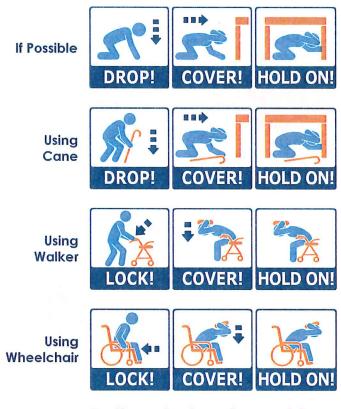








If You Feel Shaking or Get an Alert:















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.

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

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.

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











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 (additional guidance, videos, and images)

EarthquakeCountry.org/accessibility (includes additional guidance for accessibility accommodations before, during, and after earthquakes)

ShakeOut.org (Register to practice earthquake self-protection along with millions worldwide each year!)

YouTube.com/greatshakeout (Look for the Earthquake Safety Video Series Playlist)

Asparagus Ham Quiche

Servings: Makes 16 slices



Ingredients:

- 1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
- 1 cup finely chopped ham
- 1 small finely chopped onion
- 2 (8 inch) unbaked pie shells
- 1 egg white, slightly beaten
- 2 cups shredded reduced fat cheddar cheese
- 4 large eggs
- 1 container (5.3 ounces) plain Greek yogurt
- 1/3 cup 1% milk
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- 1. Preheat oven to 400 F.
- Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 4-6 minutes. Drain and cool.
- Place ham and onion in a nonstick skillet and cook over medium heat until lightly browned.
- 4. Brush pie shells with beaten egg white.
- 5. Spoon the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells.
- 6. Sprinkle 1 cup shredded cheese over the mixture in each shell.
- 7. In a separate bowl, beat together eggs, yogurt, milk, nutmeg, salt and pepper. Pour egg mixture over the top of the cheese, dividing evenly between the 2 shells.



Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour 11/4 cup whole-wheat

11/2 teaspoons baking powder

1 teaspoon baking soda

2 teaspoons

pumpkin pie spice

1/2 teaspoon salt 1/2 cup melted

margarine

1/2 cup sugar

½ cup honey

2 cups pumpkin puree

1/₃ cup olive oil

2 eggs

1/₃ cup chopped walnuts

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

SEASON: August through October. **NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION:

To Steam: Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- · Acorn squash: 1/2 squash, 5-8 minutes, 1 squash, 81/2-111/2 minutes.
- · Butternut squash: 2 pieces, 3-41/2 minutes.
- · Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is your grocery store, farmers market, or roadside stand. http://plateitup.ca.uky.edu



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University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous 1 small tomato, diced ½ cup garbanzo beans 1 teaspoon dried Italian seasoning

¼ teaspoon ground black pepper
1 teaspoon salt
½ cup low fat shredded mozzarella cheese

4 large bell peppers ½ pound lean ground beef 1 tablespoon chopped green onion 1 tablespoon minced garlic

Cook couscous according to package directions. Preheat oven to 350 degrees F. Combine cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. Remove the tops, seeds and membranes from peppers. Cook peppers in boiling water for 5 minutes; drain upside down on paper towels. Cook beef until lightly browned in skillet. Add minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted. **Yield:** 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Bell Peppers

SEASON: June through the first frost, usually September.

NUTRITION FACTS: Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

SELECTION: Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

PREPARATION: To prepare peppers, wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles, Chinese or Mexican dishes.

PRESERVING: Wash and stem peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY BELL PEPPERS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human

June 2013

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COOPERATIVE EXTENSION SERVICE



Source: www.fruitsandveggiesmatter.gov



Developmental Assets

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible. Every quarter, we will spotlight one internal and one external asset (Source: searchinstitute.org).

Personal Power

INTERNAL ASSET

Young people feel they have control over "things that happen to me."

Other adult relationships

EXTERNAL ASSET

Young people receive support from three or more nonparent adults.

Building Personal Power & Relationships This Fall

Tips!

- Listen to your child without always giving advice or opinions.
- Ask for your child's opinion.
- Admit your mistakes and explain how you learn from them.
- Talk to your children the way you want them to talk to you.
- Ask other caring adults to spend time with your child.

FREE WEBINARS!







operation parent

September

Suicide Prevention Month

- 7: Grandparents Day
- 10: World Suicide Prevention Day
- 11: Patriot Day
- 22: National Family Day
- 23: International Day of Sign Languages

October

Youth Substance Use Prevention Month

- 3: World Smile Day
- 7: You Matter to Me Day
- 10: World Mental Health Day
- 23-31: Red Ribbon Week

November

Military Family Appreciation Month

- 11: Veterans Day
- 23: Better Conversation
 Week











The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (not all school districts participate). These results are from the 2021 Survey.

of Kentucky 8th grade students report THAT THEY Do $\underline{\text{NOT}}$ know an adult in or out of school WHO THEY could talk or go to for help.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is having a trusted adult they can go and talk to. Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.





Conversation Starters

- Name a person in your life who is generous towards you and/or other people.
- When/where/with who do you feel most connected?
- How do you contribute to your community?
- How do you decide whether or not to help someone?



Chicken Chili

Servings: 4 | Serving Size: 1½ cup

Ingredients

- 10 ounce canned/packaged chicken
- 1 can (15 ounces) diced tomatoes with green peppers and onions
- 1 can (15 ounces) low-sodium kidney beans
- 1 can (8 ounces) no-salt added tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- 1. In a medium saucepan, heat tomato sauce and water on medium heat.
- 2. Add canned tomatoes, kidney beans, and chicken.
- 3. Add chili powder, garlic powder, salt and pepper.
- 4. Bring to boil. Then reduce heat and simmer 10 minutes.

Tip: You can also add all of the ingredients to a crock pot and cook on high for 2 hours, or low or 4 hours.



🐈 thedinnertableproject.org





ADULT HEALTH BULLETIN



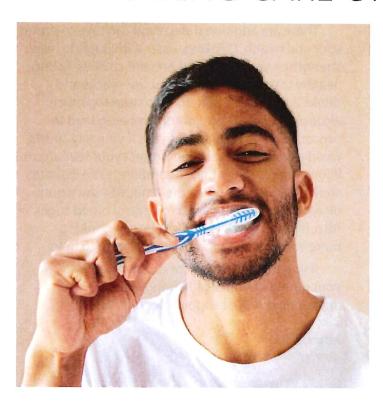
OCTOBER 2025

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

Spencer County Extension Office 100 Oak Tree Way PO Box 368 Taylorsville, KY 40071

THIS MONTH'S TOPIC

TAKING CARE OF YOUR TEETH



ctober is designated as National Dental Hygiene Month to raise awareness about the importance of good oral health and its role in overall health and well-being.

Taking care of your teeth and gums is essential for your overall well-being, not just your oral health. Good oral health helps adults eat, talk, smile, and feel confident. If you don't take care of your mouth, you can get cavities, gum disease, or even mouth cancer. These problems can be painful and may also lead to bigger health issues. That's why it's important to brush your teeth twice a day with fluoride toothpaste and floss once a day to clean between your teeth. You should also visit the dentist at least once a year, even if your mouth feels fine. Dentists can identify minor problems before they become major issues and provide thorough cleaning for your teeth.

Continued on the next page 🤤





































Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Dentists and dental hygienists play an important role in keeping people's mouths and bodies healthy. Dentists are doctors who take care of your teeth, gums, and mouth. They check for problems like cavities, gum disease, or signs of oral cancer. If they find something wrong, they can correct it before it worsens. Dentists also perform treatments such as filling cavities, repairing broken teeth, and removing teeth when necessary.

Dental hygienists work with dentists to help clean your teeth and teach you how to take care of them at home. They remove plaque and tartar, which are sticky layers of germs that can cause tooth decay and gum disease. Hygienists also show you the right way to brush and floss, and they might give you fluoride treatments to make your teeth stronger.

Both dentists and dental hygienists play a crucial role in helping to prevent problems before they arise. By visiting them regularly — at least once or twice a year — you can maintain your oral health, prevent pain, and even protect your overall well-being. A clean, healthy mouth makes it easier to eat, speak, and smile, and it also helps you stay well in other parts of your body.

There are additional steps you can take to protect your oral health. Drinking water with fluoride helps strengthen your teeth and prevent cavities. Eating healthy foods and avoiding sugary snacks and drinks is also important. Tobacco and too much alcohol can harm your mouth and even lead to cancer, so it's best to avoid them. If you play sports, wearing a mouthguard can protect your teeth from injury. People with chronic conditions like diabetes should take extra care of their mouths, since gum disease can make it harder to control blood sugar. Also, if your mouth feels dry a lot, try drinking more water or chewing sugar-free gum to help.

If you have questions or concerns about your dental or oral health, bring them up at your next dental appointment.

REFERENCE:

https://www.cdc.gov/oral-health/about

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FAMILY CAREGIVER HEALTH BULLETIN



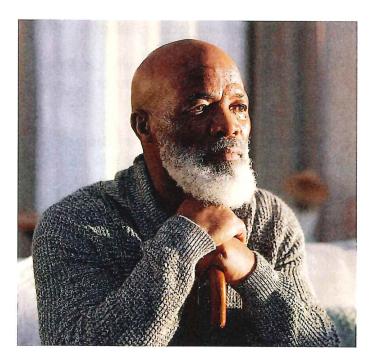
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THIS MONTH'S TOPIC

WHAT IS A SENIOR ORPHAN? WHO IS A SOLO AGER?



any people choose to live as single, childless adults, chasing careers or other personal goals. For others, life circumstances may make growing old solo a reality. According to the U.S. Census Bureau, about 16 million people age 50 and older were living alone in 2022. Living alone has been fueled by longer lifespans, divorce, childlessness, widowhood, smaller families, careers, geographic dispersion of family members, family feuds, and/or not wanting to be too close or too dependent on family.

Senior orphans, also referred to as solo agers, can be at a disadvantage because of health concerns that come with aging, such as chronic disease, cognitive decline, and other physical and mental changes. Without informal or formal support, managing health and independence solo

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can be hard and can cause a faster decline. Research shows that older adults living alone are at greater risk for falling and self-neglect. They can also become socially isolated, depressed, and inactive. So, older adults living alone are more likely to be hospitalized and can face earlier-than-expected death.

The five stages of independence

According to Carol Marak, an aging expert and author of Solo and Smart: The Roadmap for a Supportive and Secure Future©, older adults living alone need to think about the five stages of independence and how these stages will evolve over time.

- **In Stage 1,** Independence, you are likely self-reliant and self-sufficient.
- In Stage 2, Interdependence, you may need help with basic everyday tasks like cleaning and other household chores or daily activity like walking the dog or grocery shopping. Adults in this stage might start to consider in-home help, downsizing, and independent living facilities.
- Stage 3 is called Dependence. In this stage, you will likely need help with a combination of instrumental activities of daily living (regular daily tasks like cooking, cleaning, shopping, and managing finances) and activities of daily living (basic self-care tasks like walking, transferring, feeding, dressing, hygiene and grooming, and toileting). Older adults must be able to manage these key life tasks to be fully independent. When these tasks cannot be managed and people become more dependent, formal (paid) or informal (unpaid) care or a combination of both is needed.
- Stage 4, Crisis Management, can happen quickly and an older adult finds themselves completely dependent on health-care professionals and professional care.
- The final stage, Stage 5, is Institutional Care. During this stage you may need medical and personal care often in some sort of long-term care facility or even hospice. It is during this time, especially as a solo ager, that you need to be sure to have a designated and trusted person who oversees your medical care, health-care decisions, and end-of-life wishes. For people who don't have family or trusted friends, you can hire a legal, financial, or health-care professional.

Thriving as a solo or orphaned ager takes planning

- Take care of your physical and mental health (eat right, exercise, sleep, manage stress).
- Build a strong sense of community and a team
 of people who can help in times of need (think
 about accidents, getting to and from procedures
 when you are unable to drive yourself, running
 errands if you are not able, checking on a pet, or
 getting groceries if you are in the hospital, etc.).
- Give your trusted team access to your home, computer, passwords, contacts, etc.
- Create a solid financial plan to help you meet your changing needs as you age.
- Consider long-term care options, including what you will need and what you can afford long-term.
- Hire an elder care attorney to help organize and ensure legal affairs are in order, including the preparation of wills, advance directives, and powers of attorney.
- Hire a financial person to help organize finances and create a long-term financial plan.
- Stay educated about exploitation and neglect by seeking advice from financial and legal professionals.
- Participate in community activities to stay engaged.
- Combat loneliness and social isolation with purpose and connection.
- Identify a geriatric care manager who can serve as a health-care contact or coordinator.
- Create a medical alert system and plan in case of emergency.

Proactive planning ensures that reliable support systems are in place, giving solo agers peace of mind in later life.

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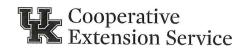
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PARENT

HEALTH BULLETIN



OCTOBER 2025

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THIS MONTH'S TOPIC

SETTING BOUNDARIES AROUND TECHNOLOGY



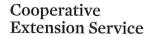
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e live in a world that is seemingly connected by screens — and today's kids are growing up in it. It is essential to discuss technology as a family and teach children and teens how to use it safely and responsibly. As children age and have more opportunities to interact online and in virtual settings, we want them to be able to navigate it well.

Children need to know that once something is shared online — like a message, photo, or video — it might stay there forever. This means we need to think carefully before posting or sending anything. Set clear rules together about what is OK to share and what isn't. For example, you can say, "We don't

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Setting time limits on screens helps children find balance and protects their mental and physical health.

Continued from the previous page

send pictures of ourselves in pajamas or swimsuits," or "Never share your name, address, or school online."

It's also key to help kids know who they can turn to when something doesn't feel right. Help them identify trusted adults — such as parents, grandparents, teachers, or other grown-ups — who they feel safe talking to. Encourage them to speak up if they see something upsetting or confusing. online. Let them know it's always OK to say, "This made me feel weird," or "Can we talk about this?" Tell kids that they will not get in trouble for reporting a person, video, or website that they see online. Instead, you want them to come to you or another adult if they see something bad or inappropriate.

Tips for setting screen time limits

Setting time limits on screens helps children find balance and protects their mental and physical health. Try these tips:

- Set a daily screen time rule, like "No more than one hour of tablet time on school nights."
- Keep screens out of bedrooms at night. Try charging phones and tablets in the kitchen or another shared space.
- Use a timer or device settings to help kids know when screen time is over.
- Schedule screen-free times, like during family meals or one hour before bed.
- Encourage other fun activities like playing outside, drawing, or reading a book.

Make sure the screen time rules apply to everyone in the family. Children are more likely to follow the rules if they see adults following them as well.

Create a family tech agreement

One great way to set boundaries is to create a family technology agreement. This is a list of rules everyone agrees to follow when using phones, tablets, computers, or TVs. You can write it together and even have everyone sign it.



Some ideas to include:

- I will always ask a parent before downloading a new app or game.
- I will never talk to strangers online or in a game.
- I will ask permission before posting pictures of others.
- I will not share my passwords with anyone except my parents.
- I will take breaks when asked and stop using screens when it's time.
- I will come to a trusted adult if something online makes me feel scared or confused.

Place the agreement in a visible location, such as on the fridge or near the charging station. Review it every few months as your child grows and develops.

SOURCE:

https://www.dhs.gov/sites/default/ files/2025-05/25_0527_K2P_Have-the-Talk.pdf

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Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock































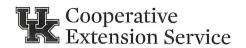












YOUTH

HEALTH BULLETIN



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THIS MONTH'S TOPIC

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TECH TALK sing tablets, phones, video games, and TV can be a lot of fun. But you should also know when to take a break. Having limits around when to use and not use something is called setting boundaries. Technology boundaries, or "tech boundaries," are simple rules we follow to make sure we're using screens in a way that keeps our bodies, brains, and feelings healthy. Think of these boundaries like a superpower shield. They help you enjoy technology while still protecting your time for all the other awesome parts of life. Continued on the next page

Cooperative Extension Service

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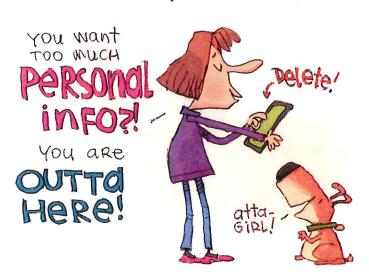
Try balancing screen time with other activities, like dancing, riding your bike, or creating things.

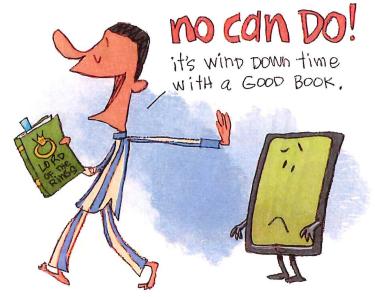
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Having limits around screens is important for a few reasons. First, too much screen time can make your eyes and body feel tired. It might even make you cranky or bored. Taking breaks gives your brain and body time to rest and grow. Boundaries also help you stay safe online. They keep you from seeing things that make you uncomfortable or sharing too much personal stuff. And best of all, setting limits on screens gives you more time to do fun things like playing outside, drawing, reading, or spending time with family and friends.

There are lots of simple limits you can try. For example, you can set a timer for 20 to 30 minutes to remind you when to take a break. You might choose to be tech-free in certain places or at specific times, such as at the dinner table or right before bed. Try balancing screen time with other activities, like dancing, riding your bike, or creating things. It's also a great idea to check how you feel after using screens. If you notice you feel grumpy or sleepy, that's a sign it's time to do something else for a while.

To make your tech boundaries work, talk to a grown-up about your plan. They can help remind you and cheer you on. You could also make a fun chart or draw pictures to keep track of how well you're doing. Sharing your plan with friends and family can help you stick with it. It might make others want to set healthy boundaries of their own.





Your parents and teachers want to help you learn how to use technology safely. If you ever see or hear anything on a screen that makes you feel sad, uncomfortable, or scared, talk to them about it. Never share your personal information (like your address, school name, or phone number) or photos of yourself without your parents' permission.

When you use technology with limits, great things happen. You feel more focused, rested, and in a better mood. You also get to enjoy more of the world around you and learn new things in different ways. Most importantly, you become a Tech Time Hero. That's someone who knows how to use screens wisely, safely, and in a way that keeps life full of fun, learning, and adventure!

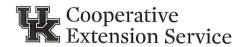
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Cartoon illustrations by: Chris Ware Illustrations © University of Kentucky School of Human Environmental Sciences





VALUING PEOPLE. VALUING MONEY.

OCTOBER 2025

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THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

Financial technology, or "FinTech," is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

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CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at https://www.annualcreditreport.com.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (https://extension.usu.edu/powerpay/), is a free debt elimination simulator. You can use the webbased tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

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Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit https://finred.usalearning.gov/ToolsAndAddRes/Sen\$e to learn more.

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