

NEWSLETTER

September 2024

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



Marla Stillwell
County Extension Agent for Family & Consumer Sciences Education
E-mail: marla.stillwell@uky.edu
Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>

Fall is Time for Annual Vaccines

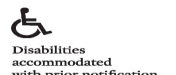
Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.

Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.

Reference: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

Source: Katherine Jury, Extension Specialist for Family Health



Lincoln Days 'King Arthur' Baking Contest

Do you have an award winning cookie recipe? Show us what you got!!! We are excited to bring back the 'King Arthur' Baking Contest this year during Lincoln Days! King Arthur Flour will be sponsoring this event and LaRue Co FCS Extension will be hosting the 2nd Annual Baking Contest and we invite you to participate with your best COOKIE! This is a great time to show off your cookie baking skills and participate in a great community event.



upcoming FCS Extension Events

- **September 6** – *"In the Face of Disaster: Disaster Readiness"*
3:30pm at the LaRue County Public Library

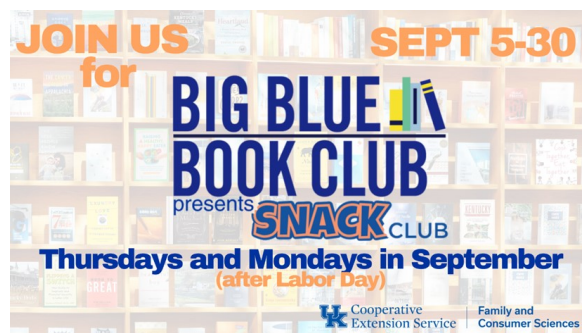


- **September 13** at 12:00 – Cooking Through the Calendar *"Ramen Skillet Dinner"*
- **September 11** – Quilt Club at 10am at the Extension Office
- **September 23** at 10am – Open Sewing at the Extension Office
- **September 25** at 9:00am – Laugh and Learn Playdate Program

Big Blue Book Club

Books are great sources of information, but we understand that the reality of caring for children may leave little time to read a book or participate in a traditional book club. Therefore, Big Blue Book Club presents SNACK Club, which stands for Supporting Nourished, Active Children in Kentucky. We welcome you to read along but are happy to do the reading for you! Our Extension specialists in child nutrition will share bite-sized amounts of information about feeding children of all ages in a conversational format that you can digest through podcasts or videos at your convenience.

We have a limited number of books available. Don't be discouraged if you don't get a copy. With or without a book, we encourage you to follow along with the discussions to give this format of book club a taste!





Walk Your Way Challenge

The "ber" months have arrived and we'd love for you to join us for a 12-week community walking challenge beginning **Monday, September 23!** This 12-week challenge can be tailored to fit your needs and allows you to start at a pace that is comfortable for you. The program will include a schedule and log to keep you on track and weekly e-newsletters with tips and information to keep you moving! Sign up to receive the newsletters via email by calling the Extension Office at 270-358-3401. In addition, a Walking Club will meet on Mondays at 8am at Creekfront Park in Hodgenville beginning September 23 through December 9. Each week, Walking Club participants will meet to warm up, walk together and receive incentives and motivation to keep moving!

For more information or to sign up, call the LaRue County Extension Service Office at 270-358-3401 or email Marla Stillwell at marla.stillwell@uky.edu

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!

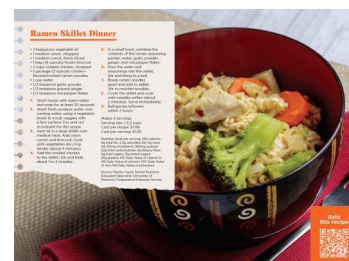


Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program NOW 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!



KING ARTHUR
COOKIE
BAKING
CONTEST

at
**LINCOLN
DAYS**

10/5/24
9-11AM

 **CATEGORIES:**
Youth (6-17) & Adults (18+)

 **RULES:**
Submit (3) baked cookies
made with King Arthur Flour
using an original recipe.

*Exhibitor will be asked to
acknowledge that King Arthur Flour
was used. Proof not necessary.*

**Submit typed recipe with
entry.**

 **COOKIE DROP OFF:**
Vibe Coffee 9-9:45 am
118 N. Lincoln Blvd., Hodgenville

 **JUDGING:**
Taste - Appearance
Creativity - Texture



CONTACT:

Marla Stillwell
(270) 358-3401
marla.stillwell@uky.edu

SPONSORED BY:

King Arthur Baking Company
& LaRue County Extension
Service FCS Program

 **Cooperative
Extension Service**



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Agriculture and Natural Resources
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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service



Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start?
Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start and at a pace that is comfortable for YOU.

This program includes:

- A schedule and log to keep you on track, and
- Weekly newsletters with tips and information to keep you moving.

Come and Join Us!

MONDAYS at 8am beginning September 23 through December 9
Creekfront Park - 250 Tonieville Rd, Hodgenville

For more information:

LaRue County Cooperative Extension Service - 270-358-3401
Marla Stillwell - Email: marla.stillwell@uky.edu

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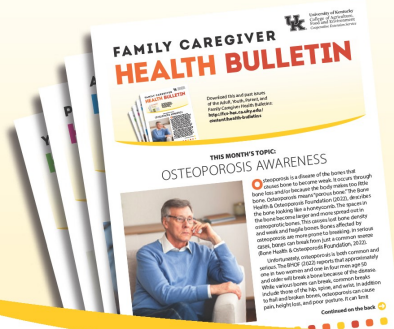
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Disabilities
accommodated
with prior notification.

FAMILY CAREGIVER

HEALTH BULLETIN



SEPTEMBER 2024

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

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

THIS MONTH'S TOPIC

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



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

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

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 Disabilities accommodated with prior notification.

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

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



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

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

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FAMILY CAREGIVER HEALTH BULLETIN

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

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

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

EMERGENCY KIT BASICS

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

SHOP SALES

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



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

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

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



GRAB DOLLAR DEALS

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

WATER IS ESSENTIAL

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

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

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

RESOURCE:

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

Written by: Annhall Norris | 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



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KIDS KÖRNER

Getting in the back-to-school groove can be challenging and hard on families. Try these conversation starters with the youth in your life; you might be surprised where your conversations will take you!



Building strong families. Building Kentucky. It starts with us.

[#UKFCSExt](https://www.facebook.com/UKFCSExt)

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

BACK TO SCHOOL conversations

- What is one thing you hope to do at school this year?
- What's the best thing about your new teacher?
- Describe the person who sat by you at lunch today.
- What made you smile or laugh today?

Laugh & Learn Playdate Program

UK Cooperative Extension Service

laugh & learn

3RD WEDNESDAY OF THE MONTH 9-10:30 AM

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE - 270-358-3401

WEDNESDAY

Laugh and Learn

Join us for a monthly playdate!

HELD IN PARTNERSHIP WITH LARUE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

An Equal Opportunity Organization

- 9/25 WIND/FALL
- 10/16 PUMPKINS
- 11/20 TURKEY/THANKFULNESS
- 12/18 GINGERBREAD
- 1/15 SNOW/WINTER
- 2/19 MY FAMILY/LOVE
- 3/19 RAINBOWS
- 4/16 RAIN/SPRING

A **Laugh & Learn** playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. **Laugh & Learn** is for ages 2-5 (not yet in school) and their caregiver.

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

RETURN SERVICE REQUESTED

Autumn Apple Pork

Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Directions:

1. Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples.
5. Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

220 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 65mg cholesterol; 410mg sodium; 21g carbohydrate; 2g fiber; 11g sugar; 2g added sugar; 23g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

