Our Homemaker Clubs are beginning the new program year focused on recruiting new members. The **3 for 3 Membership Challenge** encourages each member to recruit for their club and/or members-at-large memberships. If the total county membership increases by 3 for 3 years (2016, 2017 and 2018), Lawrence County will be eligible for a $500 prize drawing in 2019 at the KEHA State Meeting.

But this is not about the prize drawing...this is about reaching others in our community to join a group that offers a vast array of educational/enrichment opportunities to improve quality of life for individuals and families. Dues are only $10 per year. Recruitment brochures are available at the Extension Office. Let’s all join this challenge!

**Fall Homemaker Lessons**

Just a reminder that during the Leadership Toolbox Workshop in August, each club received lessons to present during club meetings as follows:

- **Learn with a Purpose** from the *Kentucky Extension Leadership Development* curriculum
- **Economic Entrees** information and recipes are available for clubs to pick up at the Extension Office for October
- **Focus on Marketing** to recruit new members. Brochures available to use for the 3 for 3 Challenge
- **December** will focus on membership totals and holiday gatherings
Craft Corner Workshops

We appreciate our leaders, like Anita Hankison, for teaching the Autumn Wreath in September.

Jewelry Making
by Peggy Nelson
Tuesday, October 18
Cost: $10
Assorted Colors Available
Upcoming Events

Monday, October 10, 2016
5:00 p.m.
Healthy Living with Diabetes Support Group
Focus on physical activity/therapy by Three Rivers Medical Center Physical Therapy team.

Friday, October 14, 2016
10:00 a.m.
Lawrence County Extension Homemaker Council Meeting

Special Written Assignment: What you value most about being an Extension Homemaker
Bring your written assignment. It will be used as a marketing tool!

(Lunch will be provided)

Tuesday, October 18, 2016
Craft Corner - 9:30 a.m.
Jewelry Making Class - Instructor: Peggy Nelson
Pre-register for this class, so we can order jewelry supplies. You will be making a bracelet.
Fee for workshop is $10.00.

Saturday, October 22, 2016
Northeast Area Extension Homemaker Annual Meeting
Hosted by Johnson County Extension Homemakers
Van will be leaving Lawrence County Extension Office at 9:00 a.m.
Call to reserve your seat in the van.

Thursday & Friday, October 27 & 28, 2016
Master Clothing Volunteers will host Holiday Smorgasbord
(Call the Extension Office for Registration Packet)
Deadline to apply: October 7

Friday & Saturday, November 4 & 5, 2016
Lawrence County Quilted Treasures Guild Holiday Bazaar
Lawrence County Extension Office

Lawrence County Quilted Treasures Guild has been very busy. The guild a wonderful display
during the Heritage Harvest Tour at Catalpa Church. They hosted a mystery quilt workshop on
September 26 & October 3.

Their next meeting will be October 24 at 10:00am at the Extension Office
Join Lawrence County Health Department’s
CDC National Diabetes Prevention Program.
Lifestyle coaches will teach you skills to lose weight and be more
physically active to help Prevent Diabetes or even Reverse Prediabetes.

In person info session Oct 11, 2016
at 5 p.m. at Health Dept.
Come join us or call 606-638-9500.

New series will begin October 18, meeting Tuesdays at 5 pm at the Lawrence Co. Health Department. Classes will hold 16 “weekly” sessions (breaks for holidays/weather) then meet monthly for 6 months. Class size is limited. Must register by October 18. Call for info.
OCTOBER 2016

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

Lawrence County Extension Office
249 Industrial Park Road
Louisa, KY 41230
(606)673-9495
www.lawrence.ca.uky.edu

THIS MONTH’S TOPIC:
THE IMPORTANCE OF STAYING POSITIVE

Did you know there are actually health benefits to being positive? Research has shown that people who are positive and at least once a week keep track of the things they are grateful for had fewer physical complaints than those who did not keep track. Staying positive is an important part of mental health.

Staying positive

When you are positive, it does not mean that you should ignore challenges or tough times, it just means that you should try to see the bright side as much as possible. It may take some time and practice to start thinking more positively. Here are a few ways that you can try:

Continued on the back ➔
Eating healthy foods and staying active on a regular basis will actually make you feel better.

Continued from page 1

- **Write down dreams and goals.** One way to stay positive is to write down your goals and dreams for the future. By writing them down, you are actually setting the groundwork for reaching your goal. Be detailed about what you want and how you think you can reach that dream or goal.

- **Say thank you.** Being thankful and expressing gratitude is an important part of staying positive. You can do this in many ways, including: keeping a journal of things you are grateful for, writing a letter to someone who made a difference in your life, and making an effort to say “thank you” to all people who helped you throughout the week.

- **Avoid worrying.** For some people, worrying is part of everyday life. If you worry a lot, instead of worrying try to find a way to solve the problem that you are facing. You may also try to distract yourself from worrying if it is something beyond your control.

- **Watch out for all-or-nothing thinking.** Remember that if something does not go the way you think it should go, it does not mean that it will always be that way. That one time was that one time. Take steps to have a different outcome if it is something that you can control.

- **Slow down.** Sometimes, when things are moving too fast, we get stressed. With lots of stress we may move towards negative thinking. If you are feeling stressed — whether that is happening while talking, eating, or even rushing around to get something done — take the time slow down. Slowing down will allow you to think clearly about what you need to do.

- **Eat well and stay active.** Did you know that eating unhealthy foods and not being active can actually make you feel worse? That is right! Eating healthy foods and staying active on a regular basis will actually make you feel better.

It can be hard to develop healthy habits like staying positive. Try some of these different ways to stay positive and see how much better you will feel!

**SOURCE:**
http://www.mentalhealthamerica.net/stay-positive
THIS MONTH'S TOPIC:
HOLIDAY SHOPPING ON A BUDGET

Although summer may not seem that far behind us, the holiday season will soon be here! Holidays are often an exciting time of the year. Spending time with family, enjoying time off work, and celebrating with family traditions are enjoyable activities. However, the holidays also can represent added stress due to the crunch on your wallet. Decorations, gifts, and food expenses add up quickly. The months of October, November, and December can be very expensive, in terms of holiday spending.

Holiday shopping can be both a rewarding and stressful experience. Every year, millions of Americans flock to retail and online stores to buy gifts for their family and friends. Unfortunately, poor planning and the pressure to buy the perfect gift often leave many families in debt in the months following the shopping season. If you are worried about overspending this year, the following tips will help you to develop a plan for buying gifts for everyone on your list without breaking the bank.

- Establish a budget. Before you even think about stepping foot in a store, prepare your holiday shopping budget. To do this, make a list of everyone who you are planning to buy for and then determine how much money you are able to spend on each person. No matter how small of a gift you intend to give, it is important to include it in your budget.
• **Use cash.** When doing your holiday shopping, use either cash or debit and avoid using your credit card whenever possible. Using cash or debit forces you to avoid spending money that you don’t have. Additionally, using a credit card most likely means that you will be paying interest on your holiday purchases.

• **Do not open department store credit cards.** When you are at the cash register this holiday season, the sales associate will most likely offer you an attractive discount on your purchase in exchange for opening a department store credit card. However, that discount will quickly disappear if you are not able to pay your credit card balance in full. Keep in mind that these credit cards often come with annual percentage rates of 20% or higher.

• **Do your research.** Prior to heading out to the stores, take advantage of the Internet. If you know exactly what you want to buy, a quick Internet search will provide you with a list of prices for any given item. Keep in mind that many store price match, meaning that if you wish to buy from a particular store, they may be able to match the lowest price offered by their competitor.

• **Start shopping early.** Don’t plan on waiting for the “holiday season” to arrive to start your shopping. You are likely to find great deals all year round if you keep your eyes open. Starting your shopping early will save you money and also cut down on the stress associated with holiday shopping!

• **Track your spending.** Be sure that you keep track of your spending so that you know how much money you have already spent before making additional purchases. This is particularly important for shoppers who like to spread out their holiday shopping over the course of the year.

• **Think about what is important to your family.** Before spending, think about what is important to your family. Holiday traditions such as a big family meal may be more important than being able to give a certain number of gifts.

• **Free gift wrap.** During the holiday shopping season, many retailers offer free gift wrap. Taking advantage of these services will save you money on gift wrapping supplies at home and time.

• **Do it yourself!** If you are feeling creative, consider making do-it-yourself gifts for family and friends. Do-it-yourself gift wrap using supplies such as newspaper or paper grocery bags is also a great way to save money during the holiday season.

Keep these tips in mind before your next holiday shopping outing. Remember that it is important to budget and prioritize your holiday spending. Take a moment to think about what is really important to you during the holiday season and enjoy your family and friends!

Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences, University of Kentucky

Jennifer Hunter, Ph.D., Associate Extension Professor Family Financial Management, University of Kentucky Cooperative Extension Service, (859) 257-3290; jhunter@uky.edu

Stock images: 123RF.com

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## October 2016

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### Schedule of Events

- **October 1** - Mountain Ag Field Day, Jackson KY
- **October 3** - Quilt Guild Workshop, 10:00 a.m., Extension Office
- **October 6** - Fallsburg Homemaker Club Meeting, 11:00 a.m., Extension Office
- **October 10** - Diabetes Support Group Meeting, 5:00 p.m., Extension Office
- **October 11** - Sunshine Homemaker Club Meeting, 10:00 a.m., Extension Office
- **October 14** - Lawrence County Homemaker Council Meeting, 10:00 a.m., Extension Office
- **October 17** - Dennis-Green Valley Homemaker Club Meeting, 5:30 p.m., Extension Office
- **October 18** - Craft Corner, 9:30 a.m., Extension Office
- **October 22** - Northeast Area Annual Homemaker Meeting, Paintsville, KY
- **October 24** - Quilted Treasures Quilt Guild Meeting, 10:00 a.m., Extension Office
- **October 27** - 28 - MCV Holiday Smorgasbord, Lawrence County Extension Office
Building Strong Families
In Lawrence County