

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

OCTOBER 2024

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES

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FAMILY &
CONSUMER
SCIENCE


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4-H YOUTH &
COMMUNITY
DEVELOPMENT

PAGE 18

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 perry.ext@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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

OCTOBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Research and Farm Field Day @ RCARS	4	5
6	7 Charity Sewing 9 a.m. - 12 p.m. Homemaker Meeting 12 p.m.	8	9 Will Writing Clinic 9:30 - 2:30 Bingocize @ Senior Center 10 a.m. Cooking Through the Calendar 12 p.m. Wits Workout 1 p.m.	10	11 Open Sewing 9 a.m. - 12 p.m.	12
13	14	15 Sew Simple 9 a.m. Cover Crop Workshop 10 a.m. Wits Workout 1 p.m.	16 Senior Cooking School	17	18 Senior Cooking School	19
20	21 Bingocize @ Senior Citizen 10 a.m.	22 Quilt Guild 10 a.m. Cultural Passport Program 1 p.m.	23	24 Quicksand Area Annual Homemaker Meeting in Letcher County	25	26
27	28	29	30	31		

OCTOBER 2024

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- WILLS & HEIRSHIP CLINIC
- FREE SOIL TESTING
- PEST ALERT
- HARVESTING THE SEASON: FALL GARDENING TASKS AND LANDSCAPING TIPS

Welcome to October, Fall has come!

As we transition into the cooler months, there are plenty of upcoming events and opportunities from the Perry County Cooperative Extension Service to help you with everything from estate planning to agricultural management. Mark your calendars for the free Will & Heirship Clinic on October 9th, and don't miss the deadline for free hay testing and the Hay Contest on October 15th. Additionally, join us for the fall Cover Crop Workshop on October 15th, and remember that October is Free Soil Testing Month.

Read ahead for more updates, and feel free to reach out with any questions!

Charles May
 County Extension Agent
 Agriculture &
 Natural Resources
cmay@uky.edu




UPCOMING EVENTS:

Will & Heirship Clinic

We will be hosting a Will & Heirship Clinic on Wednesday, **October 9, 2024**. The workshop will run from 9:30 a.m. to 2:30 p.m. and will be held at the Perry County Extension Annex building. This clinic will provide you with the opportunity to sit down with a lawyer and write a will. It is free, **but registration is required**. Call our office at 606-436-2044 or use the QR code provided. If you have questions, call our office or contact Kevin Slovinsky at 859-279-2152.



Free Hay Testing

Our office will be providing free hay testing. Samples must be collected by an Extension Agent, and must be collected **before Tuesday, October 15, 2024**. To schedule a time to have your hay tested, call Charles May at the Extension Office, 606-436-2044. Hay testing is an excellent management tool. You can use the information from the test to determine supplementation needs for your livestock.

You can also enter your hay sample(s) into the annual Hay Contest if you so choose. 1st, 2nd & 3rd place ribbons will be awarded in eleven categories, Alfalfa, Alfalfa Grass, Mixed Hay, Grass and Summer Annual, Alfalfa silage, Alfalfa/grass silage, Mixed grass/legume silage, grass silage, small grain silage and summer annual silage. Results will be returned **November 26, 2024**. Contest winners will be announced that evening at an awards ceremony at the UK Robinson Center in Quicksand during the fall Mountain Cattlemen Association meeting. I will have more on the meeting in the October Newsletter.

Fall Cover Crop Workshop

will be conducting a fall cover crop workshop. The workshop will be held on **Tuesday, October 15, 2024**. It will begin at 10:00A.M. and will be held in the Perry County Extension Service Annex Building. ***This workshop is limited to 50 people.*** Register by calling the Perry County Extension Office at (606) 436-2044. Registration will be on a first come first serve basis. A free bag of Winter Rye cover crop seed will be given to each participant.



UPCOMING EVENTS:

Research and Farm Field Day

The UK Robinson Center (RCARS) at Quicksand will be hosting a Research and Farm Field Day on **Thursday, October 3, 2024**. This event is free to the public and will begin at 4 p.m. A meal will be provided, as well as research plot tours, facility tours, and an opportunity to make your own cutting board with the Wood Center.



PEST ALERT!

As you already know, we are in the season that we start getting ladybugs and stinkbugs entering our homes for a winter resting place. They do no harm other than just a nuisance and stink. Pest proofing your home is your best defense. If you have more than you can stand, give me a call at the office and I will give you some suggestions on how to reduce the numbers.

Yellow Jackets have also been a problem this season. People are seeing large numbers flying around their lawns and other places searching for food. Without going into a lot of detail, the reason for the numbers in simply mild winters have led to higher queen survival rates leading to more nests and hence, more Yellow Jackets. Below is a video training that Jonathan Larson, UK Extension Entomologist, conducted for Agents a few weeks ago. Watch it if you would like more information on Yellow Jackets. He also mentions some ways to help reduce their numbers. Once we have a freeze, that will be the end of them for this year.



<https://shorturl.at/jy8sR>



Harvesting the Season: Fall Gardening Tasks and Landscaping Tips

With the arrival of fall doesn't mean our work is done in the garden and landscape. There are plenty of things that need to be done at this time of year.

Fall is the best time to transplant trees and shrubs in Kentucky. Broad-leafed evergreens and conifers do best when planted in early fall while deciduous trees will do well if transplanted a little later in mid-autumn. For most trees, select a site that is well drained. When digging the planting hole, remember that you want the hole to look more like a pie pan than a stew pot. Wide and shallow is preferred over narrow and deep. The plant should be transplanted to grow at the same depth in the soil as it was growing in its container at the nursery. Making the hole wide will help breakup up compacted soil and allow the tree's root system to more quickly become established. A minimum width for the planting hole would be two to three times the diameter of the tree's root ball, even wider is preferred if the soil is heavy or compacted. Back fill the hole with the same material removed from the hole. If higher quality soil or a peat/soil mixture is used for filling the hole, the tree's roots may become concentrated in this area and not expand out into the surrounding soil. Such a plant will be less drought tolerant and may be prone to blow over during heavy wind. Apply two to three inches of mulch after planting, but keep the mulch pulled away a few inches from the base of the tree. Even a few inches of mulch at the base of a tree can encourage disease problems by keeping the trunk too wet. Keep newly planted trees well-watered until the ground freezes, and water again as the ground is allowed to thaw. No fertilizer should be applied during the first year of growth.

As crops finish in the vegetable garden, remember to remove plant residue to the compost pile.

Repeated working of a garden with a tiller can produce a layer of compacted soil just below where the tines of the tiller reach. This compacted soil will interfere with air and water movement in the soil and may hinder root growth in the soil. To break up this compacted layer, try to plow the garden once a year, or once every other year at a minimum. If the garden is small such that plowing is impractical, use a shovel or garden fork to turn the soil and break up the compacted layer.

If you plan to incorporate organic material such as compost or manure, this is a great time to do so. Spread the material over the surface of the garden before plowing so that the organic matter can be incorporated as plowing proceeds. This organic matter will also help reduce soil compaction problems.

A soil test at this time of year will indicate whether lime is needed to raise the soil PH. (Remember October is Free Soil Testing Month) If lime is needed, it can also be applied prior to plowing.

For gardens on a sloped site, it will be beneficial to plant a cover crop of wheat or rye to reduce soil erosion. (Remember to register for the free Cover Crop Workshop) Otherwise, there is little need for additional working of the soil until spring.

If you still have lots of big, green tomatoes on your plants, you will need to do something with them before it frost. Once it frosts, most of these fruit will turn to mush. While the plants and fruit are susceptible to frost, there is still a way to ensure fresh tomatoes well into autumn. Pick mature-sized green fruit, wrap them in newspaper, and store them in a cool dark place for a few weeks. After two to three weeks, unwrap a few of the fruit to see if any are ripening. Also check to make sure none are rotting. Be sure to store the fruit in a cool place protected from freezing. Temperatures of 50-60 degrees should work well.

Start cleaning things up in the garden and landscape:

1. After the first hard freeze, remove non-hardy annuals and cut back perennials to near ground level. The removed plant material can be placed in the compost bin.
2. Clean up around fruit trees by raking leaves and removing dried fruit. This will help control several diseases and insects.
3. Remove and destroy bagworm cases from evergreens. The cases contain eggs which will hatch in spring to produce next year's population.

Fall is the best time to apply fertilizer to woody plants. It is best to wait until the plants are dormant so don't apply fertilizer before late October. Dividing the fertilizer application into two or three parts is a good idea. Apply 1/3 in late October, 1/3 in November and the final 1/3 in December. Altogether you should apply 2-3 pound of Nitrogen per 1000 square feet.

Fall is also the time to apply fertilizer to your lawn. Lawns need a fall nitrogen application every year. Apply 1 to 1 ½ pounds of nitrogen per 1000 square feet of lawn. This would equal around 4 pounds of ammonium nitrate (34-0-0) fertilizer per 1000 square feet or 3 pounds of urea 46-0-0 fertilizer per 1000 square feet.

There are several blends of nitrogen based fertilizer. The first number is the percent of nitrogen in the blend. To figure how much you need to apply use the simple math formula below. Pounds of actual nitrogen needed divided by % nitrogen available in the fertilizer X 100.

Ex. 1.5 pounds of nitrogen needed per 1000 square feet. Fertilizer blend is 46-0-0.
 $1.5 / 46 = .032 \times 100 = 3.2$ pounds of 46-0-0 fertilizer needed per 1000 square feet.

If you need assistance calculating the amount of fertilizer needed, give me a call.
Happy Gardening!

**WHAT WILL HAPPEN TO YOUR PROPERTY WHEN YOU PASS?
DON'T LET IT FALL INTO HEIRSHIP!
COME WRITE YOUR WILL!**

WILL & HEIRSHIP CLINIC [FREE]

WEDNESDAY, OCTOBER 9TH// 9:30 AM - 2:30 PM

**LOCATION: PERRY COUNTY EXTENSION OFFICE,
933 PERRY PARK ROAD, HAZARD, KY 41701**

Livelihoods Knowledge Exchange Network (LIKEN) has partnered with the Perry County Cooperative Extension Office to offer a **FREE will-writing clinic and information session in Hazard, KY.** Come sit down with a lawyer and prepare your will and learn about heirs' property! Scan the QR code on the reverse side of this flyer to save a time slot for yourself!

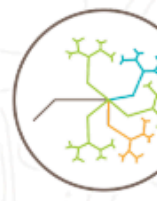
WHAT TO EXPECT

Participants will have the opportunity to sit down with a lawyer to write or revise their will for absolutely no cost. Come prepared to discuss all of your assets and what should be done with your belongings when you pass away. Bring your ID and a current will if you have one.

This event will also feature a recurring presentation on property inheritance, or **"heirs' property,"** and a **FREE legal services** program we are offering to heirs' property owners. Heirs' property is land that is inherited by multiple family member and owned collectively but without a "clear title." Not having a clear title limits what you can do with a property and makes it vulnerable to being taken by real estate developers and investors. LIKEN is offering a free program to help heirs' property owners acquire a clear title to their family-owned land.

Scan for registration and more info!

CONTACT



Kevin Slovinsky
Director of Land and Revenues
LIKEN's Land & Revenues Program
Email: kslovinsky@likenknowledge.org
(859) 279-2152



likent.net/AppalachianHeirsProperty

ROBINSON CENTER FIELD DAY

**THURSDAY, OCTOBER 3, 2024
4 PM-7:00 PM EST**

**AT THE ROBINSON CENTER
130 ROBINSON RD, JACKSON, KY**

FREE EVENT FOR ALL AGES | MEAL PROVIDED

JOIN US FOR **FREE FARM TOURS, DEMONSTRATIONS, AND WORKSHOPS.**
ATTENDEES CAN MAKE AND TAKE HOME THEIR OWN CUTTING BOARD!



FAMILY & CONSUMER SCIENCE



Welcome to October!

This month, we're featuring a delicious new recipe, Sweet Potato Hash, perfect for cozy fall mornings or a hearty side dish. Our *Money Wise* article dives into practical tips for extending the life of your wardrobe by Caring for Your Clothing – a great way to save money and keep your favorite pieces looking fresh.

Additionally, our *Health Bulletin* explores the power of storytelling in caregiving and how it can enhance emotional connections and well-being.

A friendly reminder that it's enrollment time for the Perry County Homemakers! Even current members need to re-enroll and pay the \$10 dues to continue enjoying all the great benefits of being part of this wonderful community.

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

Kelsey Sebastian

OCTOBER 2024

- Upcoming Events
- Homemaker Applications
- New Recipe
- Health Bulletin
- Money Wise



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

This Month's Events

Charity Sewing - First Monday of the Month

The next date is Monday, October 7th upstairs in the Perry County Extension Service office building at 9 a.m.

Perry County Homemakers Meeting - First Monday of the Month

The next Homemaker Meeting will be Monday, October 7th at 12 p.m. This meeting will be followed by a KEHA Leader Lesson led by Kelsey Sebastian. This month's lesson is Communication Essentials for Good Impressions, and we will take a closer look at the importance of putting our best foot forward in every situation! *Call the office at 606-436-2044 by October 3rd to register and be included in the food headcount.*

Cooking Through the Calendar - Once a Month

Cooking Through the Calendar explores new recipes each month. This month's class will be October 9th at 1 p.m., and we'll make and sample some Sweet Potato Hash. *Please register by October 4th.*

Quilt Guild Meeting - Second Monday of the Month

The next Quilt Guild Meeting will be October 22nd at 10 a.m. Please contact Charlinda Fugate with any questions.

Open Sewing Day - Second Friday of the Month

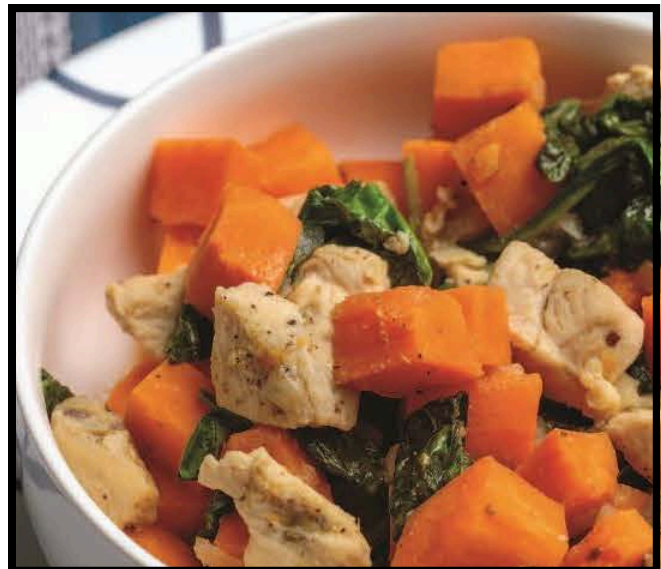
Feel free to catch up on quilt blocks or personal projects. This is open to anyone! October 11th from 9 a.m. to 12 p.m.

"Sew" Simple - Third Tuesday of the Month

Join Master Clothing Volunteer, Nancy Pratt, as she leads us in making an adorable Fall Owl Pincushion. This class will be held on October 15th beginning at 9 a.m. *You must register by October 8th!*

Bingocize - Dates Vary Month to Month

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Come to 16 or more sessions and receive a prize pack upon completion. Check the calendar for upcoming dates and times!



This Month's Events

Cultural Passport Program - Once a Month

Join us on as we explore different holidays, cultures, and countries! Each month, we'll dive into fascinating details and delicious recipes from around the world. You'll receive a special passport book to collect stamps along the way! Complete every cultural adventure with us, and you'll earn a fun reward at the end of the year. In October we will take a closer look at New Zealand! This class will be on October 22nd at 1 p.m. *Please register by October 18th!*



Quicksand Area Annual Homemaker Meeting

Plan to attend the Quicksand Area Annual Meeting with us at the Letcher County Extension Office! Save the date for October 24th. Meal cost is \$15 with your choice of meat and dessert. Call our office to register today!



Wits Workout - Twice a Month

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month, with the October dates being October 9th and October 15th at 1 p.m. in the Annex building.

Senior Citizen Cooking Classes

Join our fun and interactive class to learn how to create delicious, homemade meals. Whether a novice or an experienced cook, you'll enjoy crafting these meals.

Classes Available:

Letcher Co Extension Office -
September 24 and 30 (available to Letcher & Knott Co)

Wolfe Co Extension Office -
October 14 and 23 (available to Wolfe, Lee, Owsley Co)

Perry Co Extension Office (Annex Building) - October 16 and 18 (available to Perry, Leslie and Breathitt Co)

For more information on classes please call your local senior center or KRADD 606-436-3158.

See you there!



WITS WORKOUT

An Interactive Brain Health Program

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: October 9th & 15th

Time: 1:00 p.m.

Where: Perry County Extension Service
933 Perry Park Road, Hazard, KY 41701

Register: call (606) 436-2044

Led by: Kasey Sebastian, Perry County Cooperative Extension

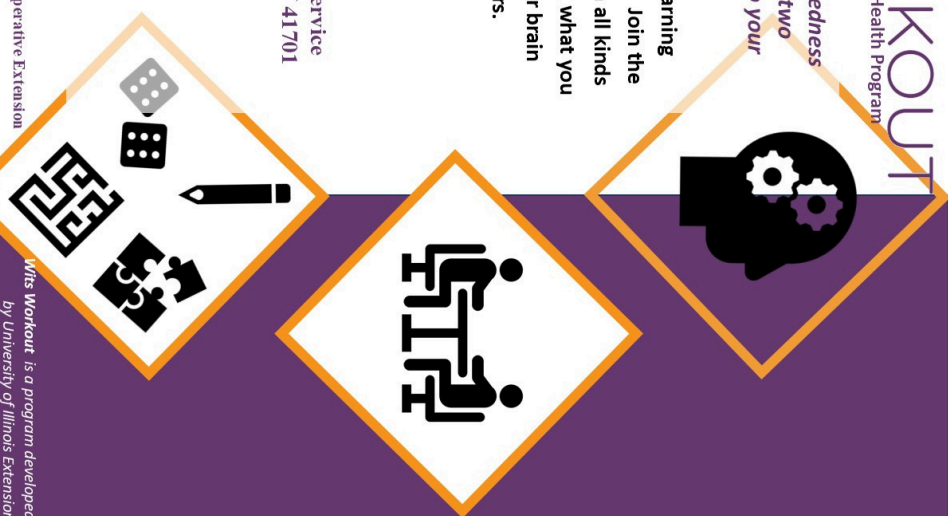
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Lebanon, KY 40506



 Disabilities accommodated with prior notification

Wits Workout is a program developed by University of Illinois Extension





BINGOCIZE

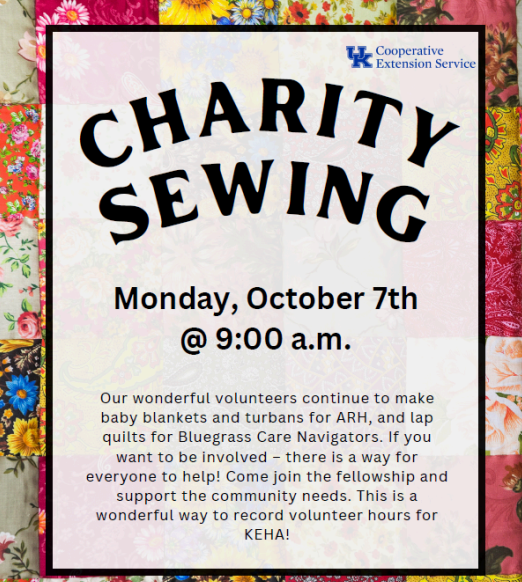
Wednesday,
October 9th
&
Monday,
October 21st




COOKING THROUGH THE CALENDAR

Sweet Potato Hash

Join us on October 9th at 1 p.m. As always, this class will be held at the Perry County Extension Office, and is free of charge. To register, call the office at 606-436-2044.



CHARITY SEWING

Monday, October 7th
@ 9:00 a.m.

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. If you want to be involved - there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

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OPEN SEWING

Friday, October 11th
9:00 a.m. - 12:00 p.m.

Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of your sewing needs. Open to anyone! Sewing machines available on site.



PERRY COUNTY Homemaker MEETING

Call to register at 606.436.2044
October 7, 2024
@ 12:00 p.m.
933 Perry Park Road, Hazard



Quilt Guild Meeting

October 22nd @ 10 a.m.

Remember the days of the Perry County Quilt Guild? We are bringing it back! Contact our office or Charlinda Fugate for more information!
606-438-2369

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“SEW” SIMPLE

The third Tuesday of the month we will host Sew Simple, where we create different sewing projects.

Master Clothing Volunteer Nancy Pratt will be leading you in making a wallet. Pre-registration is required!

October 15th @ 9:00 a.m.



October's Cultural Passport Program:

New Zealand

THIS MONTH WE'LL EXPLORE THE CULTURES AND TRADITIONS OF NEW ZEALAND AND THE MAORI PEOPLE!

OCTOBER 22ND @ 1 P.M.
CALL 606-436-2044 TO REGISTER



October's Cultural Passport Program:

New Zealand

THIS MONTH WE'LL EXPLORE THE CULTURES AND TRADITIONS OF NEW ZEALAND AND THE MAORI PEOPLE!

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Date: _____

Enrollment Form for

_____ **Perry** _____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-HispanicGender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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 to 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: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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Appendix 11
June 2022

Annual Dues: \$10

Make checks payable to Perry County Homemakers

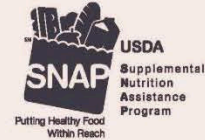
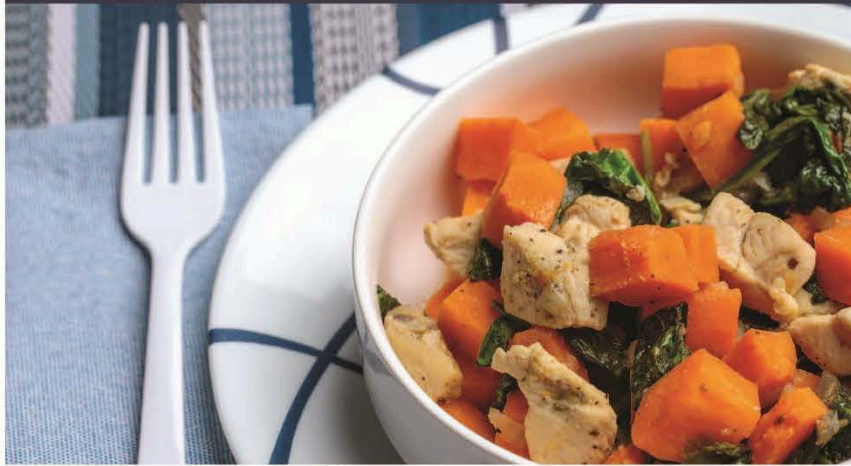


Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Sweet Potato Hash



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

- 2 tablespoons olive oil
 - 1 medium onion, diced
 - 1 teaspoon salt
 - 1 1/2 teaspoons dried oregano
 - 3/4 teaspoon black pepper
 - 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
 - 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
 - 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
 - 4 ounces baby spinach (about 4 cups)
 - 2 tablespoons apple cider vinegar
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
 4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
 5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
 6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
 7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
 8. Refrigerate leftovers within 2 hours.

Nutrition facts

per serving:
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:

Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

Makes 8 servings

Serving size: 1/8th of recipe

Cost per recipe: \$14.17

Cost per serving: \$1.77

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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>

NAME County
Extension Office
000 Street Road
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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>

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STORYTELLING ENHANCES CAREGIVING

THIS MONTH'S TOPIC

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.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

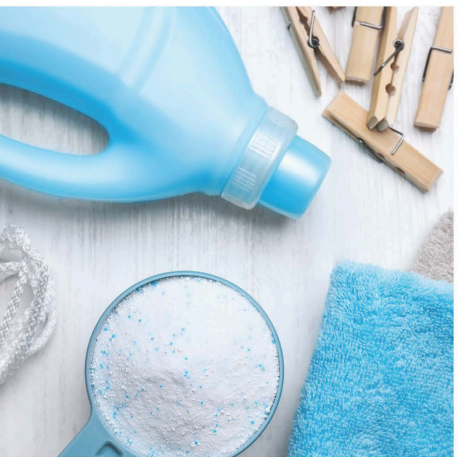
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

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.

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>

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Newsletter

October 2024



Hello Perry County!

My name is Jacob Singleton, and I am thrilled to introduce myself as your new 4-H Agent! As a proud resident of Perry County, I am excited to serve this wonderful community and am dedicated to empowering youth through hands-on learning and opportunities that foster leadership and civic engagement.

I received my bachelor's degree in Agriculture from Morehead State University in 2021, and for the past three years, I have had the privilege of working as the Program Assistant for 4-H Youth Development in Breathitt County. I hope to help all youth discover their passions and build the lifelong skills they need to succeed in both college and their future careers.

I look forward to collaborating with all of you to create meaningful experiences that inspire curiosity, nurture leadership skills, and encourage a lifelong love for learning. I can't wait to meet everyone and explore the wonderful projects and activities that 4-H has to offer. Please feel free to reach out if you have any questions or ideas—I'm here to listen and collaborate.

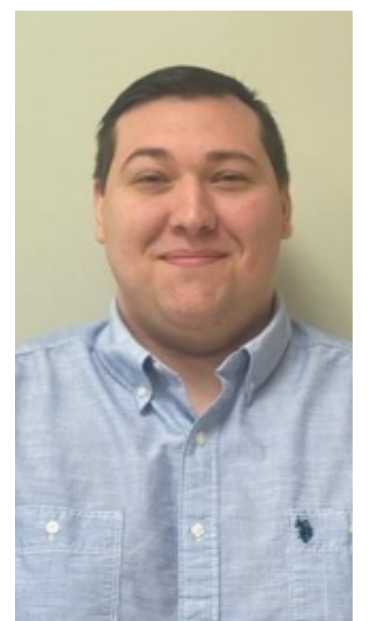
Let's "Make the Best Better" together!

Jacob Singleton

County Extension Agent
4-H Youth &
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THIS MONTH:

- Welcome Our New 4-H Agent!
- Looking to Build Leadership Skills
Join a 4-H Club



4-H Exclusive

Looking to Build Leadership Skills? Join a 4-H Club

Kentucky 4-H empowers young people to become leaders. But what does that mean, and how does involvement in 4-H play a part?

True leaders have confidence. They know how to work well with others. They can endure challenges, and they will stick with a job until it gets done. As part of a 4-H club, young people can build and refine all these critical life skills and more.

Through clubs, Kentucky 4-H applies a comprehensive, hands-on approach to learning called Positive Youth Development, which equips young people with guidance, tools, and encouragement, puts them in the driver's seat to make great things happen. As a result, 4-H programs have been shown to make positive, measurable contributions not just to social and emotional growth but also to behavioral and cognitive development of the young people who take part.



A 4-H club is a great way to join other youth in your community who share a common interest in an important field such as natural resources, agriculture, communication and expressive arts, family consumer sciences, health and wellness, leadership, or science engineering and technology.



Today's 4-H clubs can take many forms, based on the needs, interests and enthusiasm of their members. They can include community clubs that meet outside of school hours, in-school clubs that come together when school is in session, or project-based clubs that focus on a specific area of interest. As part of a 4-H club, members elect their own officers and meet throughout the year for a minimum of six hours of educational instruction.

Research on 4-H programs has proven the unparalleled impact of the 4-H experience. According to a 2012 Tufts University study, 4-H members are “four times more likely to give back to their community, two times more likely to make healthier choices, and two times more likely to participate in science engineering and technology programs” than their counterparts who don't participate in 4-H.

For more information about 4-H club opportunities in your community, contact the Perry County office of the University of Kentucky Cooperative Extension Service.



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