

FAMILY & CONSUMER SCIENCES NEWS

OCTOBER 2024

A MESSAGE FROM YOUR FCS AGENT:

Hello October!

It's officially Fall! This month is starting off strong with the Homemaker Proclamation Signing for Kentucky Extension Homemakers (KEHA) Week 2024, Ag Week Programs, Laugh & Learn Playdate, Fleming County Cultural Arts Day, and an Apple Butter Workshop! I thoroughly enjoy my monthly senior citizens nutrition lessons and Cooking Through the Calendar classes! September Cooking Through the Calendar recipe is Sweet Potato Hash!

Hope to see you there.

Take a look inside to see important upcoming dates!

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Katie Fryman



**Cooperative
Extension Service**

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Community and Economic Development

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Homemakers News

October Meetings:

- **October 3rd**- Fleming County Cultural Arts Day, 9am-12pm @ FCEO
- **October 7th** - Treasures of the Heart, 6pm @ FCEO (September meeting rescheduled to this date!)
- **October 8th**- Yarn Club, 6:00pm @ FCEO
- **October 13th-19th** - KEHA Week
- **October 15th** - LRA Homemakers Annual Meeting @ Mason CES, 11:00am / Register by Oct. 10th / Flyer on pg. 10
- **October 17th** - Country Neighbors, 6:00pm @ the FCEO
- **October 21st** - Neighborhood Kids Club, 6:00pm @ the FCEO
- **October 22nd**- Hillsboro Homemakers, 12pm @ Hillsboro Christian Church
- **October 28th** - Treasures of the Heart, 6pm @ FCEO
- **October 29th**- Baby Quilt Day, 9am-4pm @ FCEO

UPCOMING!

- **Homemaker Membership Due November 1st, 2024 to the Fleming County Extension Office. (\$9 for dues +1 to Ovarian Cancer Research)**
- **May 6-8 2025 KEHA State Meeting, Hyatt Regency Lexington**

OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 9AM-12PM FC CULTURAL ARTS DAY @ FCEO - KATIE FRYMAN	4	5
6	7 6PM- TREASURES OF THE HEART FCEO / SUSAN WOOD	8 6PM- YARN CLUB @ FCEO - TERESA SILVEY	9	10	11	12
13	14	15 11AM- LRA ANNUAL MEETING @ MASON CO	16 ----- KEHA WEEK -----	17 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	18	19
20	21 6PM- NEIGHBORHOOD KIDS CLUB @ FCEO - VIOLET BARBEE	22 11AM-HILLSBORO CTTC 12PM-HILLSBORO HOMEMAKER MTG- GLENNA PETERSON	23 12PM- COOKING THROUGH THE CALENDAR @ FCEO - KATIE FRYMAN	24	25	26
27	28 6PM- TREASURES OF THE HEART FCEO / SUSAN WOOD	29 9AM-4PM BABY QUILT DAY	30	31 	HOMEMAKER MEMBERSHIP DUE DATE!	

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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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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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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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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

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UK Cooperative
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COOKING THROUGH THE Calendar

10/22/24 11:00AM @
HILLSBORO CHRISTIAN
CHURCH

10/23/24, 12:00PM @
FLEMING EXTENSION OFFICE



**For more information on how you can attend
these FREE cooking classes, please contact
your local Cooperative Extension office:**

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USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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Eat Safe Food after a Power Outage



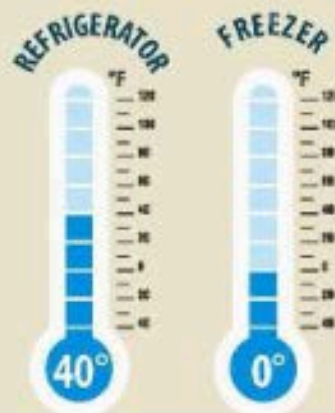
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety

2024 LICKING RIVER AREA ANNUAL MEETING

OCTOBER 15, 11:00AM

**Blazing the Way Through KEHA
@ Mason County Extension Office
800 US-68, Maysville, KY 41056**

Inspirational-Lewis
Door Prizes-Robertson
Table Favors-Menifee
Table Favors-Morgan
Pledge-Bath
Program/Flyer-Fleming
Hostess-Mason
Registration-Montgomery
Creed-Rowan
Décor-Bracken

 **GUEST SPEAKER:
BRAD ALFORD**

 **CALL YOUR LOCAL
EXTENSION OFFICE TO
SIGN UP!**

 **TICKETS ARE \$16**

 **DEADLINE TO REGISTER
IS OCTOBER 10TH!**

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2024 – 2025 Enrollment Form

Fleming County Extension Homemakers

Dues paid by November 1st, 2024

Yearly Dues: \$10.00

Please make checks out to: Fleming County Homemakers

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: ☐ _____ Address: _____

or ☐ Mailbox Member _____

Email: _____

Sex: ☐ Female ☐ Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Other

Age Group (Check One)

☐ 15-19 ☐ 20-24

☐ 25-34 ☐ 35-44

☐ 45-54 ☐ 55-64

☐ 65-74 ☐ 75+

Enrollment Type:

☐ Yearly Renewal ☐ New Member

Number of Years in Club Membership: _____

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

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Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		½ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.