

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER

 Cooperative
Extension Service

Fall 2024

WHEN HALLOWEEN GETS TOO SCARY

Spooky decorations and scary costumes can be frightening for children, especially during Halloween. That is why it is important to acknowledge and validate your child's fears rather than dismissing them. To put them at ease, you can start by explaining that these decorations and costumes are meant for fun and aren't real. Show them how costumes are made and allow them to explore the decorations during daylight to help understand these items.

When trick-or-treating, choose familiar areas and consider going out while it's still light. Avoid houses with excessively frightening decorations or loud noises. If your child feels scared, encourage them to take breaks, and never force them to ignore their fears. According to the American

Academy of Pediatrics, these steps can help children feel more secure and enjoy the festivities more comfortably.

Some Halloween decorations and costumes can lead to increased fears and nightmares. Establishing a comforting bedtime routine can help mitigate these issues. Reading a favorite story, using a nightlight, or playing soothing music can create a calming environment for your child.

If your child experiences nightmares, reassure them of their safety. Sit with them, discuss the dream, and help them distinguish between fantasy and reality. Sometimes, drawing the nightmare can help children express and process their fears.

Encourage open communication, letting your child know they can always talk to you about their fears. Avoid minimizing their feelings; instead, offer support and understanding. Role-playing scenarios in which they confront their fears in a safe and controlled way can also build confidence.

By thoughtfully addressing their fears and providing reassurance, parents can help their children navigate spooky situations with more confidence and less anxiety.

References

American Academy of Pediatrics (AAP). (2020). Halloween Safety Tips. Retrieved from [aap.org](https://www.aap.org)
Child Mind Institute. (2024). Taking Halloween by the Horns. Retrieved from <https://childmind.org/article/taking-halloween-by-the-horns/>
Mayo Clinic. (2021). Nightmares: Symptoms and causes. Retrieved from [mayoclinic.org](https://www.mayoclinic.org)

Source: David Weisenhorn, Ph.D., Specialist for Parenting and Child Development

INSIDE THIS ISSUE

Health Bulletin	2-3
MoneyWise	4-5
Club News	6
Canning Basics 101	7
October/November Calendar	8-9



Andrea Slone

Andrea J. Slone
County Extension Agent for
Family & Consumer Sciences Education

Floyd County Extension Service
3490 Ky. Rt. 321
Prestonsburg, KY 41653
(606) 886-2668

Web: [ces.ca.uky.edu/Floyd/
FamilyConsumerSciences](https://ces.ca.uky.edu/Floyd/FamilyConsumerSciences)

Facebook:
www.facebook.com/FloydExt



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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?



Happy 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?

Continued on the next page →



Cooperative Extension Service


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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



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>

**ADULT
HEALTH BULLETIN**

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

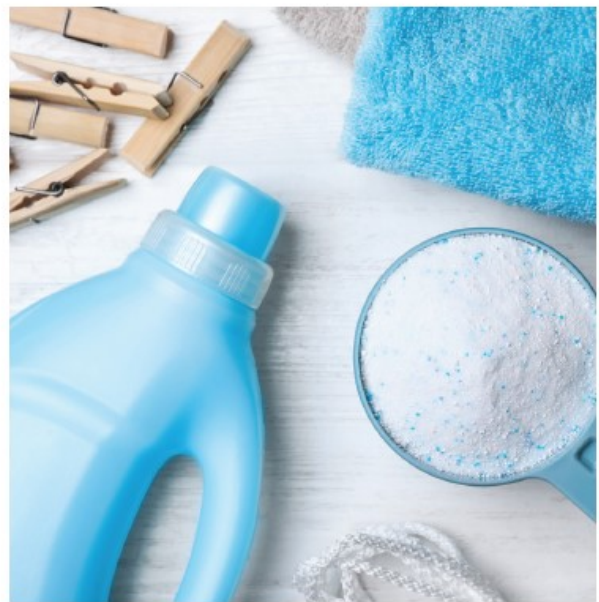
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

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.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



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

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

The 2024-2025 Kentucky Extension Homemaker year is set to start September 2024! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

Facebook: <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on the first Monday of each Month at 11 AM.

Monthly Lesson Topics:

September: Understanding Suicide

October: Addiction 101

November: Pathways to Wellness

January: Indoor Air Quality

February: Move Your Way: Exercise for Everyone

March: Air Fryer

April: Mealtime Rut

May: Grancooks

SAVE THE DATE

October 7, 2024

Allen Homemaker Meeting

October 12, 2024

Northeast Area Annual Homemaker Meeting

October 24, 2024

Lunch & Learn

November 22, 2024

Lodge Tree Decorating

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of October & November From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Woolies

The Woolies will be meet on Second Wednesday of October & November at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

Family & Consumer Sciences Programming

www.facebook.com/floydfcs



Like us on Facebook & stay up to date on FCS programming!



LEARN. LEAD. SERVE.

FLOYD COUNTY EXTENSION HOMEMAKERS PRESENT

Martin Homemaker Club

Floyd County Extension Homemakers are starting a new club in Martin, KY!

FIRST METING:

October 17, 2024

TIME:

10:30 AM

LOCATION:

Martin Church of Christ

360 Stephens Branch, Martin, KY 41649

Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important parts of the meetings. Educational programs are implemented by members of county associations, in cooperation with County Extension Agents, on the basis of the latest research data from the University of Kentucky. County, state and national meetings and workshops provide fellowship combined with concentrated learning opportunities and opportunities to enhance leadership skill.

For more information about Homemakers, please contact the Floyd County Extension Office at (606) 886-2668.



October 2024

Sun Mon Tue Wed Thu Fri Sat

		1	2 <u>Nimble Thimble Quilt Guild</u> 10 AM	3	4	5
6	7 <u>Allen Homemakers</u> 11 AM	8	9 <u>Woolies</u> 10 AM	10	11	12 <u>Northeast Area Homemaker Meeting</u> 10 AM
13	14	15	16 <u>Nimble Thimble Quilt Guild</u> 10 AM	17 <u>Martin Homemakers</u> 10:30 AM	18	19
20	21 <u>Evening Quilt Group</u> 5:30 pM	22	23 <u>Nimble Thimble Quilt Guild</u> 10 AM	24	25	26
27	28 <u>Evening Quilt Group</u> 5:30 pM	29	30	31		

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <u>Allen Homemakers</u> 11 AM	5	6 <u>Nimble Thimble Quilt Guild</u> 10 AM	7	8	9
10	11	12	13 <u>Woolies</u> 10 AM	14	15	16
17	18 <u>Evening Quilt Group</u> 5:30 pM	19	20 <u>Nimble Thimble Quilt Guild</u> 10 AM	21 <u>Martin Homemakers</u> 10:30 AM	22 <u>Lodge Tree Decorating</u> 10 AM	23
24	25 <u>Evening Quilt Group</u> 5:30 pM	26	27 <u>Nimble Thimble Quilt Guild</u> 10 AM	28 OFFICE CLOSED	29 OFFICE CLOSED	30

FLOYD COUNTY

3490 KY Route 321
 Prestonsburg, KY 41653

RETURN SERVICE REQUESTED

NONPROFIT ORG
 US POSTAGE PAID
 PRESTONSBURG KY
 PERMIT 521



Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	1 cup mashed sweet potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt		½ teaspoon vanilla
		1 tablespoon milk

- In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and **mix** well.
- Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits

Nutritional Analysis:

100 calories, 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

