

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
SEPTEMBER 2023

UK Martin-Gatton
College of Agriculture,
Food and Environment

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SEPTEMBER IS NATIONAL SEWING MONTH

National Sewing Month takes place every year in September. Ronald Reagan proclaimed in 1982, marking the start of the day. There has always existed a skill that improves the aesthetics of our homes, shields us from every weather, and ensures we have a good night's sleep even in the coldest weather. Sewing is that skill. National Sewing Month is celebrated to honor this artistic practice that fashions our bodies and adorns our homes all year. So, grab your needles and start sewing.

HISTORY OF NATIONAL SEWING MONTH

National Sewing Month honors an inventive method of self-expression that we not only commemorate in September but enjoy throughout the year. Sewing goes back to 25,000 B.C., also recognized as the Upper Paleolithic Age. Sewing was utilized to make clothing and shelter during this period. The

(Continued on pg. 2)

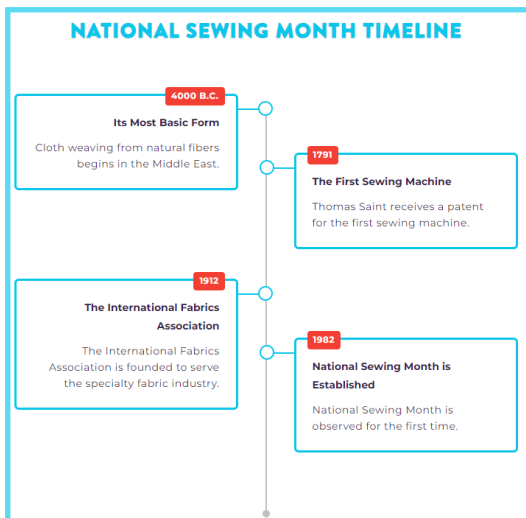
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first materials were mostly animal hides and plant leaves. Initially, threading was done with thin strips of animal hide. Furthermore, bone and ivory were used as the first types of needles.

Most people associate sewing with Thomas Saint's discovery of the sewing machine in 1750. Isaac Singer improved on the existing device in 1851. Singer's prototype eventually became the industry norm for what we now call a sewing machine. Sewing was done by hand until the 19th century. Sewing societies became popular in the 1860s.



Sewing may appear to be a dying trade, but it is still absolutely loved by individuals from various walks of life. Millions of people around the world enjoy the hobby of sewing. Sewing can assist you in clearing your mind of daily hassles, allowing you to appreciate the simple things in life.

Creating quilts, clothing, and other masterpieces will always bring you self-satisfaction. Sewing is a fun activity to do alone or with friends, whether you sew from scratch, alter clothing, or repurpose your wardrobe.

NATIONAL SEWING MONTH ACTIVITY

1. Visit a local quilt or fabric shop

Take advantage of this opportunity to indulge your passion by purchasing something new, or enjoy window shopping with future projects in mind. The holidays are quickly approaching, and people adore homemade gifts.

2. Sew for a good cause

A handcrafted and stitched gift could be saved for a birthday, the holidays, or just given as a token of appreciation. If there are no children around, think about making something for your favorite animal or a nearby charity. Several organizations will gladly accept your donations of sewing projects.

WHY SEWING IS IMPORTANT

It helps us to be creative

Sewing is one of those creative outlets where your imagination is your only limitation. With a sewing machine, you can make almost any type of clothing or home décor.

It has health benefits

Over time, sewing relaxes the joints in the fingers and makes them more agile. Sewing is calming; it can help you maintain a more constant heart rate, lower blood pressure, and produce less sweat. If you concentrate on sewing, it has relaxing benefits that can help you cope with stress.

Source: <https://nationaltoday.com/national-sewing-month/>

<https://www.nationalsewingmonth.org/national-sewing-month-history/>

From the Fingertips of Your FCS Agent

The new homemaker year is upon us. If you are interested in joining a homemaker club or starting a special interest club (i.e. book club, crafting club) please visit franklin.ca.uky.edu to complete your application. We would really like to see some new faces including our male population.



Carla A. Carter

September is National Sewing Month. As your FCS Agent, I am truly not a cook; however, I do love to sew. Sewing takes me to my happy place! It also helps me relieve stress. I am working diligently with our Master Clothing Volunteers (MCVs) to get an adult sewing class started. If you are interested in volunteering or attending, please give me a call.

Congratulations to Karen O'Connell, West End Homemakers for participating in the Frankfort Fire's Citizens Fire Academy with the City of Frankfort Fire & EMS!

Thank you to all who attended our Fort Harrod Area Officer/Chairperson training in Boyle County. Wanda Atha, Area VP, West End Homemakers, led an informative discussion on the role of a vice president.

Remember to complete your Volunteer Service Unit (VSU) hours located in the [KEHA Manual App](#) pg.18.

From your Franklin County Homemaker President, Elizabeth Collins



Wow! I cannot believe that it is already September! The fall season will be upon us before we know it!

Please remember that September is the time for membership dues to be turned into the Extension office. All checks should be payable to Franklin County Homemakers. Staff will make sure that Betsy Kennedy, treasurer receives the dues.

We are holding a Homemaker's "Kick Off" Meeting on September 21st at 5:30 p.m. in room A/B at the Extension office. A meal will be provided along with an Ice Cream Bar with lots of topping. I hope everyone can attend. We have a lot of information about the upcoming year to pass along to you.

Registration for [Craft Camp](#) is due by September 29th. We are offering so many fun classes this year. Craft Camp is October 27th and 28th at the Boyle County Extension Office in Danville.

We will be hosting a fundraiser for Homemakers at Sonny's BBQ September 18, 2023 from 11am-9pm. [Come eat with us and support the cause!](#)

Thanks for all you do! Have a great month!

Elizabeth

LEADERSHIP LESSONS DATES & TIMES

September 7th @ 11AM - Mindfulness

October 10th @ 5PM - Cast Iron Cooking

November 3rd @ 11AM - Makeup Basics

January 11th @ 5PM - Transferring Cherished Possessions

March 1st (TBD) - Savor the Flavor - Multi-County @ Boyle Co. CES (Car pool)

March 6th @ 12PM - Basic Technology

April 16th @ 6-8PM - First Aid - Multi-County @ Franklin Co. CES (Dinner provided)

All watch parties are free and open to the public. Please call the Extension office at (502) 695-9035 to reserve your spot.

Franklin County Homemakers



Current Clubs & Monthly Meeting Dates/Times:

- Cloverdale - 2nd Tuesday, 6:00 p.m.
- Ridgeview - 2nd Thursday, 10:30 a.m.
- S&S - 2nd Wednesday, 12:00 p.m.
- Swallowfield - 2nd Monday, 6:00 p.m.
- West End - 1st Monday, 6:30 p.m.
- Central Ky Homemaker's Quilt Guild - 4th Tuesday, 6:30 p.m.
- Friday Stitchers - Friday, 9:00 a.m.
- Rug Hookers - Wednesday, 10:00 a.m.
- Friendship Spinners - 2nd Saturday, 10:00 a.m.

All homemaker clubs except Swallowfield meet at the Extension office.

BERNHEIM FOREST HOMEMAKER TRIP

FRIDAY, OCTOBER 13TH



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

The Fort Harrod Area Homemakers will be taking a trip to Bernheim Forest in celebration of KEHA Week! County groups will meet at Bernheim at noon, enjoy a picnic lunch, and then tour the area!

To sign up and to receive detailed information on transportation, departure times, and lunch choices, please contact your Extension Office. Be advised, there will be a lot of walking on this trip, so please plan accordingly. There is no cost to sign up.



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Disabilities accommodated with prior notification.



WE'RE HIRING!

NUTRITION EDUCATION PROGRAM ASSISTANT FRANKLIN COUNTY

- Do you enjoy helping folks and your community in meaningful ways?
- Do you love encouraging people to live a healthier lifestyle and helping them reach their wellness goals?
- Do you enjoy sharing budgeting tips and ways to stretch food dollars?
- Do you appreciate a rewarding career with opportunities for professional and personal growth?

APPLY ONLINE NOW!



For more information or to apply visit
<https://ukjobs.uky.edu/postings/484083>



USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



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University of Kentucky.



Cooperative
Extension Service

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Have you heard?
Franklin County Cooperative
Extension is HIRING!

We have three positions open:
Nutrition Education Program Assistant

(application closes 9/4)

4-H Program Assistant

(application closes 9/7)

Facilities Manager

(application closes 9/7)

Find out more information and apply
online at ukjobs.uky.edu

The office is also soliciting bids for a bookkeeper.
Find out more information at franklin.ca.uky.edu



ADULT

HEALTH BULLETIN



SEPTEMBER 2023

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:

STRETCH YOUR BOUNDARIES — TRY YOGA!



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana).

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Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



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Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

REFERENCES:

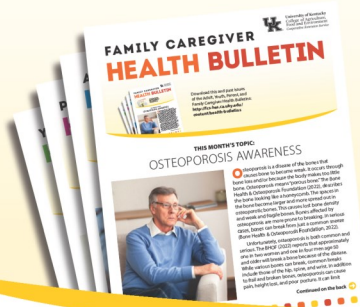
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

**ADULT
HEALTH BULLETIN**

Written by:
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Stock images:
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FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 2023

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:

FALL PREVENTION: FROM AWARENESS TO ACTION



Fall Prevention Awareness Week is a nationwide observance that brings awareness to preventing and reducing the risk of falls as well as helping older adults live without fear of falling, according to the National Council on Aging. This is important because more than 1 in 4 adults aged 65 and older fall each year. In 2020, 31.2% of older adults in the Commonwealth reported a fall, the Centers for Disease Control and Prevention report.

The CDC shares that falls are the leading cause of injury and injury-related death among older adults. Severe falls can lead to fractures, traumatic brain injuries, permanent disability, lengthy hospital stays and admission to long-term care facilities. Falls can lessen independence and negatively affect quality of life. It is common for

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Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups.

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older adults to fear falling because of the risk of injury. They are also worried about embarrassment and want to remain independent. As a result, a fear of falling can lead to limited activity. This then leads to physical decline and social isolation.

Most falls are preventable. The NCOA recommends six steps to prevent a fall:

- 1. Exercise.** Find an exercise and/or balance program that helps build stability, strength, and flexibility. Make it fun. Go with a friend to make sure you keep going.
- 2. Talk to a doctor.** Be honest about fall history and/or fear of falling. Request a fall assessment.
- 3. Manage medications.** Talk to a pharmacist or health-care provider about prescription and over-the-counter medications. They can help find medications or potential medication interactions that may increase the risk of falling.
- 4. Get eyes, ears, and feet checked yearly.** The eyes, ears, and feet play key roles in balance.
- 5. Enhance home safety.** Remove clutter and tripping hazards. Keep rooms, hallways, and stairways well lit. Use a nightlight at night. Properly install grab bars in the bathrooms and use nonslip bath mats.
- 6. Talk with family and friends.** Be assertive and honest with family and friends so they can play a role in fall prevention. Trusted family and friends can brainstorm ways to support safety and independence as well as reduce any fear of falling. They can help find helpful information and resources. Not only will they know about your changing needs, they can also know what to do after a fall.

As a caregiver, keeping an older adult's health includes safety and preventing accidental injury. It is important to empower someone in your care, at risk of falling, to take action. In some cases, you may have to start the conversation about possible fall concern and encourage the six steps above to help prevent the consequences of a fall. Caregivers



should stay alert and note any changes in health. Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups. It is helpful for caregivers to note if a loved one is holding on to furniture or another person for support or if they are having difficulty transitioning from sitting to standing. A caregiver should also know their loved one's current medications. They should also keep an eye on home safety. The CDC offers a Home Fall Prevention Checklist for Older Adults at https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf. You can also call your local Area Agency on Aging or County Cooperative Extension Office to find community-based physical activity programs and resources to support fall prevention.

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- CDC. (2020). Older Adult Falls Reported by State. Retrieved June 22, 2023 from <https://www.cdc.gov/falls/data/falls-by-state.html>
- NCOA. (2023). From Awareness to Action: This year's Falls Prevention Awareness Week theme. Retrieved June 22, 2023 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit>

FAMILY CAREGIVER HEALTH BULLETIN

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Designed by: Rusty Manseau
Stock images:
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2023

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

THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. These severe weather events have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, as well as the higher costs to repair homes and the recent losses from natural disasters, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower outstanding payments, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with

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Disabilities
accommodated
with prior notification.

SEVERE WEATHER OFTEN COMES WITH LITTLE WARNING BUT CAN CAUSE MAJOR DEVASTATION.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

WAYS TO LOWER PREMIUMS

- **Shop around.** If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparison shopping to make sure a lower premium doesn't mean less insurance coverage.
- **Claim discounts.** Talk with your agent about eligible discounts that can lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower rates depending on your payment method,

such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- **Raise your deductible.** If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (*known as a deductible*) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

REFERENCES:

AARP. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

National Association of Insurance Commissioners. <https://content.naic.org/consumer/homeowners-insurance.htm>

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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TWO-DAY SERGER EVENT



GET YOUR SERGER OUT OF THE BOX

Instructor: Mary Hixson

Thursday, November 9, 9:30 am–4:00 pm

Space limited to 10

This workshop will focus on getting your serger out of the box and learning about threading, stitching and using your serger to add to your sewing projects. We will create three small projects as students become more familiar with serging techniques. Bring to class your serger, the foot control, instruction book, thread snips, any sewing tools or supplies that came with your serger and other basic sewing supplies. Bring cone thread in 4 different colors. All other supplies will be furnished.



SIMPLE SERGER BABY/LAP QUILT(40"X48")

Instructor: Debi Newman

Friday, November 10, 9:30 am–4:00 pm

Space limited to 15

This simple project is a great way to practice using your serger and make a baby/lap quilt at the same time. You will need a jelly roll with at least 24 two and a half inch WOF strips. One and a half yards of fabric for backing, one half yard for binding, and one crib size package if batting will be need to finish the quilt but will not be used in class. A threaded serger with all white or color coordinated thread to match your fabric. Please bring your instruction book and supplies that came with your serger. You will need basic sewing supplies scissors, pins, seam ripper, rotary cutter and ruler..... The goal is to finish the quilt top in class. Class Instructions and written instructions will be provided to you on how to quilt and bind your quilt at home on your regular sewing machine.

Cost is \$10 per person, per day.

Call 502-695-9035 to register.

Located at the Franklin County Cooperative Extension Office

101 Lakeview Court, Frankfort Ky.40601

LOCALS

food hub & pizza pub

Announcing KY Double Dollars at Locals!



We're super excited to announce our partnership with the [Community Farm Alliance](#) as a participant in the Kentucky Double Dollars Program! Beginning today, we will match your SNAP grocery purchase at the food hub, dollar for dollar up to \$20, doubling your grocery purchasing power! Simply bring your card in and we'll help walk you through the process.

The mission of the [Kentucky Double Dollars Program](#) is to increase the grocery buying power of SNAP participants, helping to increase consumption of locally grown nutrient rich foods. If you or someone you know is a SNAP recipient, stop in to shop for Kentucky-grown food! Please help us share this information throughout the community. Local food is for everyone!



Bluegrass Care Navigators: *Serving Those Who Have Served Us*

Help us honor Veterans receiving Hospice services by offering a pinning ceremony. Each Veteran will be presented with a branch-specific certificate, blanket, pin and service coin. Veteran volunteers and the Hospice care team members will be in attendance and we encourage each Veteran to invite family and friends.

Volunteers Needed:

- Veterans/current service members to conduct and/or participate in the ceremony
- Make crafts/cards from your home or in our office
- Singers or musicians to perform at the ceremony

We will work around your current schedule - as little or as much as you are available!

To learn more about volunteering please contact:
Jennifer Hubbard, Volunteer & Community Liaison
502.783.5707 or jhubbard@bgcarenav.org



Expert. Connected. Care.



October 8-14, 2023
Plant the seed-



SAVE THE DATE
FORT HARROD AREA ANNUAL MEETING
OCTOBER 31ST AT 10AM AT THE BOYLE COUNTY EXTENSION OFFICE

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4-H Youth Development
Community and Economic Development

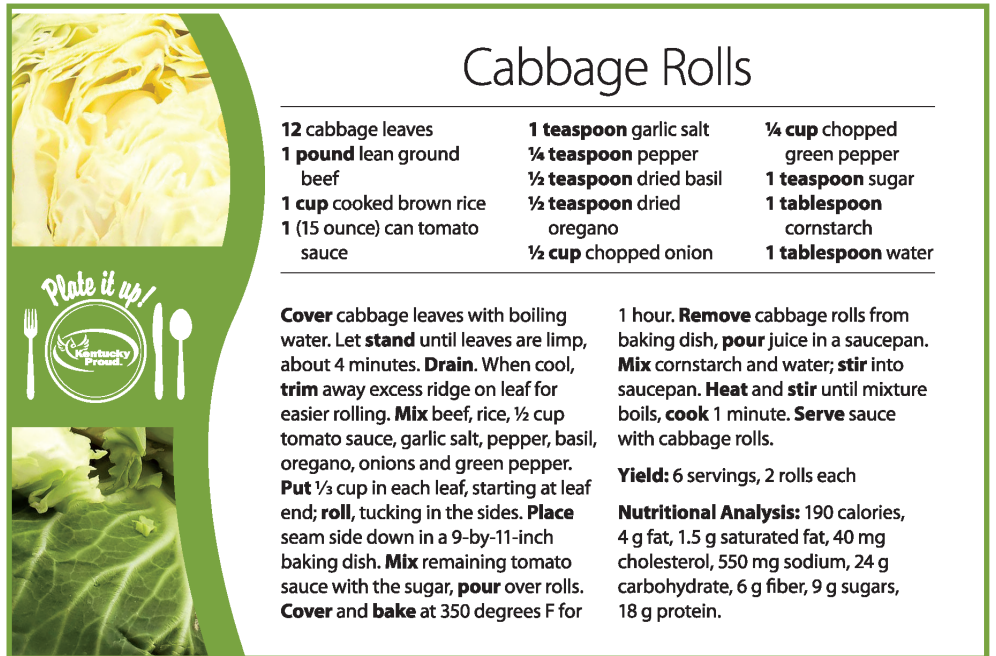
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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.



September 4th
The Franklin County Cooperative Extension Office will be **closed** for **Labor Day!**



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	½ teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon water
	½ cup chopped onion	

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for 1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Carla A. Carter

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

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