

# Montgomery County Family & Consumer Sciences Newsletter

# October 2024



*KEHA WEEK*

PLANT A SEED.....  
HELP US GROW.  
OCTOBER 8-14, 2023

Homemaker  
Bazaar,  
Saturday, Nov. 23  
@ 8am-1pm.

Homemaker Council  
Meeting,  
Tuesday, Oct. 8  
@ 10am.

October  
Homemaker  
Leader Lesson:  
How to Get Out of a  
Mealtime Rut  
(enclosed).

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Sarah Congleton

*Sarah Congleton*



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## Cooperative Extension Service

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

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# Montgomery County Cultural Arts Winners 2024-2025

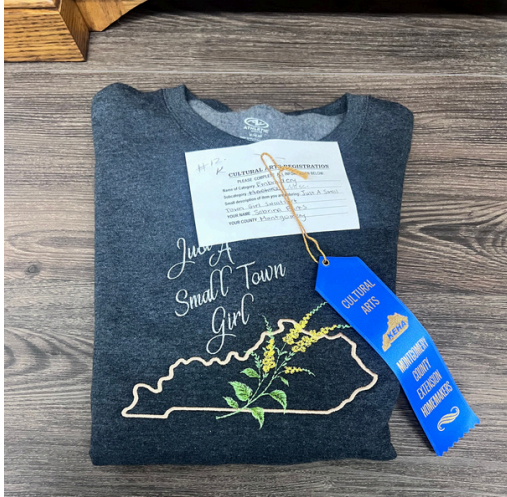


## 2024-2025 Cultural Arts Exhibit Categories Montgomery County

Category	Subcategory	Description	Name	County	Ribbon
1. Sewing	c. Accessory Apparel	Black & white mom and daughter bag	Aggie Fink	Montgomery	Blue & Champion
4. Art, Recycled	c. Other	Recycled burlap ribbon	Kathy Garrett	Montgomery	Blue & Champion
10. Doll/Toy Making	a. Cloth	Multicolored bear	Aggie Fink	Montgomery	Red
10. Doll/Toy Making	a. Cloth	Brown sock cow with sunflower	Sabrina Parks	Montgomery	Blue & Champion
10. Doll/Toy Making	a. Cloth	Blue/white angel	JoAnn Terry	Montgomery	White
12. Embroidery	d. Machine	Light gray KY sweatshirt with golden rod	Sabrina Parks	Montgomery	Blue & Champion
12. Embroidery	k. Miscellaneous	Dark gray sweatshirt with golden rod – “Just A Small Town Girl”	Sabrina Parks	Montgomery	Blue & Champion
14. Holiday Decorations	d. Winter	Blue & white Christmas ornament	JoAnn Terry	Montgomery	Blue & Champion
19. Painting, Art	c. Watercolor	Jumping brown horse	Aggie Fink	Montgomery	Blue & Champion
25. Wall or Door Hanging (2 pcs.)	c. Diamond Art Mosaic	Butterfly & Hummingbird	Diane Williams	Montgomery	Blue & Champion

Blue ribbon winners will submit items into the Licking River Area Cultural Arts Contest to compete with other surrounding counties on October 04, 2024 in Mason County. Cultural arts can be transported by Agent or you are welcome to take your own items.

# Congratulations



2024-2025



# COOKING THROUGH THE Calendar

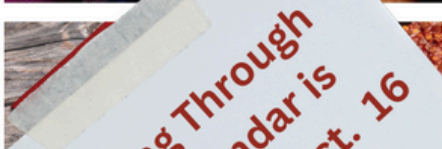
Cooking Through  
the Calendar is  
Wednesday, Oct. 16  
at 12pm  
MOCO Ed Center

Interested in learning how to cook, get new recipes, or meet new friends?

Join us for Cooking Through the Calendar on the 3rd Wednesday of every month from 12:00pm - 1:00pm located at the Montgomery County Extension Office.

Participants cook and sample the featured recipe of the month and will receive a free kitchen gadget at each session.

Cost is free. Registration is required. Please contact our office to sign up; 859-498-8741



Featured recipe:  
Sweet Potato Hash



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

WIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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2024

# LICKING RIVER AREA ANNUAL MEETING

**OCTOBER 15, 11:00AM**

Blazing the Way Through KEHA

@ **Mason County Extension Office**

**800 US-68, Maysville, KY 41056**

Inspirational-Lewis  
Door Prizes-Robertson  
Table Favors-Menifee  
Table Favors-Morgan  
Pledge-Bath  
Program/Flyer-Fleming  
Hostess-Mason  
Registration-Montgomery  
Creed-Rowan  
Décor-Bracken

 **GUEST SPEAKER:  
BRAD ALFORD**

 **CALL YOUR LOCAL  
EXTENSION OFFICE TO  
SIGN UP!**

 **TICKETS ARE \$16**

 **DEADLINE TO REGISTER  
IS OCTOBER 10TH!**

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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# 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.

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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>

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Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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# ADULT

# HEALTH BULLETIN

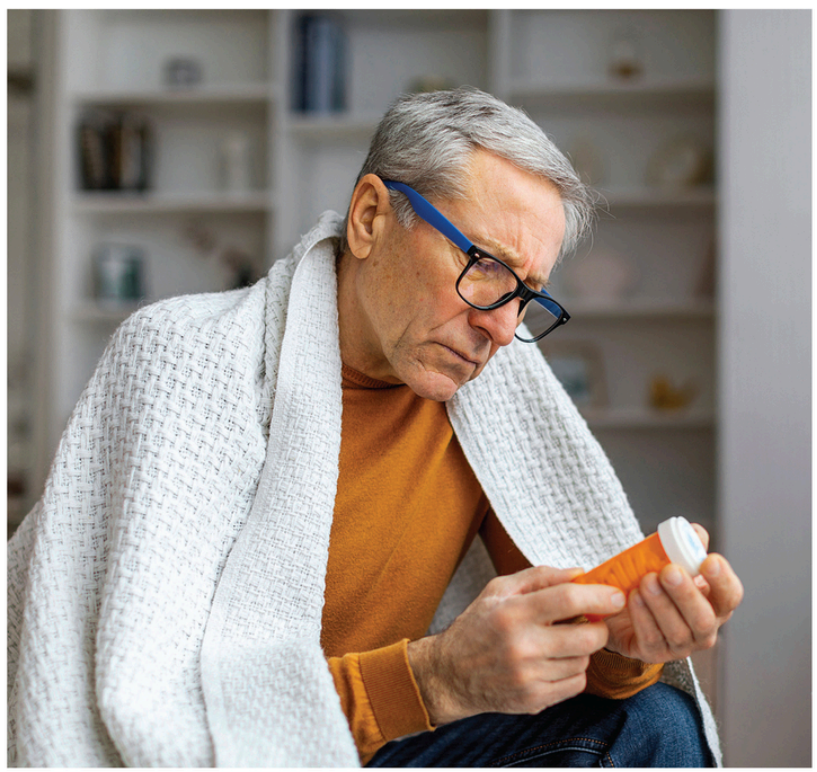


OCTOBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## 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?

Continued on the next page ➔



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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





Beginning  
January 17, 2025  
@ 10am-11am



Registration  
required!



# LAUGH & LEARN PLAYDATE



Play-based  
learning



Developmental  
curriculum



Sensory  
play

Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.



# Plate it Up

## Kentucky Proud



### Nutty Sweet Potato Biscuits

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

**1.** In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.

**2.** **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

**3.** **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.

**4.** **Bake** at 450°F for 12 minutes or until

golden brown.

**Yield:** 18 biscuits

**Nutritional Analysis:** 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.

## Kentucky Sweet Potato

**SEASON:** All year—peak season is October through March.

**NUTRITION FACTS:** Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

**SELECTION:** Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

**STORAGE:** Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

**PREPARATION:** Scrub well. Leave whole or peel, then slice, dice or shred.

**Baking:** Pierce skin in several places and rub with

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

**Boiling:** In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

**Microwaving:** Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

### SWEET POTATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

#### OCTOBER 2012

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EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

# Make plans to attend the 2025 State Meeting

at Hyatt Regency Lexington  
401 West High Street, Lexington!  
May 6-8, 2025

## **“Discover KEHA – A Hidden Treasure”**

Northeast Area will serve as the host area.

### Lodging Information

The lodging room blocks are now open for reservations!

Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507

Room rate \$149.00 + tax (1-4 people per room)

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code G-KEHA for conference rate)

Make your reservations by April 7, 2025, to secure the conference rate.

Reservation cancellations must be made by 3 p.m. the day prior to arrival to avoid a no-show charge.

NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees. Check in begins at 4 p.m. and checkout is at 11 a.m.

***We hope you will join us in Lexington!***

