

Step Into Wellness This August – August is National Wellness Month. But what does “wellness” really mean? Wellness is about taking care of your whole self, not just your physical body. Wellness is made up of various dimensions. Some people say there are six, others say eight, and some even say there are more than that. This month, we will focus on the eight dimensions. Those dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. These dimensions, both together and separately, have the ability to impact your overall health and well-being.

You may be wondering ***“how can I focus on my wellness this month?”***

Focusing on your wellness does not have to be hard. If you are able to set aside just a few minutes in your day, you will be able to improve your wellness and overall health. Below are just a few ideas for how you can focus on your wellness this month!

- Take care of your body. This can be as simple as aiming to move your body more or focusing on drinking more water.
- Take care of your mental health. This can be as simple as journaling at the beginning and/or end of your day.
- Set realistic goals. It might not always be easy, but if you begin with goals that are easier to reach, you can slowly work your way up to bigger ones. This can help you accomplish more over time.

So, this August (and even after August), let's really take a step back and focus on our overall wellness!

Source: Dr. Nateese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being



Save THE Date

- **August 8** at 12:00 –
Cooking Through the
Calendar “Slow Cooker
Asian Pork Tacos”
- **August 13** – Quilt Club
at 10am at the
Extension Office
- **August 18** – “Freezing
& Dehydrating”
5:30pm at the LaRue
County Extension
Office (please call to
register
270-358-3401)
- **August 25** at 10am –
Open Sewing at the
Extension Office
- **September 1** -
Extension Office
Closed for Labor
Day
- **September 2** from
9am-3pm –Mobile
Mammography Unit at
Extension Office

Scenes from the County Fair



Congratulations to Jean Hornback, the 2025 Mother of the Year!



Martin-Gatton
College of Agriculture,
Food and Environment

**FAMILY AND
CONSUMER
SCIENCES**

COOPERATIVE
EXTENSION
SERVICE



Marla Stillwell

Marla Stillwell

Extension Agent for Family & Consumer Sciences Education

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**Cooperative
Extension Service**

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

homemaker NEWS & NOTES



Welcome to the New Program Year! – LaRue County Extension Homemakers is proud to have TWO active Homemaker clubs! Get involved today! Here is their meeting schedule:

- ↪ **South Fork Homemakers** – meets monthly on the **3rd Tuesday** at 10:30am with a potluck lunch at the Extension Office
- ↪ **Friends & Family Homemakers** – meets monthly on the **1st Thursday** at 1:00pm at the Extension Office

Homemakers in Progress (HIP) – Exciting news! Another possible homemaker club is forming! This is a group joining forces with Hardin County Homemakers and is looking for young adults who are interested in learning more about gardening, green/DIY cleaning, sewing, cooking from your pantry, homemade crafts and gifts AND MORE! Stay tuned for more information but let Marla know if you are interested or have questions!

LTA Homemaker Kick-Off Event

“Empowered Leadership & Fiscal Matters” PLUS hands-on activities – **August 28** at 10:00am at the Hardin County Extension Office – open to ALL Homemaker members!

County Homemaker Leadership Training – **September 5** from 10-12 at Extension Office

County Cultural Arts Contest – September 25 – Contest entries due to Extension Office by 4:30pm (list of updated categories are included in the newsletter).

Lincoln Days – Oct 4-5 – Will need homemaker volunteers for Quilt Show; contact Marla if you can help

Lincoln Trail Area Annual Homemakers Meeting – October 9 at St. Gregory’s Church in Cox’s Creek/ Nelson County hosted by Nelson County Homemakers

LINCOLN TRAIL AREA
EXTENSION HOMEMAKERS
KICKOFF
2025

EMPOWERED LEADERSHIP
BECOMING FISCAL FRONTRUNNERS
HANDS ON ACTIVITIES
AUGUST 28
CT: 9:00-11:30 AM
ET: 10:00 AM - 12:30 PM
HARDIN COUNTY EXTENSION OFFICE

ATTENTION PLEASE!
EVERYONE WILL RSVP BY
CALLING THE
HARDIN COUNTY OFFICE
270-765-4121

All Members Welcome!
Please RSVP by August 25



Join LaRue County Extension Homemakers on Facebook!

Cooking through the Calendar

Join us for 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 2025 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!



SCHEDULE YOUR MAMMOGRAM TODAY!



270-358-3401

BROWN CANCER CENTER MOBILE MAMMOGRAPHY UNIT
LARUE COUNTY EXTENSION SERVICE
 807 OLD ELIZABETHTOWN RD., HODGENVILLE
 An Equal Opportunity Organization

Appointments are still available!

FREE Dial-Gauge Pressure Canner Testing

Did you know that its recommended to have your dial-gauge pressure canner tested every year for accuracy? The Extension Office offers this service for FREE! Just bring your dial-gauge pressure canner LID ONLY to the Extension Office. Call us for more information 270-358-3401.

LaRUE COUNTY

Farmers Market

AUGUST 7TH
 AUGUST 14TH
 AUGUST 21ST
 9 AM-1 PM
 *UNTIL SELL OUT

EXTENDED

August

MARKET at the EXTENSION OFFICE

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

MARKET THURSDAYS See you at the market!

FOOD PRESERVATION Series

Cooperative Extension Service

Jams & Jellies	Monday 5:30 pm • Saturday 10 am May 19 - June 7
Water Bath Canning	Monday 5:30 pm • Saturday 10 am June 16 - July 19
Pressure Canning	Tuesday 5:30 pm • Saturday 10 am July 22 - August 2
Freezing & Dehydrating	Monday 5:30 pm August 18

Register (270) 358-3401

LaRue County Extension Service
 807 Old Elizabethtown Rd., Hodgenville

FREE & HANDS-ON Workshops



EXTENSION HOMEMAKERS *County Cultural Arts Contest*

BRING YOUR ENTRIES TO THE EXTENSION OFFICE BY 4:30PM ON 9/25/25. LABEL YOUR ENTRIES TO INCLUDE YOUR NAME, ADDRESS, & THE CORRESPONDING CATEGORY & SUBCATEGORY (IF APPLICABLE). ONLY SUBMIT ORIGINAL ITEMS FOR COMPETITION. EACH ARTICLE MUST BE THE WORK OF A CURRENT HOMEMAKER MEMBER AND MUST HAVE BEEN COMPLETED DURING THE PAST TWO YEARS.



DEADLINE: **9/25/2025**

SCAN THE CODE OR USE THIS LINK FOR A COMPLETE LISTING OF CATEGORY CLARIFICATIONS AND JUDGING CRITERIA,

<https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Cultural%20Arts.pdf>

Categories & Subcategories

- | | |
|--|---|
| 1. SEWING (Apparel & Home Decor) | 6. BEADING |
| 1a. Basic Garment APPAREL | 6a. Bead Weaving |
| 1b. Specialty Garment APPAREL | 6b. Non-jewelry Item/Wearable |
| 1c. Accessory APPAREL | 6c. Miscellaneous |
| 1d. Basic HOME DECOR | 7. CERAMICS |
| 1e. Specialty HOME DECOR | 7a. Hand-formed |
| 2. ART, 3-Dimensional | 7b. Molded |
| 2a. Carving | 7c. Pre-made |
| 2b. Sculpture | 8. COUNTED CROSS-STITCH |
| 3. ART, Natural | 8a. 14 Count Fabric & Under |
| 3a. Wood | 8b. 16 to 22 Count Fabric |
| 3b. Other | 8c. Specialty Cloth (linens, etc). |
| 4. REPURPOSED & UPCYCLED (MUST include a "before" photo) | 9. CROCHET |
| 4a. Clothing (end product) | 9a. Accessories |
| 4b. Household (end product) | 9b. Garment |
| 4c. Other | 9c. Home Decor & Afghans |
| 5. BASKETRY | 9d. Thread |
| 5a. Cane (includes Nantucket) | 9e. Figurine |
| 5b. Wooden Base (excludes Nantucket) | 10. DOLL/TOY MAKING |
| 5c. Miniature (under 4 inch) | 10a. Cloth |
| 5d. Novelty | 10b. Handmade Toy other than Porcelain/China or Cloth |
| 5e. Non-Ribbed, Traditional | 10c. Porcelain/China |
| 5f. Ribbed, Traditional | |



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Family and Consumer Sciences
4-H Youth Development
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

11. DRAWING

11a. Pastels

11b. Pen & Ink

11c. Pen & Ink with Oil Roughing

11d. Pencil or Charcoal - Black

11e. Pencil - Color

12. EMBROIDERY

12a. Basic

12b. Candle Wicking

12c. Crewel

12d. Machine

12e. Ribbon

12f. Smocking

12g. Swedish

12h. Tatting/Lace Making

12i. Chicken Scratch

12j. Punch Needle (under 60" perim.)

12k. Miscellaneous

13. FELTING

13a. Needle Method

13b. Wet Method

14. HOLIDAY DECORATIONS

14a. Autumn

14b. Spring

14c. Summer

14d. Winter

15. JEWELRY

15a. Beaded

15b. Mixed Media (wire, chain maille, mixed with beads)

15c. Original Design

16. KNITTING (HAND - with knitting needles)

16a. Accessories

16b. Garment

16c. Home Decor & Afghans

16d. Figurine

17. KNITTING (OTHER - machine/loom)

17a. Other

18. NEEDLEPOINT

18a. Cloth or Canvas

18b. Plastic

19. PAINTING ART

19a. Acrylic

19b. Oil

19c. Watercolor

20. PAINTING, DECORATIVE

20a. Metal

20b. Wood

20c. Other

21. PHOTOGRAPHY (mounted or framed)

21a. Black & White

21b. Color

22. QUILTS

22a. Baby-size or Lap-size (hand quilted)

22b. Baby-size or Lap-size (machine quilted)

22c. Hand Applique (hand quilted)

22d. Hand Pieced (hand quilted)

22e. Machine Applique (machine quilted)

22f. Machine Pieced (hand quilted)

22g. Machine Pieced (machine quilted)

22h. Novelty (hand quilted)

(stenciled, embroidered, miniature, etc.)

22i. Novelty (machine quilted)

(stenciled, embroidered, miniature, etc.)

22j. Technology Based (hand or machine quilted)

22k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

23a. Card Making

23b. Origami

23c. Scrapbooking

24. RUG MAKING

24a. Braided

24b. Hooked

24c. Punch Needle, rug (over 60" perim.)

24d. Woven

25. WALL or DOOR HANGING

25a. Fabric

25b. Other

25c. Diamond Art Mosaic

26. WEAVING

26a. Hand (macrame, caning)

26b. Loom (includes pin weaving)

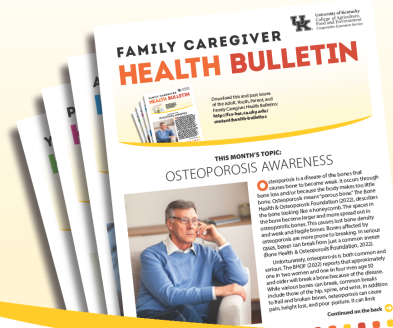
27. MISCELLANEOUS

27a. Miscellaneous



DEADLINE : **9/25/2025**

FAMILY CAREGIVER HEALTH BULLETIN



AUGUST 2025

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

LaRue County Extension Service
P.O. Box 210
807 Old Elizabethtown Road
Hodgenville, KY 42748
(270) 358-3401

THIS MONTH'S TOPIC

CREATING A LONGEVITY PORTFOLIO



Simply put, longevity refers to a long life. Genetics, environment, and lifestyle all play a part in how long we live. Research shows that taking care of your body plays a vital role in living longer and staying healthy. When asked if you want to live to 100, many people say yes ... if they can be 100 and healthy and of sound mind. To nurture health and well-being over time, Ramsey Alwin, the president and CEO of the National Council on Aging, stresses that people need to create a longevity portfolio. A longevity portfolio is a survey of assets that are critical to aging well.

According to Ramsey, a longevity portfolio should include information about "health, skills and work options, relationships and social connections, community resources and finances." Alwin believes that starting and supporting these assets is vital to longevity and personal resilience.

Continued on the next page ➔

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Health

- **Nutrition and hydration.** Doctors from Harvard Health say plant-based, Mediterranean diets that include vegetables, fruits, nuts, whole grains, legumes, and fish support overall cell health and longevity. Staying hydrated is needed for the body to function efficiently. Hydration supports longevity by aiding brain health, muscle and joint function, energy levels, skin health, digestion, nutrient absorption, and circulation.
- **Physical activity.** Moving more and sitting less supports overall health and well-being. Being active also decreases your risk of chronic disease and conditions. According to the CDC, the physical activity guideline for adults is to get at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous movement or an equivalent combination of both. Adults should also try to strength train at least two days a week.
- **Don't smoke and limit alcohol.** Smoking shortens lifespans. Too much alcohol increases risks of disease and serious accidents.
- **Sleep.** People who get quality sleep tend to live longer than those who do not. According to Harvard Health, poor sleep can raise the risk of chronic health problems. Sleep experts advise adults to sleep between seven to nine hours a night.

Skills and work options

- **Think positively.** The right outlook helps longevity.
- **Learn new skills.** Cycling in and out of jobs, careers, and the workforce will continually require new skills, which also contribute to job satisfaction and a sense of purpose.

Relationships, social connections, and community resources

- **Socialization.** Meaningful social connections and active social lives are linked to longer and healthier lives, according to Harvard Health. When life happens — job transitions, loss, grief, health issues, celebrations, etc. — it is the love and support of friends and family who help get you through the good and bad times. Such social support has positive effects on overall physical and mental health.
- **Community involvement.** Being a part of a community is a social activity that supports a

sense of belonging, purpose, and accountability. It can provide cognitive stimulation. Being a part of a community can motivate you to embrace a healthy lifestyle. A strong community can also provide emotional and physical support during life transitions. A network of resources from the community can help you navigate life's ups and downs with greater resilience and improved outcomes.

Finances

- **Financial well-being.** Maintaining financial well-being for a long life is essential for preserving dignity and ensuring quality of life. When doing the math, be sure to build income that can grow over time and factor in inflation, taxes, fluctuation in investments, and rising health-care costs. Be sure to have a financial strategy that supports your desired lifestyle over time. Keep in mind that what worked in previous stages of life may not apply in old age because of fixed income and health-care needs.

Go over your longevity portfolio and change it when and as needed. Like going to a doctor to make sure you are taking the right steps to be healthy or a financial planner to be sure you are making proper savings or investments, Alwin stresses regular checkups to your longevity portfolio. Make sure you are also paying proper attention to your control over longevity.

REFERENCES:

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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

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THIS MONTH'S TOPIC:

COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

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accommodated
with prior notification.

DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more. As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
- **Be Kind and Clear.** Use "I" statements like, *"I feel worried about our credit card bill."* Don't blame or generalize.
- **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
- **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
- **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.

- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

REFERENCES:

American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>



KIDS KORNER



school year time capsule



WHAT TO DO:

Have your child collect items throughout the year: photos, drawings, etc. Then, put everything in a container and seal it up. This project can be done throughout the year, so at the end of the year, you can look back at all the memories



Try it!



August

is National
Family Fun Month.
How will your
family celebrate?



The Dinner
Table Project

LaRue County
P.O. Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED



INGREDIENTS:

12 CHERRY TOMATOES, CUT IN HALF
1 CUP BOWTIE OR MACARONI PASTA,
COOKED AND SET ASIDE
¾ CUP FRESH CORN (1 EAR)
1 GARLIC CLOVE, CHOPPED
1 TBSP OLIVE OIL
½ TBSP OF BUTTER
¼ TSP SALT
¼ TSP PEPPER



DIRECTIONS:

- HEAT OLIVE OIL IN A SKILLET OVER MED-HIGH HEAT.
- ADD GARLIC AND TOMATOES AND LET COOK FOR 3 MINUTES.
- ADD CORN AND LET COOK ANOTHER 3 MINUTES.
- PLACE COOKED PASTA IN A BOWL.
- ADD VEGETABLES, BUTTER, SALT AND PEPPER.
- STIR TOGETHER AND ENJOY!

Servings: 2.5 servings Serving Size: 1 cup

Source: University of Kentucky Nutrition Education Program: Eat Smart to Play Hard: Chop Chop Fall 2017

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