## FARM & FAMILY: **GROWING TOGETHER**





**Lawrence County** 294 Industrial Park Rd. Louisa, KY 41230 Phone: (606) 673-9495 Fax: (606) 673-9498 extension.ca.uky.edu





As we welcome October, our Extension programs are in full swing! The 4-H program year for 2024-2025 has officially kicked off, and we're excited to continue bringing educational opportunities into our local schools. We're also starting a new year for after-school clubs, including the brand-new Junior Homemakers Club, where members will learn life skills like cooking, sewing, and community service. See the flyer for details!

In Agriculture & Natural Resources (ANR), we're launching a new Hiking Club for those looking to explore local trails and enjoy the outdoors. See the flyer for details and locations!

Join us this season—there's something for everyone!

Warm regards,

Maelyn Dotson + Lane Hall

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Facebook: @LawrenceCounty4-H @LawrenceCountyCooperative

ExtensionService



**Maelyn Dotson** maelyn.dotson@uky.edu **County Extension Agent** for 4-H Youth Development

**Lane Hall** lane.hall@uky.edu **County Extension Agent** 

for Agriculture and Natural Resources

Cooperative **Extension Service** 

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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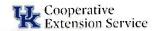
## **EXTENSION EVENT CALENDAR**

note: look for event flyers for location/registration details

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	HIKING CLUB (SEE FLYER FOR DETAILS & LOCATION) FARMER'S MARKET 9:00-12:00	BEEKEEPERS 6:00	4	5 FARMER'S MARKET 9:00-12:00
6	7	JR. HOMEMAKER CLUB 6:00PM MASTER GARDENERS 6:00PM	SUNSHINE HOMEMAKERS 10:00 FARMER'S MARKET 9:00-12:00	FALLSBURG HOMEMAKERS 11:00AM CLOVERBUD CLUB 5:30	11	NORTHEAST AREA ANNUAL HOMEMAKER MEETING 11:00 @ COMMUNITY CENTER  FARMER'S MARKET 9:00-12:00
13	DIABETES SUPPORT GROUP 5:00PM	15	16 FARMER'S MARKET 9:00-12:00	HORSE/LIVESTOCK CLUB	18	FARMER'S MARKET 9:00-12:00
20	Dennis-Green 21 Valley Homemaker Meeting 5:30PM	22	23 FARMER'S MARKET 9:00-12:00	24	25 FARM & HOME FIELD DAY	FARMER'S MARKET 26 9:00-12:00
27	QuiltGuild 10:00AM	29	30 FARMER'S MARKET 9:00-12:00	31		

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# FARM & HOME FIELD DAY

OCTOBER 25, 2024

LC EXTENSION OFFICE

REGISTRATION AND BOOTHS OPEN @ 5:00P.M.

Demonstrations, exhibits, kids games, dessert contest, educational booths, and more!

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## HARVEST MOON GALA 2024





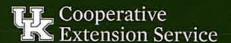












LAWRENCE COUNTY

# HIKING CLUB









#### **KICK OFF - OCTOBER 2ND**

@ THE STORYBOOK TRAIL

5:00P.M.

October 19 October 29 November 6

November 16 November 28 @Mary Ingels Trail System

@Haunted Trail

@Nature Trail

@State Park Campround
@Turkey Trot at LCHS Track

10:00a.m.

5:00p.m.

5:00p.m.

10:00a.m.

8:00a.m.

Cooperative Extension Service

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For more information please call: 606-673-9495

## FAMILY & CONSUMER SCIENCES



# FAMILY & CONSUMER SCIENCES

# PEOPLE & PARENTS

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

The term "work-life balance" seems simple. However, for some people, especially parents, we have a challenging time figuring out the "balance" part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there's hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids' sports, date nights, family time, homework time, etc.).
- Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- Stay connected. Even if you travel a lot for work, you
  can still see and talk to each other. Make the time to
  stay connected (facetime, emails, texting, writing
  letters, having conversations, etc.).
- Don't waste time staring at your screen. It can be addicting with today's technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

Contact your local Lawrence County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

## 4-H YOUTH DEVELOPMENT







LIFESKILLS, COOKING, SEWING, & MORE!
GRADES 4-8 ~ 6:00PM

October 8th November 12th January 14th February 11th March 11th







#### Lawrence County 4-H Livestock & Horse Club

HORSE & LIVESTOCK CLUBS WILL MEET AT 6:00PM @ LAWRENCE COUNTY EXTENSION OFFICE

**MEETING DATES:** 

OCTOBER 17TH

**NOVEMBER 21ST** 

JANUARY 16TH

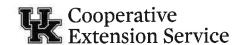
**FEBRUARY 20TH** 

MARCH 20TH

APRIL 17TH



I pledge
my HEAD to cleaver thinking,
my HEART to greater loyalty,
my HANDS to larger service,
and my HEALTH to better living,
for my club, my community,
my country and my world.



#### ADULT

# **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

#### THIS MONTH'S TOPIC

### HOW IS YOUR HEALTH LITERACY?



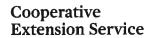
Lexington, KY 40506

appy Health Literacy Month! You might have heard about "health literacy" before, as it has become a hot-button topic in the past few years. Or maybe, this is your fi rst time hearing the term. That's OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term "health literacy" refers to a person's ability to fi nd, understand, and use information and services to make choices related to their overall well-being. To unpack that defi nition further, let's break it down.

 Finding health information: Do you know where to go to fi nd reliable, up-todate health information? Do you feel like you can ask your doctor or other healthcare provider questions that you have?

Continued on the next page





Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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







#### Continued from the previous page

- Understanding health information: When you read health information, does it make sense?
   Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- Using health information and services: Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

#### REFERENCE:

https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy



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