

SEPTEMBER 2025

FCS NEWS & NOTES

Muhlenberg County
3690 State Route 1380
Central City, KY 42330
(270) 338-3124

MAIN TOPIC

September is Healthy Aging Month

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- **Move more, sit less.** Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.
- **Prioritize mental health.** Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.
- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer or get involved in your community



Continued on page 2

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

KEHA Announcements

Final area volunteer service reports due for KEHA

Kentucky Extension Homemakers Association (KEHA) reporting season concludes with area level reports due Sept. 15. Volunteer Service Unit (VSU) reports for July 1, 2024, through June 30, 2025, are due to the KEHA State Leadership Chairperson Cyndy Humble at HumbleC@msn.com. See <https://keha.ca.uky.edu/content/impacts> for details.

Reset online bookmarks and reprint paper copies of KEHA manual

The all-new KEHA Manual Handbook and Appendix are now available online at <https://keha.ca.uky.edu/content/keha-manual>. If you currently use a print copy, you should replace the entire document. If you have bookmarked specific documents or pages online, please reset your bookmarks.

Save the date for 2026 KEHA State Meeting

Next year's KEHA State Meeting will take place May 12-14, 2026, at the Hyatt Regency in Lexington. Watch for details, including room reservation information, at <https://keha.ca.uky.edu/content/state-meeting-information>. Proposals to present a workshop may be submitted to First Vice President Ann Porter at alport1941@gmail.com by Oct. 15.



KEHA cultural arts update

Our KEHA Cultural Arts and Heritage Programming offers multiple contests and inspiring ways to be involved in our Extension Homemakers Association. Check out the updated KEHA Manual, recently posted online, to learn more about what's happening. Additionally, the Cultural Arts and Heritage Educational Chairperson webpage, <https://keha.ca.uky.edu/content/cultural-arts-and-heritage>, is a great resource. If you ever have questions about our Cultural Arts and Heritage Programs, feel free to contact our state Cultural Arts and Heritage chairperson, Cindy Moore. Cindy's contact information is noted on the KEHA website.

Continued from page 1

or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.

- **Boost financial wellness.** With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement

contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.

It is also important to schedule annual checkups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

Reference: Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



HEALTHY RECIPE

Easy Sheet Pan Chicken Bake

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons of olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced

1. Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
2. In a medium bowl, mix chili powder, paprika, garlic powder, salt, and pepper; set aside.
3. Place chicken and vegetables in a large bowl. Drizzle with olive oil; toss to evenly coat.
4. Lightly coat chicken slices, bell peppers, and onion in spice mix. Spread onto baking sheet.
5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20 to 25 minutes.

Servings: 4

Serving Size: 1 cup

Nutrition facts per serving: 270 calories; 13g total fat; 2g saturated fat; 0g trans fat; 85mg cholesterol; 380mg sodium; 11g carbohydrate; 2g fiber; 4g sugar; 0g added sugar; 27g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium

Source: Katie Shultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

BIG BLUE BOOK CLUB

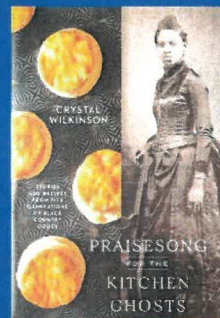
 Cooperative Extension Service
enrichment equitably represented

**BIG BLUE
BOOK CLUB**

**SAVE
THE DATE**

October 27
November 3
November 10
November 17

@ 1:30 pm ET/12:30 pm CT
via Zoom



Big Blue Book Club is back in its original format via Zoom! Mark your calendars for Mondays, beginning Oct. 27 through Nov. 17. We will read “Praisesong for the Kitchen Ghosts” by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson is not only from Kentucky, but she is a former Kentucky Poet Laureate. And we heard you when you asked for another “cookbook” story book. This book is full of family recipes and family stories that just might resonate with your own.

“A keeper of her family’s stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century.”

**Registration for this series
opens September 2, 2025, at
ukfcs.net/BigBlueBookClub.**

*As always, the first 200 registered participants
will receive a free copy of the book.*

Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

Note: Job Club will be meeting by Zoom only.

September 9, 2025, 9-10 a.m.

Smart Job Search Strategies for Success

Looking for your next role? Join this informative session to guide you through effective strategies for building a targeted job search, networking with purpose, uncovering job leads, and understanding how to use LinkedIn. Take control of your search with clarity and confidence.

Presented by Kathleen Dohoney, Career Coach & Resume Writer, Celtic Resume & Coaching Services

September 23, 2025, 9-10 a.m.

7 Quick Fixes to Take Your Resume from Good to Great

Is your resume as good as it can be? In this session we'll identify 7 specific areas of your resume where a fast fix is likely to make a difference—and provide solutions, examples, and before-and-after comparisons that illustrate the fix-it strategies. By tweaking the areas that apply to you, you'll create a resume that conveys your value more clearly, quickly, and powerfully to your target audience.

Presented by Louise Kursmark, President, Best Impression Career Services



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and open
to the
public!**

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Zoom webinars**



**UK Alumni
Association**

**UK Human
Resources**
Temporary Employment

LOCAL EVENTS

Muhlenberg County

September 1: Office closed for Labor Day.

September 2: Telling your KEHA Story Homemaker Lesson at 10 AM and 5:30 PM via Zoom. You may come to the Extension Office at 10 AM to watch the Zoom; please let us know if you plan to attend. Contact the office if you would like the Zoom links emailed to you. Rebecca Woodall, Crittenden County FCS Agent will be teaching this lesson. The lesson will be in-person in Crittenden County on September 4 at 5:30 PM. If you plan on attending there, please let Rebecca know at 270-965-5236.

September 2: Stitched Together at 5 PM at the Extension Office.

September 6: Extension Extravaganza from 9 AM to 12 PM at the Extension Office. Join us for free food, games, kids activities, giveaways, and information on all the exciting programs/activities we have coming up at the Extension Office. This is your chance to hear about all of our Fall events and get signed up for things you are interested in!

September 11: Block of the Month Quilting Group at 9 AM at the Extension Office.

September 12: Mother/Son Dance. Doors open at 6 PM. \$5 fee per person.

September 26: Homemakers decorating for BBQ & Beans Supper at 10 AM at the Extension Office.

September 29: BBQ & Beans Supper from 4 to 7 PM at the Extension Office. Tickets are \$10 per plate. Enjoy a pulled pork sandwich, baked beans, chips, dessert, and drink. Proceeds go to the Ovarian Cancer Research Fund at the University of Kentucky.

September 30: Sorghum Homemaker Lesson at 10 AM and 5:30 PM via Zoom. You may come to the Extension Office at 10 AM to watch the Zoom; please let us know if you plan to attend. Contact the office if you would like the Zoom links emailed to you. Angie York, Lyon County FCS Agent will be teaching this lesson. The lesson will be in-person in Lyon County on September 25 at 2 PM. If you plan on attending there, please let Angie know at 270-388-2341.

October 17: Pennyryle Area Homemakers Annual Meeting at the Hopkins County Extension Office. **Deadline to sign up is September 26. Must pay \$18 fee when signing up.**

*Muhlenberg County
Homemakers*

Donation Drive

Muhlenberg County Homemakers are collecting infant and toddler socks for the Pathway of Hope during the month of September.

Drop off your donations at the Extension Office Monday-Friday, 8AM-4:30 PM.

Muhlenberg County Extension Office
3690 State Route 1380 Central City, KY 42330



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**MUHLENBERG COUNTY HOMEMAKERS
ARE SPONSORING**

CHRISTMAS AROUND THE WORLD

**DECEMBER 9, 2025
3:00-4:30 PM
UK EXTENSION OFFICE**



Join us to learn about the
Christmas traditions of several
countries around the globe.

Light refreshments will be provided.

Please contact the Extension Office at (270) 338-3124 to let us know you are coming!

QUILT JACKET CLASS

Repurpose your old quilt
into a usable jacket, or
piece your own fabric for
your quilt jacket!



This is a great project to
use up scrap pieces,
leftover material, or quilt
blocks from past projects.



Bring your quilt/
material, sewing
supplies, and machine.



October 22, October 23
& October 24, 2025.
9 AM each day.



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Let us know you are coming: (270) 338-3124

PENNYRILE AREA EXTENSION HOMEMAKER ANNUAL MEETING



A WALK IN THE PARK

**Speaker - Ashton Robinson Mahr Park Superintendent
Entertainment - Pennyrile Dulcimer Players**

Menu: Herb-Roasted Chicken Breast or Tangy Glazed Pork Loin Served
with Baked Potato and a Mixed Green Salad; Cookies and Brownies

**This event will be held on
Friday, October 17th, 2025-Registration at 10:00am
Registration Deadline
Friday, September 26th, 2025**

**STOP BY THE MUHLENBERG COUNTY
EXTENSION OFFICE WITH YOUR FEE
TO REGISTER.**

**25 Mahr Park Drive
Madisonville, KY 42431
Hopkins County
Cooperative Extension**

\$18.00

An Equal Opportunity Organization



Muhlenberg County Homemakers

2nd Annual MOTHER/SON Dance

**September 12
Doors open at 6 p.m.**



**\$5 entry fee per person
Food - Games - Photos - Dancing
Dress is casual!**

**Tickets can be paid for at the door, but please call
and put your name on the list in advance! Call the
Muhlenberg County Extension Office at 270-338-
3124! Proceeds go to the 4-H Backpack Program!**