



TAYLOR COUNTY FCS EXTENSION NEWSLETTER

October 2024



Index

Upcoming Classes & Events	2-5
October Calendar	5
Health Bulletin	6-7
MoneyWise	8-9
Yummy Sweet Potato Casserole Recipe	10

Kimberly Thomas

Kimberly Hope-Thomas
Taylor County Agent
for Family & Consumer Science



Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
(270) 465-4511
Fax: (270) 789-2455

When halloween gets too scary

Spooky decorations and scary costumes can be frightening for children, especially during Halloween. That is why it is important to acknowledge and validate your child's fears rather than dismissing them. To put them at ease, you can start by explaining that these decorations and costumes are meant for fun and aren't real. Show them how costumes are made and allow them to explore the decorations during daylight to help understand these items.

When trick-or-treating, choose familiar areas and consider going out while it's still light. Avoid houses with excessively frightening decorations or loud noises. If your child feels scared, encourage them to take breaks, and never force them to ignore their fears.

According to the American Academy of Pediatrics, these steps can help children feel more secure and enjoy the festivities more comfortably.

Some Halloween decorations and costumes can lead to increased fears and nightmares.

Establishing a comforting bedtime routine can help mitigate these issues. Reading a favorite story, using a nightlight, or playing soothing music can create a calming environment for your child. If your child experiences nightmares, reassure them of their safety. Sit with them, discuss the dream, and help them distinguish between fantasy and reality. Sometimes, drawing a picture of the nightmare can help children express and process their fears.

Encourage open communication, letting your child know they can always talk to you about their fears. Avoid minimizing their feelings; instead, offer support and understanding. Role-playing scenarios in which they confront their fears in a safe and controlled way can also build confidence. By thoughtfully addressing their fears and providing reassurance, parents can help their children navigate spooky situations with more confidence and less anxiety.



References:

- American Academy of Pediatrics (AAP). (2020). Halloween Safety Tips. Retrieved from aap.org
- Child Mind Institute. (2024). Taking Halloween by the Horns. Retrieved from <https://childmind.org/article/taking-halloween-by-the-horns/>
- Mayo Clinic. (2021). Nightmares: Symptoms and causes. Retrieved from mayoclinic.org

Source: David Weisenhorn, Ph.D., Specialist for Parenting and Child Development



LOW IMPACT FITNESS

Thursday's at 1:30 p.m.

Taylor County Extension Office
 1143 South Columbia Avenue
 Campbellsville, KY 42718

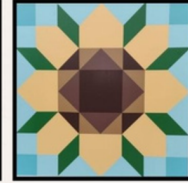
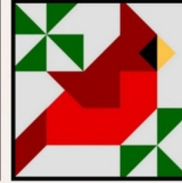
For questions, contact the Taylor County Extension Office at 270-465-4511.



Indoor Barn Quilt Class

Monday, October 21, 1:00 PM - 4:00 PM
 or
 Wednesday, October 30, 9:00 AM - 12:00 PM

Size:
 2 ft x 2ft
\$10 Class Fee



Call the Extension Office at
270-465-4511 to RSVP.

*An Equal Opportunity Organization.

Dehydrated Apples



Join us to learn about dehydrating apples for various recipes!

**MONDAY,
 OCTOBER 28,
 10:00 a.m. &
 6:00 p.m.**

*An Equal Opportunity Organization

Blankets of Love



**Tuesday,
 October 22,
 1:00 p.m.**

Join the Taylor County Extension Homemakers in making tied fleece blankets to donate to the Taylor Regional Cancer Center and Dialysis Centers in Taylor County!
 No sewing required!



Taylor County Extension Office
 1143 South Columbia Avenue
 Campbellsville, KY

For questions, please call (270) 465-4511.

Homemakers are accepting donations to complete more blankets. Call the Extension Office at 270-465-4511 for more information.

LUNCH & LEARN

Au Revoir to France and Guten Tag to Germany!
 Discover Germany; its cathedrals, Black Forest, Alps & Ocktoberfest!
 Learn to how to make and use Spatzle & Butterkuchen!



**WEDNESDAY,
 OCTOBER 30,
 11:00 A.M.**

CALL THE TAYLOR COUNTY EXTENSION OFFICE AT 270-465-4511 TO RSVP!



*An Equal Opportunity Organization

**All classes or trips that require a fee must be paid before signing up for the class!
 You may stop by the Extension Office to make your payment.**

Taylor County Homemakers'

Annual Soup Luncheon



A fundraising effort for the Homemaker Scholarship Fund.

A donation of \$8.00 gets you soup, the fixins', dessert and a drink!

SOUPS AVAILABLE:
Pinto Beans, Chili, Potato & More!

Tuesday, October 15
11:00 AM - 2:00 PM



Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY
270-465-4511

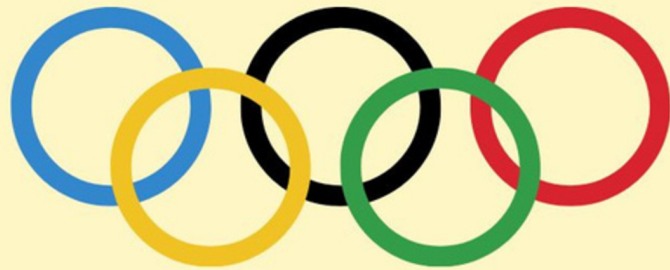
CALL AHEAD TO PLACE TO GO ORDERS
OR EAT IN!

KEHA Week

Kentucky Extension Homemakers Association

October 13-19, 2024

Become an Olympic Extension Homemaker



Sunday, October 13 - KEHA Week is Here

Monday, October 14 - Make Goals Monday

Tuesday, October 15 - Training Tuesday

Wednesday, October 16 - Wisdom Searching Wednesday

Thursday, October 17 - Team Building Thursday



Friday, October 18 - Fellowship Friday

Saturday, October 19 - Success in Sharing Saturday



CALENDAR OF EVENTS

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Taylormade Quilters 9:00 AM	2	3 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	4	5
6	7	8	9 Decluttering CANCELLED	10 Low Impact Fitness 1:30 PM	11	12
13 KEHA Week 2024 October 13 th -19 th Become an Olympic Extension Homemaker  	14 KEHA WEEK	15 Soup Luncheon 11:00 AM	16	17 Low Impact Fitness 1:30 PM Barn Quilt FULL	18	19
20	21 Indoor Barn Quilt 1:00 PM - 4:00 PM \$10 Fee	22 Blankets of Love 1:00 PM	23 Lunch & Learn 11:00 AM	24 Leader Training 10:00 AM Low Impact Fitness 1:30 PM	25	26 Cross Stitch Retreat 10:00 AM
27	28 Dehydrated Apples 10:00 AM & 6:00 PM Western KY Trip	29	30 Indoor Barn Quilt 9:00 AM - 12:00 PM \$10 Fee	31 Low Impact Fitness 1:30 PM		

Bunco Club 3rd Tuesday 6:00 p.m.	Circle of Friends 2nd Tuesday 6:30 p.m.	Cross Stitch Retreat Last Saturday 10:00 a.m.	Harmony 2nd Tuesday 12:30 p.m.	Mannsville 2nd Thursday 6:00 p.m.	Mastering Skills 2nd Monday 12:30 p.m.
Modern Day 2nd Monday 6:00 p.m.	Quilts of Honor 4th Wednesday 10:00 a.m.	Saloma Road 2nd Thursday 10:00 a.m.	Sidetracked 2nd Tuesday 6:00 p.m.	Taylor Made Quilters 1st Tuesday 9:00 a.m.	 5

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>

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

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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





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: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

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

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

START WITH QUALITY BASICS

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

APPLIANCE CHECKUP

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



TREAT STAINS TODAY

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



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



MEND BEFORE YOU WASH

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

SORTING SAVVY

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

LIMIT LAUNDRY PRODUCTS

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

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

COLD WATER CAUTIONS

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

CHANGE OR WEAR MORE THAN ONCE

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

RESOURCES

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

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

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

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



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

Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ teaspoon cinnamon
2 eggs			½ cup chopped pecans
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



Plate it up!

