

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
OCTOBER 2024 NEWSLETTER

 **Martin-Gatton**
College of Agriculture,
Food and Environment

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**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families



Make Halloween safe and sweet (without using too much sugar!)

Source: Jennifer Bridge, Meade County Family
and Consumer Sciences Extension Agent

Halloween is just around the corner and children will be transformed into princesses, cowboys, superheroes and an assortment of other characters. Door bells will ring and sweet voices will yell, “trick or treat,” as tossed candy echoes off plastic pumpkins. While Halloween is a joyous occasion for most children, it can be a point of stress for parents trying to control the amount of sugar and candy their child consumes.

Many parents are making concerted efforts to cut back on sugar for a variety of reasons including reducing cavities, eliminating excess calories and improving overall health.

(Continued on pg. 2)

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(Continued from pg. 1, Make Halloween safe and sweet...)

When selecting treats for all the visiting goblins, consider alternatives to candy such as prepackaged snack bags of pretzels, sugar-free gum, granola bars or small boxes of cereal.

Non-food items such as pencils, spooky erasers, small bottles of bubbles, trading cards, stickers, coupons for free items or other appropriate party favors are also great alternatives, especially if you know that you will have visits from children with food allergies.



Before heading out for an evening of fun, feed your little ghosts and goblins a healthy snack or a light meal. This can help curb appetites and make it easier to monitor food and candy consumption throughout the evening.

An easy way to monitor your child's consumption so they do not end up with a bellyache or headache is to allow them to select a couple pieces of their favorite candy once they return home, then set a limit for each day after. This simple act is also a great way to teach or reinforce counting and sorting by the type of item and color.

A great way to continue the fun is to create a special container or jar with your child. After the fun of sorting and counting, fill the jar three-quarters-full with the smaller items they received. Each day, allow the child to reach in and pull out two to three items. It will be a surprise for both of you and make having to wait a little more exciting.

Also, remember to only stop at homes of people you trust and who have their porch lights on. Many communities have special events during trick or treat night as a safe alternative to going door-to-door. Local churches, businesses and schools may also sponsor events before or during Halloween.

When you get home, dump all the loot and take time to thoroughly inspect each item before giving it to your child. Throw away all damaged items, potential choking hazards or food in torn or opened packages. Be sure to look for pin holes or other signs of tampering.

Planning ahead and providing structure is a great way to make trick or treating safe and fun for your child.





From the Fingertips of Your FCS Agent

Welcome to fall, football season, and soon-to-be sweater weather! I enjoyed my time away last month at the NEAFCS conference in Tucson, Arizona. The weather was perfect. The fellowship with other Extension professionals from all over the country was beneficial. I also brought back some materials to start a new lesson soon on Mindfulness Matters.

Carla A. Carter On October 13th-19th, we will celebrate KEHA Week! Become an Olympian Extension Homemaker as we will engage in daily activities and contests. Make sure to check our social media page and website for more information. Details will be available next week.

October is National Book Month! Take time out of your busy schedule to stop by the local public library or Poor Richards Books (downtown Frankfort) to read and/or purchase a book. I've noticed that reading helps clear my head after a full day of activities.

Kentucky has much to be thankful for considering our most recent disaster with Hurricane Helene. I know many local churches and organizations are starting to send aid to the Carolinas, Georgia, and Tennessee. This month, consider making a donation to organizations that are on the ground providing services to those in need. This will be a long-term recovery.

We have many events over the next few months. I hope that you will find something of interest and come back to the Extension office! See you soon.



SMART TIPS

Whole grains

Next time you go shopping, help keep your family healthy by choosing whole grains.

Whole grains have a fiber-rich outer bran layer, a germ, and a starchy endosperm. Refined grains (such as white bread, white pasta, and white rice) have mostly just the endosperm.

The fiber in whole grains aids in digestive and heart health. Whole grains also have extra vitamins, minerals, and nutrients. No matter which whole grain you choose, make sure the ingredient list includes whole grains or that the label reads "100% whole grain."

Source: eatright.org

FAMILIES IN THE KITCHEN COOK TOGETHER, EAT TOGETHER

Every Wednesday
starting August 14,
thru September 25, 2024

5:30PM-7:30PM

Register by contacting Pamela Holbrook at
pamela.holbrook@uky.edu or
502-695-9035



- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun, and delicious
- Learn how to make healthy and affordable recipes
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Free Cookbook After Completing the Series!

Franklin County Extension
101 Lakeview Court
Frankfort, KY

Patient version



Don't Let Diabetes Get On Your Nerves

The nerves in your feet provide a natural alarm system. Diabetes can shut it off and result in undetected foot problems.



Signs and Symptoms

- Tingling, sharp, or burning feeling, sometimes worse at night
- Numbsness or less ability to feel pain
- Decreased ability to feel temperature changes
- Dry skin, cracked skin
- Muscle weakness
- You have had foot ulcers, infections, changes in foot shape, or had bone or joint damage

Request a foot exam at every visit

Your health care provider should check for problems with:

- Circulation in your feet
- Toenails and skin
- Any deformities
- Footwear
- Nerves in your foot

Report any foot lesions, discoloration, or swelling as soon as possible to help avoid foot complications due to nerve damage.



Help keep your feet healthy at home.

- ✓ Manage your blood glucose (blood sugar) and try to reach your A1C target
- ✓ Eat a healthy diet
- ✓ Regularly exercise or walk
- ✓ Don't smoke
- ✓ Moisturize your skin (not between toes)
- ✓ Inspect feet daily (visually or by touch, check bottoms and between toes)
- ✓ Never walk barefoot (including indoors)
- ✓ Wear proper fitting shoes and good socks
- ✓ Inspect shoes inside and out daily before putting on
- ✓ Do not use corn plasters or wart removal medication
- ✓ Do not soak your feet in water or with epsom salt
- ✓ Check water temperature of tub or shower with your elbow before entering

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

Supported in part by Diabetes-Related Peripheral Neuropathy project. American Diabetes Association® (ADA)

This infographic is based on recommendations from the ADA's Standards of Care in Diabetes—2024

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>

Franklin County Cooperative Extension Office
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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 



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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**

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Stock images:
Adobe Stock





ADULT 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>

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THIS MONTH'S TOPIC

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

Continued on the next page



Cooperative Extension Service

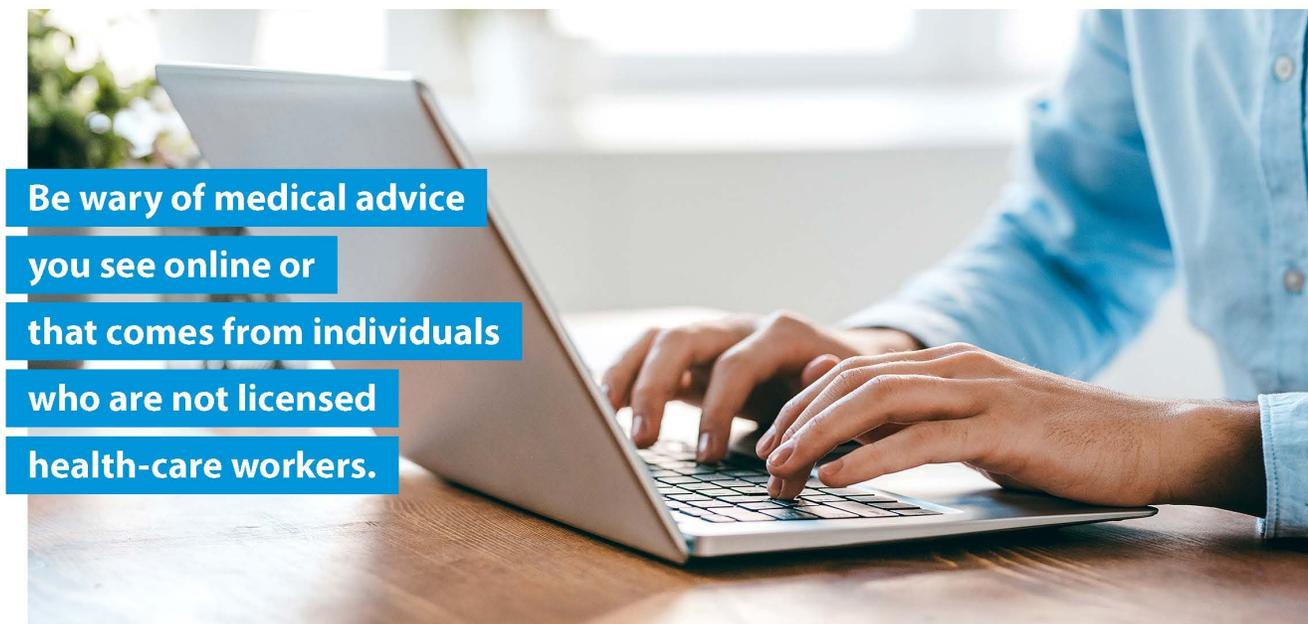
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**Be wary of medical advice
you see online or
that comes from individuals
who are not licensed
health-care workers.**

→ **Continued from the previous page**

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

**ADULT
HEALTH BULLETIN**

Written by:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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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.

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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



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Fall Harvest

Source: Janet Mullins, Extension Specialist for Food and Nutrition; Rachel Gillespie, Dietetic Intern

A new season brings a refreshing wave of farm fresh produce to our kitchens and dining room tables. Fall offers some of the best flavors of the season.

As the air changes in Kentucky, so does our agriculture. This makes trips to farmers markets an exciting opportunity to try new varieties of fruits and vegetables. In addition, this season's produce offers a wide variety that is great for oven roasting, as many of them are root vegetables.

Be sure to check out your local farmers market to stock up on favorites, try some new fruits and vegetables, and support your community's local farmers.

Below is a list of available produce in Kentucky in the fall:

- Apples
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Greens
- Lettuce
- Green onions
- Pears
- Pumpkins
- Radishes
- Winter squash
- Sweet potatoes
- Turnips

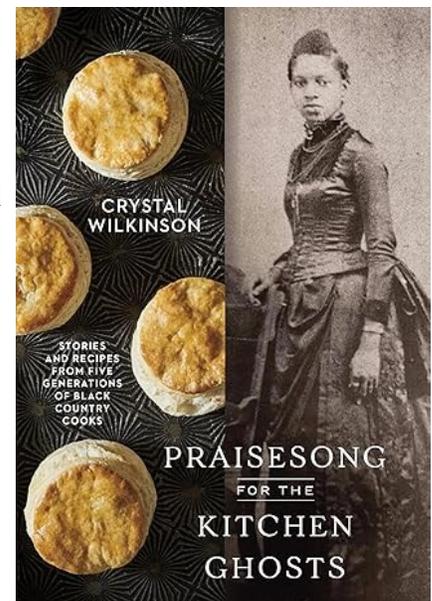


Roll Call:

October is national book month. What is a good book you've read recently?

Carla: I am currently reading Praisesong For The Kitchen Ghosts: Stories and Recipes from Five Generations of Black Country Cooks by Crystal Wilkinson. I had the privilege of hearing Ms. Wilkinson present excerpts from her book at Paul Sawyer Public Library in the spring. I can't wait to make the blackberry cobbler recipe.

Praisesong For the Kitchen Ghost is a lyrical culinary journey that explores the hidden legacy of Black Appalachians, through powerful storytelling alongside nearly forty comforting recipes, from the former poet laureate of Kentucky, Crystal Wilkinson.





New Extensions Publications database!

The Extension Publications (pubs) website database has been a reliable resource for communities to strengthen, build and engage the Commonwealth—offering searchable pubs in five areas, which include:

- ✓ 4-H Youth Development (4-H)
- ✓ Agricultural and Natural Resources (ANR)
- ✓ Community and Economic Development (CED)
- ✓ Experiment Station (ES)
- ✓ Family and Consumer Sciences (FCS)

The new database offers a more visual, intuitive user experience with an updated search tool to filter results by author, area, series title, or language (English or Spanish).

publications.ca.uky.edu

*Source: Tawana Brown, Associate Director for Education Publications
An Equal Opportunity Organization.*

Fall Cleanup Events in Franklin County:

KEEP FRANKLIN COUNTY CLEAN

- Household Hazardous Waste Collection**
10/19 8-12pm
309 Rouse Ave
- Metal Recycling**
10/17-10/18 8-4:30pm, 10/19 8-12pm
Lakeview Park
- Waste Tire Collection**
10/17-10/18 7-3pm, 10/19 8-12pm
State Maintenance Garage

BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN A COMMON CHORE
PATRIC RICHARDSON
with Karin B. Miller

**THURSDAY
NOVEMBER
7
2024**

**VIA
ZOOM**

**7:00 PM
EASTERN/
6:00 PM
CENTRAL**

REGISTER @ <https://ukfcs.net/BBBClaundry>

Cooperative Extension Service | Family and Consumer Sciences

Family and Consumer Sciences

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 502-695-9035
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(Please Print)

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ EMAIL: _____

_____ ATTENDING (\$25.00 per person)

Enclose a check or money order made payable to:

Franklin Co. Cooperative Extension Service or FCCES

Mail to: FCCES, c/o FCS Painting

101 Lakeview Ct, Frankfort, KY 40601

502-695-9035



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REFRESH YOUR DRIVING SKILLS



Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

Saturday, October 19, 2024
9:00AM - 1PM

A light lunch will be provided.

Location:

Franklin County Cooperative Extension
101 Lakeview Court
Frankfort, KY 40601

Register Now:

SPACE IS LIMITED!
CALL 502-695-9035 TO REGISTER TODAY!

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: 1-888-773-7160
Visit: www.aarp.org/driving36

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



GROWING A BULB MEADOW



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

October 23 · 6 - 7pm

Cost \$15

Experience the world of lesser-known spring bulbs that will add a touch of magic to your garden! Attendees will get several types of bulbs to try at home. Don't miss this opportunity to learn about lesser-known gems that will add color and charm to your outdoor space. See you there!

Register by phone, 502-695-9035
or email, franklin.ext@uky.edu

Franklin Franklin County Extension Office
101 Lakeview Court, Frankfort KY 40601

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**Franklin County
Homemakers**



*Children's
Holiday Store*

Children will shop privately with an elf to purchase handcrafted items within their budget.

11/23/2024 9 AM- 12 PM

AGES 4-12

- ITEMS COST BETWEEN .25 CENTS AND \$5.00
- CASH ONLY-SMALL BILLS (\$1, \$5, \$10)

Spread the Joy!

**Franklin County Cooperative Extension
101 Lakeview Court, Frankfort KY 40601**

502-695-9035



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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





JOIN US FOR A **HOLLY JOLLY** CARD MAKING CLASS

DECEMBER 3, 2024
FROM 5-7:30 PM

101 Lakerview Court, Frankfort KY 40601
RSVP by November 26th: 502-695-9035

\$12 per person.
All supplies are included.
Space is limited.

**Cooperative
Extension Service**

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

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Disabilities
accommodated
with prior notification.

CHRISTMAS

14



DEC

MARKET

9AM-3PM



GIFTS | FOOD | SANTA 11AM - 1PM

CAPITAL CITY ACTIVITY CENTER

202 MEDICAL HEIGHTS DR., FRANKFORT, KY 40601

502-223-5794 | WWW.FRANKFORTKYSENIORS.ORG

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794

MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

BOOTH RENTAL: CALL/EMAIL FOR APPLICATION/PRICING INFORMATION

PLEASE CONSIDER DONATING A NONPERISABLE FOOD ITEM TO HELP
RESTOCK HELPING HANDS FOOD PANTRY

Become an Olympic Extension Homemaker with KEHA

The Kentucky Extension Homemakers Association (KEHA) is celebrating KEHA Week across the Commonwealth Oct. 13 through 19. Established in 1932, the state organization's more than 11,000 members are dedicated to learning, leading, and serving. Educational programs highlight topics including heritage skills, nurturing families, food safety, nutrition, reducing waste, leadership, avoiding scams, civic engagement, and many more.

Franklin County Homemakers has five traditional homemaker clubs: Cloverdale, Ridgeview, S&S, Swallowfield, and West End. We also have four special interest groups: Central Kentucky Homemakers Quilt Guild, Chessmasters, Friendship Rug Hookers, and Friendship Spinners. At the beginning of the new year we hope to add three more special interest groups: Bunco Buddies; Kit-together for a Cause Craft Club, and Crocheting Club.

Volunteer service is a strong emphasis in KEHA. Statewide, members reported more than 720,000 volunteer hours in 2024 in support of Extension and community projects with a value that exceeds \$19.3 million to the Commonwealth.

Since 1977, KEHA has actively supported the University of Kentucky Ovarian Cancer Research Fund. Donations in the 47-year history of this project total more than \$1.6 million.

Our largest service projects include the Children's Holiday Store, Christmas Stockings for Capital City Activity Center, Quilt of Valor, and Quilts for Kids. The members of Franklin County Homemakers completed a total of **2,276** volunteer service hours in 2023-2024 saving **\$64,934.28** in taxpayer dollars.

KEHA is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization operates in partnership with the University of Kentucky Cooperative Extension Service. County Extension agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

To learn more about the Franklin County Extension Homemakers, contact the Extension office: (502) 695-9035.



YES, I WANT TO JOIN THE FRANKLIN COUNTY HOMEMAKERS ASSOCIATION!

Name _____

Home Phone _____ Cell Phone _____

Mailing Address _____

City/State/Zip _____

Email Address _____

I am interested in (Please check one):
 County Dues - \$10.00 per year - Club Name _____
 Becoming a Mailbox Member-\$10.00 per year

Please make check payable to
FRANKLIN COUNTY HOMEMAKERS
 Please mail/ or drop off your form and payment to
FRANKLIN COUNTY HOMEMAKERS
 ATTN: Betsy Kennedy
 101 Lakeview Court
 Frankfort KY 40601

KENTUCKY COOPERATIVE EXTENSION  

Healthy Eating *Around the World*



**October 16th
11am-1pm**

Event will be held at the
Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422

WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!

Free Program presented by the Fort Harrod Area FCS Agents- This is a Homemaker Leader Lesson, but anyone can attend!

Please register by October 9th by calling the Boyle County Extension Office at 859-236-4484.



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.	1 teaspoon vanilla	½ cup all-purpose flour
8 ounces reduced fat cream cheese, softened	1 tablespoon ground cinnamon	⅔ cup quick cooking oats
1 cup brown sugar, divided	2 medium apples, chopped	3 tablespoons butter
		¼ cup chopped pecans

- Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread** sweet potato mixture evenly into pan.
- Top** sweet potatoes with chopped apples.
- In a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- Sprinkle** mixture over apples.
- Bake** uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.
Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

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



Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

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Disabilities accommodated with prior notification.