

NEWSLETTER

October 2024

LaRue County
Cooperative Extension Service
P.O. Box 210, 807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210
(270) 358-3401 - larue.ca.uky.edu



Agent Memo

With fall officially in full swing now with cool nights and crisp mornings, I hope you can take advantage of all that fall has to offer both in nature and in our surrounding communities. The Extension Service has a full calendar of events that we would love to see you at so be sure to take note of all that is to come in the coming month or so!

The LaRue County Extension Homemakers also have a lot coming up and invite you to join them as new or returning member for the 2024-25 year! You can join by attending any of their events listed on the following page or by stopping by the Extension Office during office hours. They are especially excited for Homemakers Holiday Bazaar on Saturday, November 16 and invite you to get some great, local holiday shopping done. They are also excited to have their first ever cookbook now available for purchase! Special thanks to the Friends & Family Homemaker Club for spearheading this effort.

Again, we look forward to seeing you out and about! Please let me know if you ever have any questions.

Happy Fall Y'all!

Marla Stillwell

Marla Stillwell, LaRue County Extension Agent for Family & Consumer Sciences Education



"I'm so glad I live in a world where there are Octobers."
— L.M. Montgomery, Anne of Green Gables



Homemakers News & Notes

- **Kentucky Extension Homemakers Week** – October 13-19; Join us on Tuesday, October 15 at 10:30am at the Extension Office as County Judge Executive, Blake Durrett proclaims Oct 13-19 Homemaker Week in LaRue County!
- **Mary Lois Hornback Reception Honoring Past and Present Extension Homemakers**– Wednesday, October 16 from 1-3pm at the Extension Office. Please join us for assorted cakes and punch.
- **Friends and Family Homemakers Meeting**
1st Thursdays at 1pm
- **South Fork Homemakers Meeting**
3rd Tuesdays at 10:30am
- **Healthy Holiday Meals – November Lesson Leader Training** – October 21 at 10am at the Hardin County Extension Office – 111 Opportunity Way, Elizabethtown
- **Floral Hall Project Update** – Donations are still being accepted for continued improvements to the Floral Hall Building at the Fairgrounds. Lots of work has been completed including a new roof, new windows and doors and fresh paint on the exterior!
- **DON'T FORGET** if you signed up to attend the Lincoln Trail Area Annual Homemakers Meeting on **October 25** at the Marion County Extension Office, we are to meet at the LaRue Co Extension Office by 8:30 that morning to carpool. Contact Marla if you have any questions.
- **SAVE THE DATE – Homemakers Holiday Bazaar** Saturday, November 16 from 9am-3pm. Contact Bonnie Miller if you have any questions at 270-696-0611
- **LaRue County Homemaker Cookbooks** **NOW AVAILABLE!** Please stop by the Extension Office or see any Homemaker member to purchase a copy for \$15.00.

LaRue County Extension Homemaker Cookbooks

NOW AVAILABLE



\$15

Contact a Homemaker member or the Extension Office to get a copy!

807 Old Elizabethtown Rd., Hodgenville • (270) 358-3401



Join LaRue County Extension Homemakers on Facebook!



You're INVITED

Mary Lois Hornback Reception

Honoring Past & Present Extension Homemakers

October 2024 | 16 | 1-3 p.m. Wednesday

ASSORTED CAKES AND PUNCH WILL BE SERVED.

LaRue County Extension Homemakers LEARN, LEAD, SERVE!

UK Cooperative Extension Service

Cultural Arts Contest Results

Congratulations to our winning entries that will be advancing onto the Lincoln Trail Area Cultural Arts Contest on October 25 in Marion County. We had 43 entries this year and 32 of those will be advancing on to compete against other counties in the Lincoln Trail Area.



Way to go!



FCS Advisory Council

Calling all community leaders! We are developing a LaRue County Family & Consumer Sciences Advisory Council and **WE WANT YOU!** If you have a passion for helping and educating others, we would love to have your input! Please contact Marla at the Extension Office to learn more or to request a seat at the table!

Lincoln Days Quilt Show

LaRue County Homemakers enjoyed hosting the Quilt Show at Lincoln Days where 47 quilts were entered and displayed.



Margaret Slayton

was selected as this year's People's Choice award winner along with **Grace Burd** being selected as this year's youth winner. Thank you to all of the Homemakers that made this year's Quilt Show a success!



Lincoln Days Cookie Contest

Adult Division Winners

- 1st place, Misty Bivens (Hodgenville)
- 2nd place, Wendy Blan (Etown)
- 3rd place, Kinsey Thompson (Hodgenville)

Congrats

Youth Division Winners

- 1st place, Kaylee Hornback (Buffalo)
- 2nd place, Aubree Hornback (Buffalo)
- 3rd place, Colleen Miller (Hodgenville)



UPCOMING EVENTS

FCS Extension Events

Mondays at 8am (thru December 9)
Walking Club at the Creekfront...please join us!

October 9 – Quilt Club at 10am at the Extension Office

October 11 at 12:00 – Cooking Through the Calendar “Sweet Potato Hash”

October 28 at 10am – Open Sewing at the Extension Office

October 16 at 9:00am – Laugh and Learn Playdate Program

October 29 at 12:00 – County Extension Council

November 8 at 2:00pm – Gifts from the Heart Series, Homemade Goat Milk Soaps – Please call the Extension Office to register! Space is limited!

ll ll ll ll ll
**Office Closed On
Election Day**

The Extension Office Closed on **Tuesday, November 5** in observance of our Presidential Election.



UK Cooperative Extension Service *homemade*
goat milk soap
November 8 AT 2 pm | **\$10**
CALL TO REGISTER (270)358-3401 | **PER PERSON**

Larue County Extension Service
807 OLD ELIZABETHTOWN RD., HODGENVILLE
An Equal Opportunity Organization

UK Cooperative Extension Service

Cook Wild

FROM HARVEST TO TABLE

OCTOBER 17TH at 5:30 PM
LARUE COUNTY PUBLIC LIBRARY
215 LINCOLN DRIVE, HODGENVILLE

Cook Wild KENTUCKY

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
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, age, sexual orientation, pregnancy, genetic information, disability, or any other basis prohibited by federal, state, or local laws. Individuals with physical or mental disabilities or reported or suspected for retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in language other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

Disability
accommodated
with prior notification.

Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

We still have plenty 2024 KYNEP Calendars! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service Facebook page for more info and to view the demonstrations LIVE!



cooking through the calendar

SWEET POTATO HASH

Sweet Potato Hash

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

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$4.17
Cost per serving: \$1.17

Nutrition facts per serving (270 calories):
 6g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 420mg sodium, 21g total carbohydrates, 4g dietary fiber, 1g total sugars, 2g total sugars, 28g protein, 0% Daily Value of calcium D, 4% Daily Value of potassium, 0% Daily Value of iron, 10% Daily Value of potassium

Source: Ruth Ann Kirk, Lawrence County 4-H/FFAP Program Assistant, University of Kentucky Cooperative Extension Service

FRIDAY

10/11/24

AT NOON

LARUE COUNTY EXTENSION SERVICE
 807 OLD ELIZABETHTOWN RD., HODGENVILLE
An Equal Opportunity Organization

Monday

WALKING CLUB

SEPTEMBER 23 - DECEMBER 9, 2024

Let's Go!

8 am

make it happen

You've Got This!

CREEKFRONT PARK - 250 TONIEVILLE RD., HODGENVILLE
An Equal Opportunity Organization

HOMEMAKERS

Holiday BAZAAR

NOVEMBER

16

2024

9 AM
-to-
3 PM

LaRue County Extension Service
 807 Old Elizabethtown Road, Hodgenville
 (270) 358-3401

Hosted by the LaRue County Extension Homemakers

Home Safety and Fall Prevention

According to the Centers for Disease Control and Prevention, thousands of serious falls occur at home each year. In many cases, people older than 65 have died from a fall, and emergency departments treat many more for broken bones and/or head injury. In addition to serious injury, falls create a fear of falling, which can limit a person's physical and social activity.

Falls in the home often occur because of hazards that are easy to fix, but often overlooked — such as broken steps, uneven sidewalks, and clutter. Fall is a good time to go through your house, in and out, to identify hazards and fix the problem to prevent a fall. Other ways to prevent falls include physical activity, proper nutrition, managing medication, wearing proper footwear, using mobility aids correctly, and getting your vision checked. Stop by the Extension office for a “Home Fall Prevention Checklist for Older Adults” or download a copy



from: <https://www.cdc.gov/steady/pdf/steady-brochure-checkforsafety-508.pdf>

Big Blue Book Club

“You do laundry for the people you love, including you.” says Patricia Richardson, the Laundry Evangelist. The tv host and author of *Laundry Love: Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central / 7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>

Don't have the book? No worries, you will be able to engage with this session



whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link. Please contact Marla if you have any questions!

Building strong families. Building Kentucky. It starts with us. [#UKfcsext](https://twitter.com/UKfcsext)

Winterize Your Home

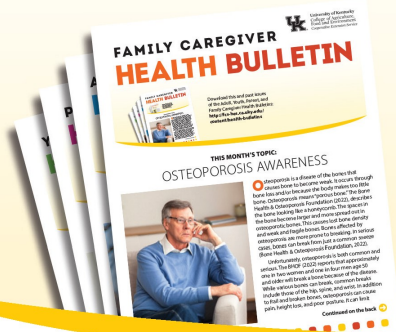


Old Man Winter will be here before you know it. Use warm fall days to prepare your home now for winter. Learn more at <http://weather.gov/safety/winter>



FAMILY CAREGIVER

HEALTH BULLETIN



OCTOBER 2024

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

LaRue County Extension Service
807 Old Elizabethtown Road
Hodgenville, KY
42748
(270) 358-3401

THIS MONTH'S TOPIC

STORYTELLING ENHANCES CAREGIVING



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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

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

➔ Continued from the previous page

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

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

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



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

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

REFERENCE:

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

FAMILY CAREGIVER HEALTH BULLETIN

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

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

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

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

START WITH QUALITY BASICS

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

APPLIANCE CHECKUP

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



TREAT STAINS TODAY

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



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



MEND BEFORE YOU WASH

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

SORTING SAVVY

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

LIMIT LAUNDRY PRODUCTS

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

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

COLD WATER CAUTIONS

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

CHANGE OR WEAR MORE THAN ONCE

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

RESOURCES

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

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

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

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



Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

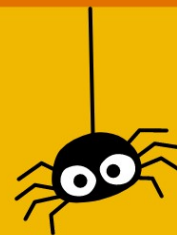


KIDS KÖRNER

HALLOWEEN *Scavenger Hunt*



- | | |
|--|--|
| <input type="checkbox"/> Jack-o'-lantern | <input type="checkbox"/> Black Cat |
| <input type="checkbox"/> Bale of Hay | <input type="checkbox"/> Monster |
| <input type="checkbox"/> Skeleton | <input type="checkbox"/> Ghost Costume |
| <input type="checkbox"/> Bat | <input type="checkbox"/> Zombie |
| <input type="checkbox"/> Painted Pumpkin | <input type="checkbox"/> Corn Stalk |
| <input type="checkbox"/> Spider Webs | <input type="checkbox"/> Fog Machine |
| <input type="checkbox"/> Caution Tape | <input type="checkbox"/> Spooky Music |
| <input type="checkbox"/> Strobe Lights | <input type="checkbox"/> Candy Bucket |
| <input type="checkbox"/> Vampire | <input type="checkbox"/> Tombstone |
| <input type="checkbox"/> Face Mask | <input type="checkbox"/> Candy Corn |
| <input type="checkbox"/> Color Lights | <input type="checkbox"/> Halloween Inflatables |
| <input type="checkbox"/> Scarecrow | <input type="checkbox"/> Witches Hat / Broom |



The Dinner
Table Project



KENTUCKY
REGIONAL
PREVENTION
CENTERS



LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

Perfect Pumpkin Pancakes

INGREDIENTS

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil

DIRECTIONS

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium.
5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

