

# FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER  
OCTOBER EDITION

 Cooperative  
Extension Service



Lawrence County  
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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*

Facebook:  
@LawrenceCounty4-H  
@LawrenceCountyCooperative  
ExtensionService



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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.  
Lexington, KY 40505



Disability  
accommodated  
with prior notification.

# EXTENSION EVENT CALENDAR

**note: look for event flyers for location/registration details**

october  
2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 HIKING CLUB (SEE FLYER FOR DETAILS & LOCATION) FARMER'S MARKET 9:00-12:00	3 BEEKEEPERS 6:00	4	5 FARMER'S MARKET 9:00-12:00
6	7	8 JR. HOMEMAKER CLUB 6:00PM MASTER GARDENERS 6:00PM	9 SUNSHINE HOMEMAKERS 10:00 FARMER'S MARKET 9:00-12:00	10 FALLSBURG HOMEMAKERS 11:00AM CLOVERBUD CLUB 5:30	11	12 NORTHEAST AREA ANNUAL HOMEMAKER MEETING 11:00 @ COMMUNITY CENTER FARMER'S MARKET 9:00-12:00
13 DIABETES SUPPORT GROUP 5:00PM	14	15	16 FARMER'S MARKET 9:00-12:00	17 HORSE/LIVESTOCK CLUB 6:00	18	19 FARMER'S MARKET 9:00-12:00
20 Dennis-Green Valley Homemaker Meeting 5:30PM	21	22	23 FARMER'S MARKET 9:00-12:00	24	25 FARM & HOME FIELD DAY	26 FARMER'S MARKET 9:00-12:00
27 QuiltGuild 10:00AM	28	29	30 FARMER'S MARKET 9:00-12:00	31 HAPPY HALLOWEEN		

# 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!

Cooperative Extension Service  
Agriculture and Natural Resource  
Family and Consumer Sciences  
& Youth Development

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Agricultural programs of University of Kentucky Extension Service assist all people regardless of race or social class and of sex discrimination in the fields of education, training, research, extension, and other related activities. Special assistance is provided for people with disabilities. Information on accessibility of facilities may be available with your county Extension office or the University of Kentucky, University of Kentucky, U.S. Department of Agriculture and National Extension Cooperative.



## HARVEST MOON GALA 2024



LAWRENCE COUNTY

# HIKING CLUB



## KICK OFF - OCTOBER 2ND

@ THE STORYBOOK TRAIL 5:00P.M.

October 19	@Mary Ingels Trail System	10:00a.m.
October 29	@Haunted Trail	5:00p.m.
November 6	@Nature Trail	5:00p.m.
November 16	@State Park Campground	10:00a.m.
November 28	@Turkey Trot at LCHS Track	8:00a.m.

# FAMILY & CONSUMER SCIENCES



**UK Cooperative Extension Service**

## 2024 FIELD DAY Dessert Contest

All desserts must be submitted by:  
4:30p.m.

Friday, October 25, 2024  
LC Extension Office

CATEGORIES:

- Scratch dessert
- Box dessert
- Youth/4-H
- KY Proud

Cooperative Extension Service  
Agriculture and Natural Resources  
Public and Consumer Sciences  
620 South Evansville  
Community and Economic Development

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Educational programs of Martin Gattton College are developed in accordance with the needs of the state and the nation and are designed to provide the highest quality of education in agricultural and related fields. The college is committed to providing a high quality education for all students and to providing a high quality education for the state and the nation. The college is committed to providing a high quality education for all students and to providing a high quality education for the state and the nation. The college is committed to providing a high quality education for all students and to providing a high quality education for the state and the nation.



# FAMILY & CONSUMER SCIENCES



## EASY WORK-LIFE BALANCE TIPS FOR 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



Lawrence County  
 4-H  
**CLVERBUDS**  
 A place for those "Not quite 4H'ers"  
 ages 5-8!  
 Fun, Music, Learning and all the  
 things Cloverbuds Love!

October 10th  
 November 14th  
 January 9th  
 February 13th  
 March 13th  
 April 10th

Contact Maelyn Dotson: 606-673-9495  
 maelyn.dotson@uky.edu  
 249 Industrial Park Rd, Louisa, KY  
 41230

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENTAL SCIENCE



Cooperative Extension Service

## Lawrence County JUNIOR HOMEMAKERS

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

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



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



ANY QUESTIONS, CONTACT MAELYN DOTSON  
 606-673-9495 MAELYN.DOTSON@UKY.EDU

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?



**H**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 first 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 find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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Disabilities accommodated with prior notification.



Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

➔ **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>

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**ADULT**  
**HEALTH BULLETIN**

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