

# FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER  
AUGUST EDITION

 Cooperative  
Extension Service



Lawrence County  
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# AUGUST 2025

As we wrap up summer, the Lawrence County Extension Office is gearing up for a new season full of opportunities! Be on the lookout for details about two big events coming up in September — our Farm & Home Field Day, which will be held at Creekside Cabins in Fallsburg, and the annual Harvest Moon Gala, our fundraiser dinner supporting 4-H and FFA. We're excited for what's ahead and hope to see you there!

Warm regards,

*Maelyn Dotson, Lane Hall, & Deana West*

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Facebook:

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Agriculture and Natural Resources  
Family and Consumer Sciences

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# EXTENSION EVENT CALENDAR

august  
2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	Farmer's Market 9:00am
3	4	5	Farmer's Market 9:00am Homemakers Council 3:15 pm	LC Beekeepers	Hike & Learn @9:00	Farmer's Market 9:00am
10	Diabetes Support Group 5:00pm	Master Gardener 6:00pm District Board Meeting 4:30pm	Sunshine Homemakers 10:00am Cooking through the Calendar 12:00pm Farmer's Market 9:00am	Fallsburg Homemakers 11:00am	15	Farmer's Market 9:00am
17	Dennis-Green Valley 5:30pm	Embroidery 101 5:30-6:30 pm	Farmer's Market 9:00am	21	22	Farmer's Market 9:00am
24	Quilt Guild 10:00am HBCA @6:00	26	Farmer's Market 9:00am	28	29	Farmer's Market 9:00am
31						





# HIKE & LEARN

**EVERY 2ND FRI.**

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## DISCOVER NATURE'S BEAUTY WITH US

Join our Hiking Club for a unique opportunity to explore nature, learn valuable hiking and camping skills, and have an unforgettable adventure.

ALL skill levels are welcome.




Every 2nd Friday at 9:00 a.m.

August 8th @ 9:00a.m. - Meet at the Greenbrier Boat Ramp.

**REGISTER HERE**



 606-673-9495

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4-H Youth Development  
Community and Economic Development

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Disability  
accommodated  
with prior notification





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Johnson  
County



# Highlands Beef Cattle Association Meeting

## Guest Speakers

Dr. Jessie Lay UK  
Dr. Sarah Carr KSU

## Topic

Blackleg and Essential Herd Vaccinations

**August 25<sup>th</sup> @ 6PM**

Johnson County Extension  
Office

826 FM Stafford Ave  
Paintsville, KY, 41240

✱ This class meets CAIP education  
requirements ✱



**Meal will be provided**



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Disabilities

## MONEY FOR FARM IMPROVEMENTS



KENTUCKY AGRICULTURAL  
DEVELOPMENT FUND

### Eligible Incentive Areas:

Agricultural Diversification  
AgTech & Leadership Development  
Large Animal - Small Animal  
Farm Infrastructure  
Fencing & On-Farm Water  
Forage & Grain Improvement  
Innovative Ag. Systems  
On-Farm Energy  
Poultry & Other Fowl  
Value Added & Marketing

### Administered by

Lawrence County Conservation District  
87 Deer Lick Branch Road  
Louisa, KY 41230  
(606)673-3800  
lccdlist@foothills.net

## COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

Applications are available for Lawrence County's CAIP to assist farmers in making important farm improvements.

### Application Period:

July 23, 2025 through August 12, 2025

**No applications will be accepted before  
July 23 or after August 12**

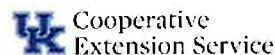
### Application Availability:

Lawrence County Conservation District  
87 Deer Lick Branch Road, Louisa KY 41230  
Monday – Thursday (8:30 a.m. – 3:30 p.m.)

### For More Information:

Contact Kelli Hanshaw at (606)673-3800 or email  
lccdlist@foothills.net

All applications are scored, based on the scoring criteria  
set by the Kentucky Agricultural Development Board.



# FARM & HOME FIELD DAY

SEPTEMBER 26, 2025

CREEKSIDE CABINS

FALLSBURG, KY

REGISTRATION AND BOOTHS OPEN @ 4:30 P.M.

FREE EVENT FOR THE PUBLIC

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





Every Tuesday  
6:00pm-9:00pm

Dinner will be served.

# September 2nd-November 11th

\*Make up dates TBD

Lawrence County Extension Office  
249 Industrial Park Rd  
Louisa, KY 41230

- Basic Botany
- Soils & Fertility
- Plant Propagation
- Vegetable Gardening
- Pesticide & Composting
- Plant Pathology
- Home Lawn Care
- Entomology
- Small & Tree Fruits
- Woody Ornamentals
- Annual Perennial Flowers

\$60 per person.  
Covers all meals &  
materials for  
entire course.

**RSVP 606-673-9495**

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† Present address: Department of Psychology, University of California, San Diego, La Jolla, CA 92037, USA.



# SEED LIBRARY

Borrow Grow Share

## HOW TO USE THE SEED LIBRARY:



1

The first time you use the seed library, please fill out the membership form and put it in the Seed Library binder.

2

Check out the seeds for free! Please only take 4 packets biweekly to be sure there are plenty for the rest of the community.

3

Return seeds by donating extra from store-bought packets, OR by collecting seeds from what you grow! Donations are accepted at front desk.

4

Please help us track seed library use by recording the seeds you check out and return on your "Member's Seed Record" form in the binder.





# FAMILY CAREGIVER HEALTH BULLETIN

*Family and Consumer Science*

**AUGUST 2025**

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)

Lawrence County Extension Office  
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Louisa, KY 41230  
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## THIS MONTH'S TOPIC

## CREATING A LONGEVITY PORTFOLIO



**S**imply put, longevity refers to a long life. Genetics, environment, and lifestyle all play a part in how long we live. Research shows that taking care of your body plays a vital role in living longer and staying healthy. When asked if you want to live to 100, many people say yes ... if they can be 100 and healthy and of sound mind. To nurture health and well-being over time, Ramsey Alwin, the president and CEO of the National Council on Aging, stresses that people need to create a longevity portfolio. A longevity portfolio is a survey of assets that are critical to aging well.

According to Ramsey, a longevity portfolio should include information about "health, skills and work options, relationships and social connections, community resources and finances." Alwin believes that starting and supporting these assets is vital to longevity and personal resilience.

**Continued on the next page** ➔

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## Health

- **Nutrition and hydration.** Doctors from Harvard Health say plant-based, Mediterranean diets that include vegetables, fruits, nuts, whole grains, legumes, and fish support overall cell health and longevity. Staying hydrated is needed for the body to function efficiently. Hydration supports longevity by aiding brain health, muscle and joint function, energy levels, skin health, digestion, nutrient absorption, and circulation.
- **Physical activity.** Moving more and sitting less supports overall health and well-being. Being active also decreases your risk of chronic disease and conditions. According to the CDC, the physical activity guideline for adults is to get at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous movement or an equivalent combination of both. Adults should also try to strength train at least two days a week.
- **Don't smoke and limit alcohol.** Smoking shortens lifespans. Too much alcohol increases risks of disease and serious accidents.
- **Sleep.** People who get quality sleep tend to live longer than those who do not. According to Harvard Health, poor sleep can raise the risk of chronic health problems. Sleep experts advise adults to sleep between seven to nine hours a night.

## Skills and work options

- **Think positively.** The right outlook helps longevity.
- **Learn new skills.** Cycling in and out of jobs, careers, and the workforce will continually require new skills, which also contribute to job satisfaction and a sense of purpose.

## Relationships, social connections, and community resources

- **Socialization.** Meaningful social connections and active social lives are linked to longer and healthier lives, according to Harvard Health. When life happens — job transitions, loss, grief, health issues, celebrations, etc. — it is the love and support of friends and family who help get you through the good and bad times. Such social support has positive effects on overall physical and mental health.
- **Community involvement.** Being a part of a community is a social activity that supports a

sense of belonging, purpose, and accountability. It can provide cognitive stimulation. Being a part of a community can motivate you to embrace a healthy lifestyle. A strong community can also provide emotional and physical support during life transitions. A network of resources from the community can help you navigate life's ups and downs with greater resilience and improved outcomes.

## Finances

- **Financial well-being.** Maintaining financial well-being for a long life is essential for preserving dignity and ensuring quality of life. When doing the math, be sure to build income that can grow over time and factor in inflation, taxes, fluctuation in investments, and rising health-care costs. Be sure to have a financial strategy that supports your desired lifestyle over time. Keep in mind that what worked in previous stages of life may not apply in old age because of fixed income and health-care needs.

Go over your longevity portfolio and change it when and as needed. Like going to a doctor to make sure you are taking the right steps to be healthy or a financial planner to be sure you are making proper savings or investments, Alwin stresses regular checkups to your longevity portfolio. Make sure you are also paying proper attention to your control over longevity.

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**Stock images:** Adobe Stock



# EMBROIDERY 101

Would you like to learn how to embroider?

This beginner-friendly class will teach you the basics, from setting up your project to creating your first stitches.

No experience needed—just bring your enthusiasm!

## LAWRENCE CO. COOPERATIVE EXTENSION

**Date:**  
**Aug 19, 2025**  
**Time:**  
**5:30-6:30**  
**pm**



**Space is  
limited.  
Call  
673-9495  
to enroll.**

## Supplies Provided!

Come relax, unwind, and start your embroidery journey with us.



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249 Industrial Park Rd, Louisa KY 412310

**Every second 2nd Monday of  
the month---5:00pm**

- ✓ Relaxed, fun group setting
- ✓ Diabetic approved recipes
- ✓ Nutritional Information
- ✓ All ages
- ✓ FREE

**We're Back!**  
Excited to kick-off this  
new year of support!



**Call 606-673-9495 or 606-638-9414 for more information**

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SAVE THE DATE

# Harvest Moon Gala

09.25.2025

LAWRENCE COUNTY EXTENSION OFFICE

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MORE INFORMATION COMING SOON.



THANKS FOR GROWING WITH US  
THIS SUMMER — FALL FUN IS  
JUST AHEAD!

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