

Marion County FCS Extension

Newsletter

Important Dates

September 2nd

Labor Day - Extension Office Closed

September 3rd

Laugh & Learn at MCPL at 10:30 am

September 7th

Overdose Awareness in the Park from
6-10 pm at Graham Memorial Park

September 10th

CEC Field Day at Russell Barn from
4-7 pm

September 23rd

Homemaker Leader Lesson at
Marion County Extension Office at
10 am - Health Literacy for the Win

September 23rd

Homemaker Meeting at 3:15 pm

September is safety preparedness month.

Are you prepared? Do you have enough supplies or the right kind of supplies if there was an emergency? Now is the time to prepare. One way to prepare is to make sure you have a basic emergency kit. Another way to prepare is to have a weather radio available. You also want to make sure you know what different alerts systems mean.

There are several great apps you can download on your phone to keep you alerted if an emergency or weather-related event occurs. The University of Kentucky has a weather app called Weather Alert that is free to download. This app is a resourceful tool.

Rachel Mattingly

Family & Consumer Sciences Agent

Looking Ahead:

October 11th: Registration for Annual Meeting Due

October 24th: Area Cultural Arts Check-In

October 25th: Lincoln Trail Area Annual Meeting

**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



Disabilities
accommodated
with prior notification.

Eggplant Pasta Bake

Servings: 8 Serving Size: 3/4 cup Recipe Cost: \$11.15 Cost per Serving: \$1.39

 Cooperative
Extension Service



Ingredients:

- Nonstick spray
- 1 (12 ounce) box whole-grain bowtie or penne pasta
- 2 tablespoons olive oil
- 1 medium eggplant, cut into small cubes
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon garlic powder
- 2 (14.5 ounce) cans diced petite tomatoes
- 2 tablespoons Italian seasoning
- 1 (16 ounce) container low-fat cottage cheese
- 1 cup mozzarella cheese

Directions:

1. Preheat oven to 425 degrees F. Spray a 9×13 baking dish with nonstick spray and set aside.
2. Cook pasta according to package instructions in large stock pot. Drain and return pasta to pot.
3. Heat olive oil in large skillet over medium-high heat. Stir in eggplant, salt, pepper, and garlic powder. Cook until tender, about 5-7 minutes.
4. Add tomatoes and Italian seasoning. Cook another 2 minutes. Remove from heat.
5. Add vegetable mixture, cottage cheese and mozzarella cheese to pasta pot. Stir to combine.
6. Pour into baking dish and bake 15-20 minutes.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

310 calories; 7g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 410mg sodium; 44g carbohydrate; 4g fiber; 8g sugar; 0g added sugar; 17g protein; 0% Daily Value of vitamin D; 15% Daily Value calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

LIVE ON STAGE

MARY POPPINS



September 20 through 29

Everyone's favorite nanny takes the stage in this practically perfect musical adaptation of Walt Disney's masterpiece!

Hardin County Schools
pac
Performing Arts Center

SHARING OUR STAGE SINCE 2001

Presented in partnership with



Call or click for info or tickets.
ThePAC.net or 270.769.8837

Hardin County Schools

pac
Performing Arts Center

SHARING OUR STAGE SINCE 2001

2024-2025 SEASON

Following
MARY POPPINS



JOIN US FOR A DIVERSE ARRAY
OF PERFORMANCES
AND WORKSHOPS!

Holiday Broadcasts Of
IT'S A WONDERFUL LIFE

Our Mesmerizing
THE NUTCRACKER

The Uproarious
THE PLAY THAT GOES WRONG

Kentucky Shakespeare's Haunting
MACBETH

Missoula Children's Theatre's Epic
HERCULES

and

PAGE TO STAGE WORKSHOPS

*For Auditioning, Playwriting,
And Directing*

AUDITION & WORKSHOP INFO

AVAILABLE NOW

**TICKETS FOR THE ABOVE EVENTS
ON SALE EARLY THIS FALL**



HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension Office,
Elizabethtown, KY

September 20, 2024 9:00 to 5:00
September 21, 2024 9:00 to 4:00
Admission: \$6.00

QUILTS,
VENDORS,
REFRESHMENTS,
DOOR PRIZES

For Info:
Deb Hancock
276-206-5199

Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701

For info email: Deb Hancock at
htonamie@gmail.com

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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



Disabilities
accommodated
with prior notification.

STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like "10 for \$10," or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don't buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don't buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don't skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don't use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a "grab and go bag" or filling a backpack with essentials in case you must leave your home quickly. Don't let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | 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)



KNOW YOUR ALERTS AND WARNINGS



FEMA

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Local police and fire departments, emergency managers, the National Weather Service (NWS), the Federal Emergency Management Agency (FEMA), the Federal Communications Commission (FCC), the National Oceanic and Atmospheric Administration (NOAA), and private industry are working together to make sure you can receive alerts and warnings quickly through several different technologies no matter where you are—at home, at school, at work, or in the community.

For those with access and functional needs, many messages are TTY/TDD compatible and many devices have accessible accommodations. Review this fact sheet to make sure you will receive critical information as soon as possible so you can take action to be safe. Be sure to share this information with your family, friends, and colleagues. And remember to keep extra batteries for your mobile phone or radio in a safe place or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.

IPAWS INTEGRATED PUBLIC ALERT AND WARNING SYSTEM

Organized by FEMA, the Integrated Public Alert and Warning System (IPAWS) is the Nation's alert and warning infrastructure. It provides an effective way to alert and warn the public about emergencies using the Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA Weather Radio All Hazards, and other public alerting systems from a single interface. IPAWS is used to send notifications for three alert categories—Presidential, AMBER, and Imminent Threat.

For more information on IPAWS, EAS, and WEA, visit www.ready.gov/alerts.

Using IPAWS, officials can send messages simultaneously through multiple pathways, including:

- EAS: used by alerting authorities to send detailed warnings to broadcast, cable, satellite, and wireline communication pathways;
- WEA: Free, 90-character emergency text messages sent by local alerting authorities to equipped mobile devices within range of cell towers broadcasting in the affected area. You do not have to sign up for WEA alerts. To find out if your mobile device is capable of receiving WEA alerts, contact your cellular service provider or visit www.ctia.org/WEA; and
- IPAWS compliant digital road signs, sirens, and other systems.

NOAA WEATHER RADIO ALL HAZARDS

The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. It is a comprehensive weather and emergency information service available to the public. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS notices.



A special weather radio receiver is required to receive NWR broadcasts. You can buy these receivers at many retail outlets such as electronics stores, department stores, big box stores, or online. Be sure to look for the Public Alert or NWR logo to ensure the radio meets technical requirements. Models identified as SAME, or Specific Area Message Encoding, receivers allow users to select alerts for specific geographic areas. For information on NOAA Weather Radio All Hazards, visit www.nws.noaa.gov/nwr.

LOCAL JURISDICTION EMERGENCY NOTIFICATION SYSTEMS

OPT-IN/SIGN-UP TEXT AND EMAIL SYSTEMS

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source for critical information. Small costs may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word "alerts"; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

ENHANCED TELEPHONE NOTIFICATION (ETN) SYSTEMS

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as a Reverse 911® system. Most systems include landline phone numbers, but some also allow for messages to Voice over Internet Protocol (VoIP) and mobile phones through an opt-in process—check with your local emergency management for information on this system and available features.

OUTDOOR SIRENS AND/OR VOICE ALERT SYSTEMS

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

LOCAL SCHOOL OR ORGANIZATION NOTIFICATION SYSTEMS

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in text and email systems similar to those used by local jurisdictions.

MOBILE APPS WITH LOCAL ALERT FUNCTIONS



FEMA APP

Stay updated with severe weather alerts from the National Weather Service for up to five locations across the U.S.; learn how to stay safe before, during, and after over 20 types of hazards; save a custom list of the items in your family's emergency kit; and locate and receive driving directions to open shelters and disaster recovery centers. You can also submit disaster-related photos to a public map using the Disaster Reporter feature. The FEMA App is also available in Spanish. Download the app to your mobile device or smartphone free on iTunes or Google Play. Learn more at www.fema.gov/mobile-app.



AMERICAN RED CROSS APP

The Red Cross Emergency app combines more than 35 different types of severe weather and emergency alerts. You can choose the alerts that are important to your location or the location of loved ones. The "Family Safe" feature allows you to notify loved ones that an alert has been issued in their area and check to see if they are safe. The app also offers information on what to do before, during, and after severe weather hits and how to find open Red Cross Shelters. All content is also available in Spanish. You can download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later) and Google Play (Android). Learn more at www.redcross.org/prepare/mobile-apps.



THE WEATHER CHANNEL APP

Tracks weather and provides local forecasts and push alerts of severe weather to your mobile device. Download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later), Google Play (Android), App World (BlackBerry), and Windows Phone at www.weather.com/apps.

SUMMARY OF ACTIONS

FOR INDIVIDUALS

- Confirm your mobile device can receive Wireless Emergency Alerts.
- Sign up for text and/or email alerts from your local jurisdiction.
- Consider purchasing a NOAA Weather Radio All Hazards.
- If you do not have a landline, check to see if your jurisdiction has options for VoIP and mobile phones to be connected to ETN systems such as Reverse 911®.
- Sign up for listservs and alerts for the workplace, schools, houses of worship, or other community organizations you'll want to hear from in an emergency.
- Download relevant hazard alerts and warnings apps.
- Create a list of all the alert systems available to you, and make sure everyone in the household receives the alerts as part of your household communication system.

FOR ORGANIZATIONS

- Test internal communication systems to ensure all individuals in the organization can be contacted.
- Designate individuals to be responsible for distributing alerts from official sources.
- Consider purchasing a NOAA Weather Radio All Hazards.
- Develop a list of all the alert systems available for your community and your organization as a guide for people in the organization.
- Encourage individuals to sign up for alerts and warnings, and assist them with finding any needed information.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



12 WAYS TO PREPARE



Sign up for Alerts and Warnings



Make a Plan



Save for a Rainy Day



Practice Emergency Drills



Test Family Communication Plan



Safeguard Documents



Plan with Neighbors



Make Your Home Safer



Know Evacuation Routes



Assemble or Update Supplies



Get Involved in Your Community



Document and Insure Property

PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.



KNOW YOUR RISK

Prepare for the risks where you live.

Visit [FEMA.gov](https://www.fema.gov) where you can input your location to get information about disasters in your area.

Visit [Ready.gov](https://www.ready.gov) to know how to prepare for disasters and what to do during an emergency.

Download the [FEMA mobile App](https://www.fema.gov/mobile-app) to receive real-time weather and emergency alerts, locate shelters, send notifications to loved ones and more.



MAKE A PLAN

Prepare yourself and your family before disaster strikes.

Consider the **specific needs of your household** like medical needs or items for your pets.

Practice your family's plan.

Visit [Ready.gov/plan](https://www.ready.gov/plan) and use our template to create a Family Emergency Plan you can email to yourself.



[ready.gov/plan](https://www.ready.gov/plan)



TAKE ACTION

Be ready to respond to and recover from a disaster.

Gather supplies that fit your family's needs.

Secure important documents.

Understand your **insurance coverage.**

Participate in community disaster preparedness events.



Go to [Ready.gov](https://www.ready.gov) for more information to help you be prepared!

Everyone Has a Role

As you prepare, adjust your plans and emergency supply kits to your own daily living needs and concerns.



BUILD A KIT

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as medications and infant supplies, and remember to pack for your pet!

www.ready.gov/kit

Your basic kit should include enough items to last for several days:

- Water
- Non-perishable food
- Cash
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- Non-electric can opener
- First aid kit
- Whistle
- Prescription medications
- Personal hygiene items
- Dust mask to help filter contaminated air
- Moist wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities

LEARN MORE AND GET INVOLVED



Learn how to take action in emergency situations and provide lifesaving care before professional assistance arrives through **You Are the Help Until Help Arrives**.



Visit FEMA.gov/cert to find a Community Emergency Response Team program, and train to help your community respond and prepare for disasters.



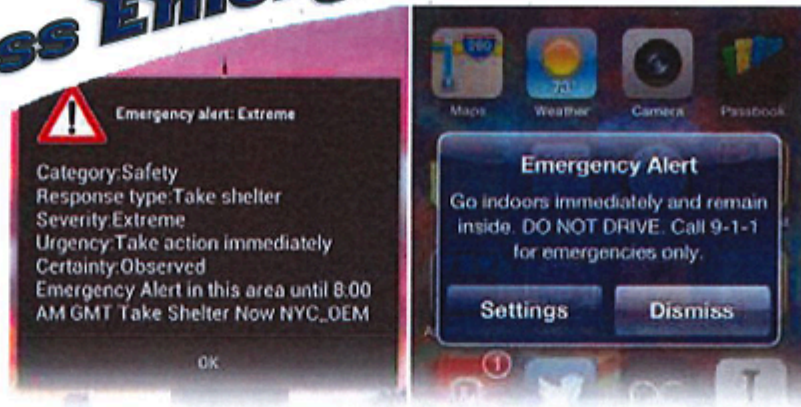
Take a CPR and first aid class offered by a local community organization, so that you know what to do if a family member, neighbor or co-worker is hurt.



Go to Ready.gov for more information to help you be prepared!



Wireless Emergency Alerts (WEA)



Wireless Emergency Alerts, or WEAs, are emergency messages sent to your cell phone by public safety and weather officials to grab your attention and help keep you safe during an emergency.

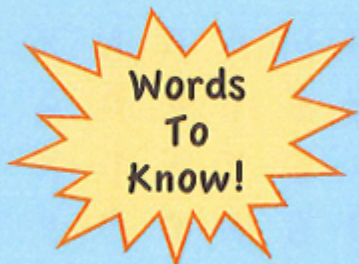
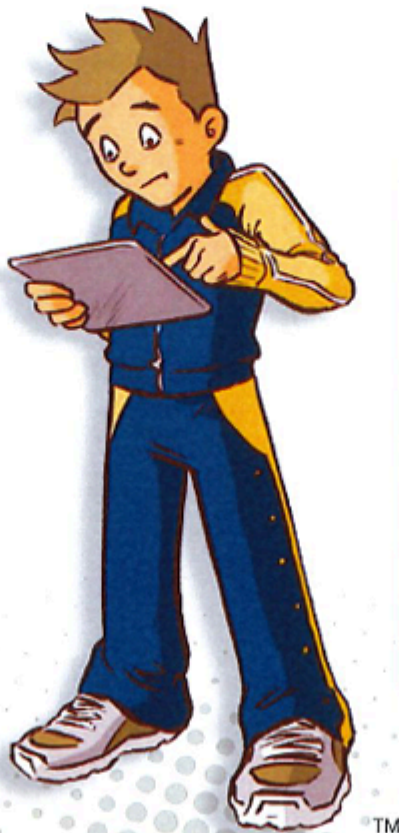
A WEA can warn you about a potential hazard in your area. You will be alerted about hazards like floods, tornadoes, wildfires, winter storms, or other emergencies in your area. A WEA can alert you about a missing child with an **AMBER Alert** too!

Can I get a WEA?

Ask parents or adults to check with your wireless provider.



- WEAs are sent to help you know about dangers and can include life-saving information to keep you safe during an emergency.
- The WEA message will "pop-up" on the screen of a cell phone or other wireless device with a loud beeping sound, vibration and a short warning about the danger.
- There are no charges or fees for receiving WEA alerts.



Wireless Emergency Alerts or WEAs, are free one-way emergency messages sent from local public safety officials or the National Weather Service directly to cell phones in the local area of an emergency.

AMBER Alerts are public safety messages about missing children.



Wireless Emergency Alerts (WEA)

WEA WORD SEARCH

A Z F L O O D W N Q J W G D H
 L B B P Z T K I U M Z I W O U
 P D A E R G X L Z E N R L N R
 S H T V P E M D C M E E L O R
 H Z E A R T S F I E Z L J P I
 E T X C E O Z I Y R B E G Z C
 L Y T U P R Z R D G V S B N A
 T H M A A N X E R E O S A X N
 E N E T R A A P C N N U Y M E
 R K S E E D K N A C P T I M A
 J O S W D O F R O Y C E I V G
 C P A I I D K H D F C R W A R
 P L G D T I G H A Z A R D I L
 S A E P R O V I D E R G I W V
 L N A L E R T S B D F B G Z L

ALERTS
 EMERGENCY
 EVACUATE
 FLOOD
 HAZARD
 HURRICANE
 PLAN
 PREPARED
 PRESIDENTIAL
 PROVIDER
 SHELTER
 TEXTMESSAGE
 TORNADO
 WILDFIRE
 WIRELESS





Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed. ©



Emergency Supply List



FEMA

www.ready.gov

Recommended Items to Include in a Basic Emergency Supply Kit:

Water and non-perishable food for several days

Extra cell phone battery or charger

Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Non-sparking wrench or pliers to turn off utilities

Can opener (if kit contains canned food)

Local maps

FEMA's Ready Campaign educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Federal Emergency Management Agency
Washington, DC 20472

Recovery Month Events

Take time to Celebrate and Support Sobriety and
Raise Awareness for Addiction Recovery Resources
Throughout the Month

September
2024

4 Wed

Overdose Prevention and Response Training

Hosted by Lincoln Trail Distrist
Health Department at the Marion
County Public Library - Loretto
Branch 3:30-4:30
Light refreshments

5 Thurs

Free HIV & Hepatitis C Testing and Harm Reduction Services at Tractor Supply

Hosted by Lincoln Trail Distrist
Health Department & UK Target4
11:00-4:00

5 Thurs

Proclamation Signing

Join Judge Daugherty and Fiscal
Court to recognize September as
National Recovery Month. Dave
Hourigan Building 4:00



7 Sat

Overdose Awareness Night at the Park

A night to remember those
lost to overdose and hear
messages of hope. Luminary
service at dark. Graham
Memorial Park 6:00-10:00pm



9 Mon

Lunch & Learn: Overdose Prevention and Response Training

Hosted by Lincoln Trail Distrist
Health Department at the Marion
County Public Library 12:00-1:00
Lunch provided.

9 Mon

Proclamation Signing

Join Lebanon's Mayor
Crenshaw and City Council to
recognize September as
National Recovery Month.
Lebanon City Hall 7:00



11 Wed

Kentucky Chamber Foundation's Fair Chance Academy

An opportunity for our business
community to learn more about
Fair Chance employment and
community resources.
Registration Required.

13 Fri

Dr. Alex Elswick

Join us for Heartland Trail ASAP's
Annual Meeting with Keynote
Speaker, Dr. Elswick, from the
University of Kentucky and
Kentucky Voices for Hope.

Limited Seating. Reservation
Required.

17 Tues

Kentucky's Mobile Harm Reduction Unit - Walmart Parking Lot

Hosted by Lincoln Trail Distrist
Health Department & KY
Department of Public Health
10:00-4:00

See Reflections of Recovery Art Exhibit at the
Overdose Awareness Night at the Park and all month
at the Marion County Public Library.



For More Information, email: mheartlandcoalition@gmail.com



Lincoln Trail Area Annual Meeting

Fall In Love **WITH LINCOLN TRAIL AREA** **EXTENSION HOMEMAKERS**

Friday, October 25, 2024

Marion County Extension Office

416 Fairgrounds Road

Lebanon KY 40033

270-692-2421

\$20 per person

Registration and refreshments - 9:30 a.m. EST

Welcome - 10:00 a.m. EST

Area Cultural Arts Check In:

Thursday, October 24, 2024

10:00 a.m. - 1:00 p.m. EST

REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

**LUNCH: Steak, Chicken or Vegan Burger, Green Beans, Potato
Salad, Rolls, Tea, Lemonade or Water and desserts.**

**Please choose ONE: ___Steak ___Chicken
 ___Vegan Burger**

**Return this form along with the registration fee & choice of
entree to the Marion County Extension Office by October 11th.**

Checks are to be made payable to Marion County Extension
Homemakers.





FAMILIES IN THE KITCHEN

COOK TOGETHER EAT TOGETHER

MAKE COOKING FAST, FUN & DELICIOUS

Join us for a free "Families in the Kitchen" series of cooking classes.

During class, you and your family will learn to prepare healthy, tasty and budget friendly meals. The program will bring family members - both adults and children - into the kitchen for a hands-on cooking experience.

This is a six-class series and participants are asked to commit to take part in all six lessons.

SIGN UP FOR CLASSES

Registration required and limited spaces!
Register by calling the office at **(270) 692-2421**

DATES & TOPICS

- Oct. 1st: Planning Meals & Grocery Shopping on a Budget
- Oct. 15th: Slow-Cooker Meals
- Oct. 22nd: Soups & Salads
- Oct. 29th: One-Pot Recipes
- Nov. 12th: Breakfast
- Nov. 26th: Snacks

CLASS TIME

- 6:00 p.m. to 7:30 p.m.

CLASS LOCATION

Marion County Extension Office
416 Fairgrounds Road
Lebanon, KY 40033

PARTICIPATION BONUS

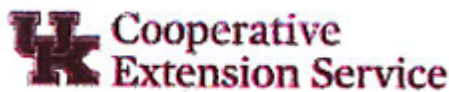
Families that complete the series receive a hardcover cookbook with recipes made during the sessions and many more.

You also receive a goodie bag filled with an array of cooking tools!

PRESENTED BY MORGAN TRIGG, NEP ASSISTANT
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





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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

IT'S A BAKE-OFF!

Like baking and friendly competition? Join us for a day filled with making/eating cupcakes, cake decorating basics and a hands-on challenge for 9-18 year old's. At the end of the day someone will be named the **"BAKE-OFF CHAMPION"** based off taste, creativity, cooking safety/cleanliness, and presentation!



TO REGISTER CALL (270) 692-2421

DATE: OCTOBER 9, 2024

TIME: 9:00 AM - 2:00 PM

**MARION COUNTY EXTENSION OFFICE
416 FAIRGROUNDS ROAD
LEBANON KY 40033**



LIMITED SPOTS AVAILABLE, REGISTRATION REQUIRED

Program hosted by Morgan Trigg, NEP Assistant (morgan.trigg@uky.edu)

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



Disabilities accommodated with prior notification

ADULT HEALTH BULLETIN



SEPTEMBER 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)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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



Disabilities
accommodated
with prior notification.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

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



FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

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



Disabilities accommodated with prior notification.

After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

➔ Continued from the previous page

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

REFERENCES:

- Baldwin, M., Biernat, M., & Landau, M. J. (2015). Remembering the real me: Nostalgia offers a window to the intrinsic self. *Journal of personality and social psychology*, 108(1), 128–147. <https://doi.org/10.1037/a0038033>
- Cleveland Clinic. (2024). Serotonin. Retrieved June 11, 2024 from <https://my.clevelandclinic.org/health/articles/22572-serotonin>
- Dai H., Li C. How experiencing and anticipating temporal landmarks influence motivation. *Current Opinion in Psychology*. 2019;26:44-48. Published April 2019. DOI: 10.1016/j.copsyc.2018.04.012
- Forgas, J. P., Goldenberg, L., & Unkelbach, C. (2009). Can bad weather improve your memory? An unobtrusive field study of natural mood effects on real-life memory. *Journal of Experimental Social Psychology*, Volume 45, Issue 1, Pages 254-257.
- Sweet, J. (2023). Why We Love Fall So Much, According to Psychology. *VeryWellMind*. Retrieved June 11, 2024 from <https://www.verywellmind.com/the-psychological-reason-why-we-love-fall-so-much-5205863>
- Well.org. (2019). How the falling autumn leaves benefit our mind and body. Retrieved June 11, 2024 from <https://well.org/mindset/autumn-leaves-benefit>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



PARENT HEALTH BULLETIN



SEPTEMBER 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: HIKING FOR HEALTH



Hiking is a great activity for whole families to do together. It gets kids and adults alike away from screens, enjoying nature, and spending quality time together. Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!

Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike — that is a good thing! It means you are engaging muscles that don't get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder. This makes hiking a great way to build endurance. Hiking on uneven surfaces improves balance and coordination for both kids and adults.

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



Disabilities accommodated with prior notification.

Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!



➔ **Continued from the previous page**

There are also mental benefits to hiking. Many people say that being in nature helps them to feel less stress, improves their mood, and helps them to sleep better at night. All great reasons to get outdoors and go for a hike!

It is easier said than done, however, to take kids on any kind of adventure. To help your hike succeed, there are a few things to consider when taking kids on a hike.

- **Plan hikes to see interesting things.** A summit lookout, interesting rock formations, or waterfalls are great destination hikes to keep kids engaged.
- **Come prepared.** Remember a bag with water, bug spray, snacks (if needed), and a way to navigate.
- **Keep kids in view.** Set boundaries about how far ahead or behind an adult you feel comfortable with them being.
- **Stay on the trail.** Limit exposure to unwanted poisonous plants and animal encounters by staying on marked trails.
- **Take regular breaks.** Kids may wear out faster than adults. A short break to reset may help them last longer.
- **Consider bringing an activity** like a nature journal or scavenger hunt to encourage curiosity and interest.

If you are looking for places to hike close to home or farther away, here are a few resources on hiking opportunities in Kentucky.

- Plan a hike at a Kentucky state park. Their website has information about trail head locations, trail lengths, and other helpful information: <https://parks.ky.gov/things-to-do/trails/hiking>.
- Kentucky has seven national parks as well, many with trails to hike and sights to see: <https://www.nps.gov/state/ky>.
- Kentucky Tourism has also curated a list of destinations with hiking trails and information to plan trips to visit each location: <https://www.kentuckytourism.com/things-to-do/outdoors/outdoor-recreation/hiking>.

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT
HEALTH BULLETIN

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



YOUTH HEALTH BULLETIN



SEPTEMBER 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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. Programs 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



Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

➔ Continued from the previous page

lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>



ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon Illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

