

# GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service  
Greenup County  
35 Wurtland Avenue  
Wurtland, KY 41144  
(606) 836-0201  
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extension.ca.uky.edu



Lora Pullin, Greenup County Family & Consumer Sciences Agent

## HOMEMAKERS COUNCIL MEETING OCTOBER 16, 2024

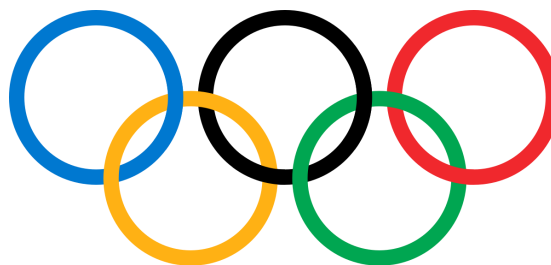
The Greenup County Homemakers Council Meeting will be held at the Extension Office on Wednesday, October 16, 2024. The Executive Committee will meet beginning at 9am in the Conference Room. The Council meeting will begin at 10:00 am in the large meeting room. We understand there will be conflicts but please make every effort for at least one officer from each club to be present. Please come join us as we move forward into the 2024-2025 year.

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## KEHA WEEK OCTOBER 13-19, 2024

Join us in celebrating KEHA week with our theme related to the Olympics! October 13-19, 2024, is Kentucky Extension Homemakers Association Week. Come prepared to share your celebrations and successes from your club at our Homemakers Council Meeting on October 16, 2024. Watch the Greenup County Homemakers Facebook page for fun and interactive games during the week.



Disabilities accommodated with prior notification.

# OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## SCHEDULE OF EVENTS

- Oct 2: Wits Workout– 2-3:30pm @ Extension Office (Registration required)
- Oct 3-5: Old Fashion Days
- Oct 12: NEA Homemaker Annual Meeting– Lawrence County Homemakers Host (Registration Required)
- Oct 16: HM Executive Council Meeting at Extension Office—9am
- Oct 16: HM Council Meeting at Extension Office– 10am
- Oct 16: Wits Workout– 2-3:30pm @ Extension Office (Registration required)
- Oct 26: Cardboard Basket Class – 10am-noon @ Extension Office (Registration required)
- Oct 30:GAP Session 1 (Guardians as Parents) 11:30am @ Extension Office (Registration Required)

### THOUGHT FOR THE MONTH

“Just keep movin down the line. It’s a Long Lonely Highway”  
- Elvis Presley

### ROLL CALL

October is national book month. What is a good book you’ve read recently?



# NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## SCHEDULE OF EVENTS

- Nov 5: Office Closed
- Nov 6: Wits Workout– 2-3:30pm @ Extension Office (Registration required)
- Nov 9: Cornhusk Doll Workshop: 10am-noon @ Extension Office (Registration Required)
- Nov 14– GAP Session 2 (Guardians as Parents) 11:30am @ Extension Office (Registration Required)
- Nov 28 & 29: Office Closed

Looking ahead:

- Dec 3– Decorate Lodge at Greenbo
- Dec 7 & 8— Christmas Open House at Greenbo

## THOUGHT FOR THE MONTH

“And we know what we want and the future is certain. Give us time to work it out.”  
 ~ Ozzy Osbourne

## ROLL CALL

In November we celebrate Thanksgiving. What have you been most thankful for on your personal journey?



**KEHA WEEK:  
DATE TO REMEMBER**

**NEA ANNUAL MEETING**– Lawrence County Homemakers will be hosting the NEA Homemaker Annual Meeting, Saturday, October 12, 2024. If you are unable to attend and won a blue ribbon at our county Cultural arts competition in August, please arrange to drop items off at the Extension Office no later than October 10, 2024.

**2025 State Meeting** – Mark your calendars! The next KEHA State Meeting will take place May 6-8, 2025, at the Hyatt Regency in Lexington. The theme is “Discover KEHA– A.” Northeast Area is the host area. The lodging room blocks are now open for reservations at a group rate of \$149/night (1-2 people; scaled pricing for more people per room). Details and contact information can be found on the [State Meeting](#) webpage.

**KEHA Week Is Coming Soon** – Now is the time to start planning for KEHA Week Oct. 13-19, 2024. Refreshed materials are coming soon to the [KEHA Week](#) webpage. Materials will be based around the theme of the Olympics and emphasizing homemaker teamwork & unity.

**HOMEMAKER DUES**- Dec. 1 – County dues due to the County Treasurer, Lorna Saylor. Dues are \$10.00 per member. One check is to be written per club & mailed with membership cards to the Extension Office c/o Lorna Saylor.

**2024 GREENBO OPEN HOUSE**

It's time to start thinking about our decorating project for the Greenbo Lodge. The theme is “Appalachian Christmas ,” there is no specific color scheme. Please mark your calendars for the dates listed below!

Dates of the Open House are:

- December 3—Decorating of Lodge
- December 7 & 8—Open House
- January 2—Removal of decorating items
- All dates/times are subject to change at this time



# WITS WORKOUT

An Interactive Brain Health Program

 Cooperative  
Extension Service

Greenup County

*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:** Wednesday, September 18 — March 19, 2025 (10 sessions, plan to attend all sessions)- Detailed schedule will be given to all participants upon registration.

**Time:** 2:00—3:15 p.m.

**Where:** Greenup County Cooperative Extension Office

**Register:** (606) 836-0201

**Led by:** Lora Pullin, Family & Consumer Sciences Agent  
Greenup County Cooperative Extension



*Wits Workout is a program developed by University of Illinois Extension*

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Agriculture and Natural Resources  
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4-H Youth Development  
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with prior notification.

**Greenup County Extension Homemakers 2024-2025 Save the Dates**

<b>Date</b>	<b>Activity</b>	<b>Time</b>
8/6/2024	Cultural Arts turn in @Extension office	10 am until noon
8/7/2024	County Wide Kick Off meeting	10 am until noon
8/21/2024	Leader Lessons for Sept, Oct, and Nov @Boyd County	10 am until 2 lunch cost
8/24/2024	Area Toolbox @Boyd County cost \$15	10 am until 2 lunch cost
8/26/2024	Fair Booth Set up @Fairgrounds	10:00 AM
8/27/2024	Exhibit check in at Fairgrounds	9 am to 4 pm
9/1/2024	Fair Booth tear down	2 pm to 3 pm
10/10/2024	If county winner - need cultural arts to take to area	
10/12/2024	Northeast Area Meeting - Louisa community center	
<b>10/16/2024</b>	<b>County wide meeting</b>	<b>10 am to noon</b>
10/26/2024	Cardboard baskets craft session @Extension	10 to noon and 1 to 3
11/9/2024	Cornhusk doll making craft session @Extension	10 to noon and 1 to 3
11/20/2024	Northeast Area Meeting - Louisa Extension	
12/3/2024	Decorate trees at Greenbo	
12/7th & 8th/2024	Greenbo open house and Homemakers Bazar	
<b>1/15/2025</b>	<b>County wide meeting</b>	<b>10 am to noon</b>
3/10/2025	Start taking orders for 4-H Easter Egg sales (goal 500)	
<b>3/19/2025</b>	<b>County wide meeting</b>	<b>10 am to noon</b>
3/19/2025	International Day - Iceland	1 to 3 pm
4/10/2025	Deadline for Easter Egg orders	
4/14/2025	Make Easter Eggs	
4/15/2025	Make Easter Eggs	
4/16/2025	Make Easter Eggs	
4/17/2025	Easter Egg pickup	
4/18/2025	County Wide Meeting - Greenbo	
<b>4/20/2025</b>	<b>Easter</b>	
5/1/2025	If area winner - need cultural arts to take to state	
5-6th -8th 2025	State Meeting - Hyatt in Lexington	
5/10/2024	Ovarian Cancer Garden Party @Extension Gazeboo	4 to 6 pm

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 10

Greenup County Extension Office | 35 Wurtland Ave | Wurtland, KY | 41144 | (606) 836-0201

## 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.

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with prior notification.

## 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>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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**“You do laundry for the people you love, including you.”** says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>. Registration will open on September 26, 2024.

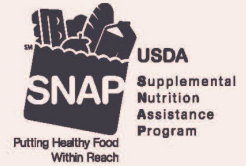
As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

**Registration is required to receive the Zoom link.**

**We will also be hosting a watch party at the Extension Office for the Big Blue Book Club on November 7, 2024 beginning at 6:30pm. Come join us for some fun and fellowship while we enjoy the Big Blue Book Club!**



# 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.

**Makes 8 servings**  
**Serving size: 1/8th of recipe**  
**Cost per recipe: \$14.17**  
**Cost per serving: \$1.77**

**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

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# 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>

Greenup County Extension Office  
35 Wurtland Ave  
Wurtland, KY 41144  
(606) 836-0201

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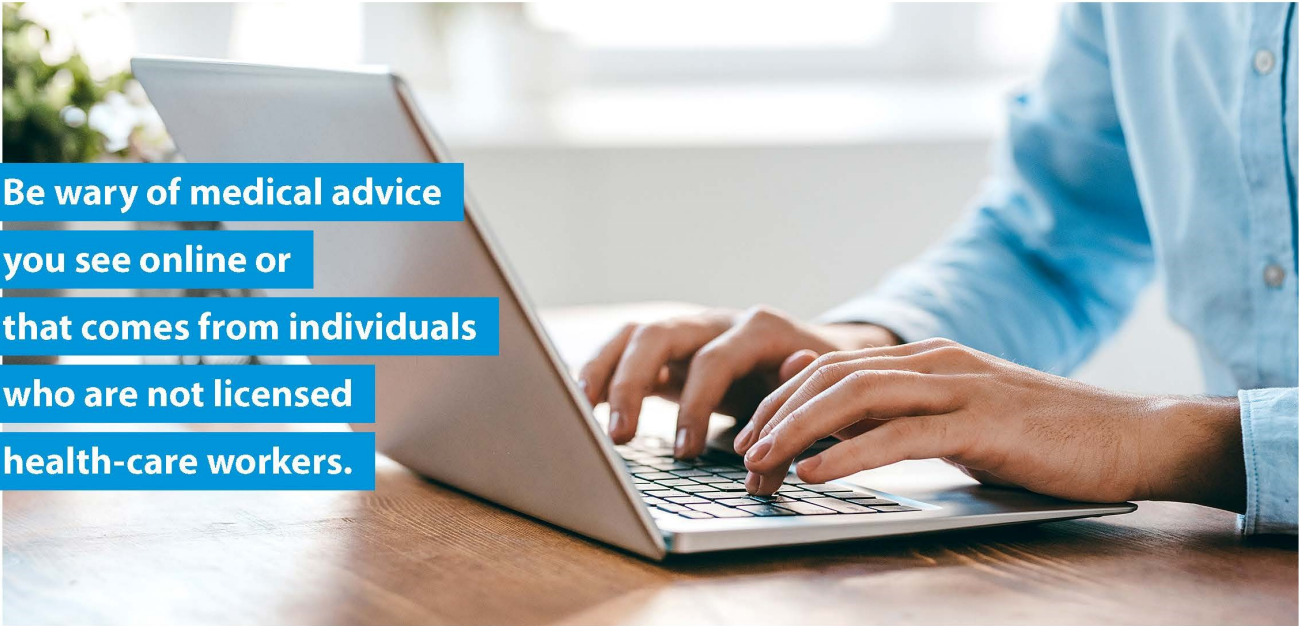
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**Be wary of medical advice  
you see online or  
that comes from individuals  
who are not licensed  
health-care workers.**

→ **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**

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





# JOIN US FOR A DAY OF CELEBRATING HEALTH!

**A free community  
health and wellness  
fair for families**

**11 a.m. to 2 p.m.  
Saturday,  
September 28**

**Camp Landing  
10699 U.S. 60  
Ashland**

- 🍏 Health Screenings
- 🍏 Health Education with over 20 booths
- 🍏 Mental Health education
- 🍏 Petting zoo with 20 animals Sponsored by UK HealthCare
- 🍏 Inflatables Sponsored by Camp Landing
- 🍏 Safety City with helicopter, ambulance & other vehicles
- 🍏 Face painting & smoothie bike
- 🍏 Meet and greet UK's Wally Cat
- 🍏 Walk with a health professional
- 🍏 Backdrop for family photo
- 🍏 Free giveaways for the whole family
- 🍏 Free at-home COVID tests while supplies last
- 🍏 UK-King's Daughters K-9 Team Volunteers, Lakota, Lacy, Dutton & Maverick
- 🍏 Experience "calm down corner" activity by local schools FRYSC
- 🍏 Free transportation via Ashland Bus System every 30 minutes
- 🍏 Much more!!

**THANK YOU** to the River Cities Health Coalition Fund of the Foundation for the Tri-State Community for the generous donation that makes this event possible.

This project is supported by the Kentucky Opioid Response Effort (KORE) through a Substance Abuse and Mental Health Services Administration (SAMHSA) Grant 1H79T1085782.

## SPONSORS





Greenup County Extension Services  
35 Wurtland Avenue  
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

A handwritten signature in cursive script that reads 'Lora B. Pullin'.

Lora Pullin,  
Greenup County  
Extension Agent for  
Family and Consumer  
Sciences

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