

# FCS NEWS & NOTES

Cooperative Extension Service  
Muhlenberg County  
3690 State Route 1380  
Central City, KY 42330-5512  
(270) 338-3124  
extension.ca.uky.edu



**Don't forget to call us at (270) 338-3124 to sign up for upcoming events!**

## Upcoming Events

**Join us every Monday for Bingocize at 1 PM at the Central City Public Library.**

**Join us every Tuesday at 5:30 PM and/or every Thursday at 8 AM during the month of October for Walk & Talk; a month long walking challenge to kick start your fall fitness routine. We will meet at the Extension Office and walk over to Paradise Park together. There will be weekly prizes-Fit Bit, Stanley water bottle, belt bag, Bluetooth headphones, and more!**

**October 3:** Wits Workout at 10:30 AM at the Extension Office.

**October 4:** Laugh & Learn for youth ages 5 and under from 10 to 11 AM at the Extension Office.

**October 9:** Cooking through the Calendar at 12 PM at the Central City Library. October's

recipe is Sweet Potato Hash. If you can't attend on October 9, you may join us on October 29 at 12 PM at the Extension Office or October 24 at 6 PM at the Extension Office.

**October 10:** Block of the Month Quilting Group meeting at 9 AM at the Extension Office.



**October 11:** Fall Craft Night at 5:30 PM at the Extension Office. Participants will make yard-stick door hangers.

There is a \$5 fee (cash or check only). Please contact the Extension Office to sign up in advance.

**October 13-19:** KEHA Week!

**October 16:** KEHA Proclamation at 11 AM at the Courthouse.

**October 18:** Pennyryle Area Homemakers Annual Meeting "Between the Rivers."

**October 21:** Bean Supper from 4 to 7 PM at the Extension Office. Spread the word!

**Rescheduled date! October 24:** Electric Pressure Cooker Class at 10:30 AM at the Extension Office. Join us as we cover tips and tricks for perfect pressure cooking. We'll share easy and delicious recipes for every meal. This is the rescheduled class from August 29. **If you had previously signed up, but can no longer attend, please let us know.**

**October 28:** Book Club meeting to discuss *The First Ladies* by Marie Benedict and Victoria Christopher Murray at 10 AM at the Extension Office.

**October 29:** How to Get out of a Mealtime Rut lesson at 10 AM and 5:30 PM via Zoom. Contact the Extension Office if you would like the Zoom link emailed to you. If you plan to come to the Extension Office at 10 AM to watch the Zoom, please let us know.

## Upcoming Events Continued

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**October 30:** Bread Baking Day at 10 AM to 2 PM at the Extension Office. We'll be baking homemade pretzels, ciabatta rolls, bagels, and seasoned focaccia. There is a \$5 fee for this class. Space is limited. Please sign up in advance. Bring your apron and join in the fun.

### **November 5: Election Day, Office Closed**

**November 8:** Tea Party at 5:30 PM at the Extension Office. Join us and bring a friend for a relaxing evening with tea, coffee, sandwiches, and desserts. We will also learn the art of paper quilling! There will be door prizes and lots of ways to win them. Come and help us grow our membership! Please RSVP.

### **November 15: Deadline to pay your Homemaker Dues.**

### **November 28 & 29: Thanksgiving, Office Closed**



**Muhlenberg County Homemakers raised \$230.00 for the 4-H Food for Kids Backpack Program at the Mother/Son Dance!**

## Create a Grocery Budget

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One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use the Food Savings tool. This tool can help you figure out the food cost for your family.



To use the Food Savings tool, scan the QR Code or visit <https://www.planeatmove.com/budget-calculator>

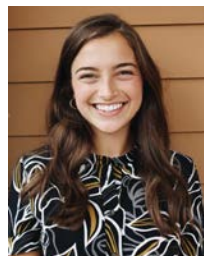
## A Note from your Family & Consumer Sciences Agent

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Happy Fall!

October at a glance is full of programs and fun events! Make sure to check the calendar and call the office to sign up!

I am grateful for each of you and looking forward to the fun ahead of us!



*Alex Kelly*

**Alex Kelly**  
Muhlenberg County  
Extension Agent for Family  
& Consumer Sciences  
Education

## A Note from your Homemaker Council President

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Well everyone, October is here again! That means Bean Supper and Quilt Raffle. Let's all work together and make this worthy event happen.

There are so many across the entire state of Kentucky that can and will benefit from this. Without our efforts and other Homemakers, this might not be the case. Ovarian cancer is such a dangerous type of cancer because normally, when they find it, you're in the latter stages. The goal is, with us supporting ovarian cancer research, they learn how to detect it much sooner, and that will give ladies a much better change at treating it and hopefully preventing it all together.

As we work on this fundraiser let's remember, yes even me, to not be focused on ourselves per say but the goal of helping and working together to pull another year off and raise the most we can for this cause.

*Tammy Dozer*



 Cooperative Extension Service

**MUHLENBERG COUNTY  
HOMEMAKERS**

# Quilt Raffle



SCAN TO  
PURCHASE  
YOUR  
TICKET  
ONLINE!

VISIT A MUHLENBERG COUNTY HOMEMAKER MEMBER, STOP BY THE EXTENSION SERVICE, OR SCAN THE QR CODE TO PURCHASE YOUR TICKET TODAY!



**DRAWING NOVEMBER 30**  
(or as soon as tickets are sold)

ALL PROCEEDS WILL BE DONATED TO OVARIAN CANCER RESEARCH AT THE UNIVERSITY OF KENTUCKY.



QUILT ON DISPLAY AT THE MUHLENBERG COUNTY COOPERATIVE EXTENSION SERVICE

3690 State Route 1380 Central City, KY 42330-5512

**Sign up for Remind Text Messaging so you never forget a meeting!**

To join the Muhlenberg County Homemakers group, text the message **@98472d** to the phone number **81010**.

Homemaker Council members can join the Homemaker Council group by texting the message **@e8a3de** to the phone number **81010**.

After joining you will receive text messages with reminders such as program time changes, new program information, inclement weather closings, etc.



## Thought for the Day

"Just keep movin' down the line." (It's a) Long Lonely Highway-Elvis Presley, 1964

## Fall is the Perfect Time for Annual Vaccines

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

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

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

## Contact Us



**(270) 338-3124**



**Facebook Pages:**

**Muhlenberg  
County  
Cooperative  
Extension**

**Muhlenberg  
County  
Homemakers**

## 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 available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

# FAMILY CAREGIVER

# HEALTH BULLETIN



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

**HSW-AHK.901a**

## THIS MONTH'S TOPIC:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



**S**ocial connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, maintain

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# Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

## ➔ Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

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*Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.*

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self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

#### REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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## FAMILY CAREGIVER HEALTH BULLETIN

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Adult Development and Aging

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# FAMILY CAREGIVER

# HEALTH BULLETIN



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**HSW-AHK.901b**

## THIS MONTH'S TOPIC:

# SELF-CARE AND STAYING CONNECTED



**S**elf-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

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# *Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.*

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According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. When you belong to a group, you are more likely to feel like your true self. It can be fulfilling when other people count on you, or you count on others, and you know they are there for you.

Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you. Some examples include:

- Family
- Friends
- Church
- Social Media
- Clubs
- Volunteer experiences
- Support groups
- Community events
- Nature

Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.

NAMI emphasizes that people need people. Remember that just as it is important for your mental



health to find or be a part of a community, it is also important for others to have you as a part of theirs.

### REFERENCES:

- Mayo Clinic. (2023) Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
- NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
- NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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