

October 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences



Cooperative Extension Service
Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
Fax: (859) 987-3120
bourbon.ca.uky.edu



KEHA Week Events

Monday, September 23 @ 2pm
Proclamation Signing with Judge Williams

October 14-18th
Cultural Arts Showcase at the
Paris-Bourbon County Library

Monday, October 14
Wreath Making with a friend

Wednesday, October 15
Order your homemaker t-shirt
with Bourbon Boot Supply

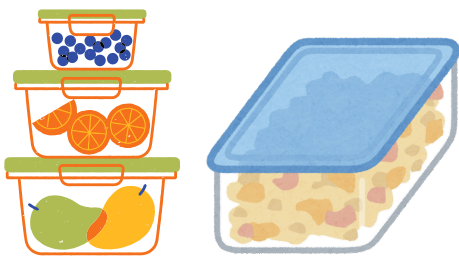
Thursday, October 17
Shop at your favorite Shop Local Card business!

Friday, October 18
Cake at the extension office



Kay's Corner

It is a pretty time of year, busy time of year and fun time of year. Check out all the activities that are planned for October and November. Great planning has taken place to bring Bourbon County Extension Homemakers a fun KEHA Week. Be sure to sign up to be a part of the events of interest. Space is limited on some and we want not one left out. These are also perfect activities to invite a non-member friend and to encourage them to join and become a part of this organization. Looking forward to seeing everyone in October!



Leftovers



Using leftovers is a great way to reduce food waste and save time. They can be a great snack, the next day's lunch, or even turned into a quick meal. You can make larger meals earlier in the week and use the leftovers later in the week or put them in the freezer. Be careful with leftovers to make sure the food is safe when you eat it. Look at some ways you can use leftovers:

Grains

- **Rice:** Use rice to make rice pudding and fried rice, or add it to meatballs, soups, and casseroles. You can also freeze it. You should add a small amount of liquid when you reheat leftover rice.
- **Bread:** If your bread, leftover rolls, hamburger, or hot dog buns are getting a little dry, try different recipes. Croutons, toast, stuffing, breadcrumbs, or French toast are all good options. Use day-old bread to make French toast. If you have one or two hamburger or hot dog buns left in the package, use them to make cheesy toast by topping with any kind of cheese, and broiling in the oven until the cheese is melted and lightly browned. Add canned tuna for a tuna melt!
- **Pasta:** Use in a pasta salad or casserole. Freeze it for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit

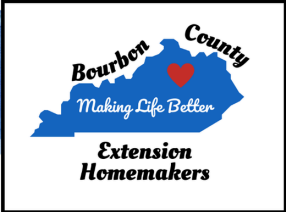


Add leftover fruit to salads or smoothies. Mix it with yogurt, cottage cheese, or pudding. Leftover fruit is also great in baked goods such as muffins or quick breads. Overripe bananas make excellent banana bread or muffins, or freeze them to use in fruit smoothies. You can freeze fruit juice in ice cube trays and use it for flavoring and chilling fruit drinks.

Vegetables

Use vegetables in soups, salads, omelets, pasta dishes, and casseroles. Leftover baked potatoes are great for a topping for shepherd's pie, or in potato casserole or potato soup. You can scoop out the potato pulp and use it to make twice baked potatoes. Freeze chopped raw onions, celery, or green peppers to use in soups, stews, or casseroles.

Protein

- **Baked beans:** Use in casseroles or to make chili.
- **Roasts:** Slice to make sandwiches or shred for use in tacos, enchiladas, or barbecued meat. You can also cube it and use it to make beef and noodles or freeze it for use in casseroles.
- **Steak or chops:** Slice thinly and make fajitas (cooked with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- **Turkey or chicken:** Use turkey or chicken in casseroles, soups, tacos, or enchiladas. You can thinly slice the meat to make sandwiches, or you can shred it to make chicken or turkey salad sandwiches. Cube it to make chicken or turkey and noodles or freeze it for later use in casseroles or soups.
- **Ham:** Use ham to make ham and cheese sandwiches (either hot or cold). Or slice, freeze, and use it later for sandwiches. Cube it and use it in casseroles or soups.

KEHA Week
Bourbon County
Homemaker
Library Display

October 14th-18th
 Paris-Bourbon County Library
You're Invited!!

Homemakers are invited to come sit at the display table and bring handwork or a book to read and willingness to chat to patrons about the homemakers program.

For more information, please contact Kristy Horine at 859-707-9009.

Bourbon County Homemakers
Coffee Filter Wreath Making Class



Tuesday, October 14th at 6pm
 Bourbon County Extension Office
 \$10 per person
 Invite a friend!! Space is limited!

Please RSVP by October 7th through the extension office at 859-987-1895. Checks can be made payable to the Bourbon County Homemakers. Venmo is accepted as well- @Chantel-Langfels-1



Cooperative Extension Service

UNDERSTANDING MEDICARE AND MEDICAID

Understanding the in and outs of government health insurance plans can be difficult. With this lesson we hope to help you navigate details and answer any questions you may have to help you make the an informed decision regarding the best plan for you.

Date: October 21, 2024
Time: 6:00 P.M.
Location: 603 Millersburg Road Paris, KY 40361

Call to register: 859-987-1895

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, mental or physical disability, or any other basis prohibited by federal, state, or local law. Requests for accommodations should be directed to the Extension office nearest you. Requests for more information should be directed to the University of Kentucky, Martin-Gatto College of Agriculture, Food and Environment, Lexington, KY 40546.



Ewalt Homemakers Present:
Hand Weaving Demonstration

A representative from **The Woolly in Frankfort** will be in attendance!

Saturday, November 9th
 Drop in any time between 10am-3pm
 Bourbon County Extension Office
 No RSVP needed
 Free to the public!

For more information on this event, please contact June Erla at june.erla@gmail.com.



PRESIDENT'S NOTES

What comes to your mind when you think of October; Beautiful foliage, pumpkins, apple picking, delicious aromas, fall festivals and all things Halloween? Let's not forget Homemaker Week and payment of dues. Homemakers have been busy arranging special activities and events for the week of October 13th—19th. Please take some time to attend these functions and support our homemaker organization and members. Bring a friend and check out these activities. Also, don't forget to pay your dues by November 1st. Why not give a membership to a friend, relative or neighbor? Not only are you giving them educational information, availability to attend workshops and classes but also special incentives with the Shop Local Card to support local businesses.

I would like to thank everyone who helped with Recipe For Life. We had a great time! Without the help of many we would not be able to provide this event for our 5th grade students. Your help and support was greatly appreciated.

Enjoy October, autumn and all the events of the season..

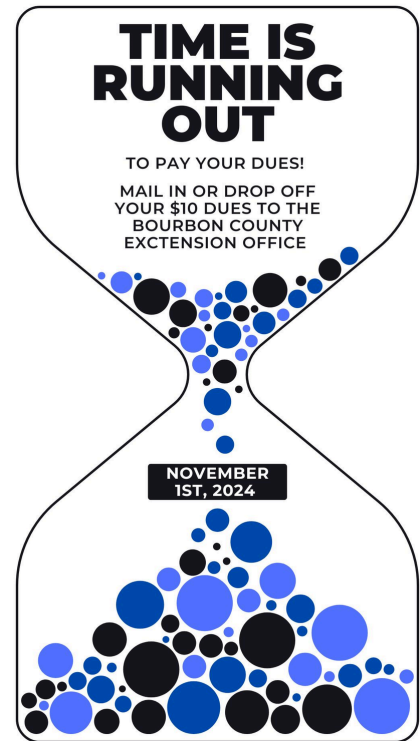
Elizabeth Rankin

"Alone we can do so little, together we can do so much." Helen Keller



MARK YOUR CALENDAR

- October 11.....Bluegrass Area Annual Mtg
- October 13-19.....KEHA Week
- October 14Coffee Filter Wreath
- October 17Homemaker Council
- November 1.....Memberships Due
- November 7.....Holiday Foods
- November 28-29.....Holiday Closing
- December 5.....Wreath Making
- December 25-January 2.....Holiday Closing
- January 14.....Council Meeting
- January 20.....Holiday Closing
- February 6International Meal
- Feb. 29- Mar 1.....Farm Machinery Auction
- March 20.....Council Meeting



Seek support if you or someone you know experiences

- Extreme sadness
- Excessive fear and worry
- Extreme mood changes
- Sleep problems
- Trouble concentrating
- Dependence on alcohol, drugs or the internet
- Suicidal thoughts

Seek professional support at the nearest:
 Health and Wellness Centre | District Hospital
 Medical College | Mental Health Institute



Please be sure to visit our Facebook page for all the upcoming news, class offerings and cancellations.

Facebook- Bourbon County Extension FCS/Homemakers

Also visit our webpage to download the latest newsletters

<https://bourbon.ca.uky.edu/fcs>

SAVE THE DATE

3 19 25 **GAP**
Grandparents As Parents of Kentucky

21st Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

CLARION HOTEL,
1950 NEWTOWN PIKE,
LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
Follow us on Facebook-Grandparents as Parents Conference

COMING TO YOU ON BOURBON COUNTY NUTRITION EDUCATION FACEBOOK PAGE. IF YOU MISSED THE 1ST FRIDAY, IT IS STILL AVAILABLE ON FB AND YOUTUBE.



Join us on Bourbon County Nutrition Education Program Facebook page, October 4 to view Kacy preparing Sweet Potato Hash ” or even better - get your ingredients and prepare along with us.

BOURBON Bite-Sized LEARNING

Join us live each month as we demo recipes from the 2023 Food+Nutrition Calendar!

Where: Live on the Bourbon County Food and Nutrition Education Program Facebook page

When: First Friday of each month at noon



STOP BY THE EXTENSION OFFICE AND PICK UP YOUR 2024 CALENDAR TO COOK ALONG!

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)

Recipe for Life 2024 - A Success - Thank you volunteers!





You are here

Home » Free credit reports are available week
Free credit reports are available weekly



Consumers can now pull their credit reports for free every week if they choose. The three major credit bureaus announced in late 2023 that they will make free access to weekly credit reports permanent.

Federal law requires that consumers have free access to each bureau's report once a year. The three bureaus are Experian, Equifax, and TransUnion. When the COVID-19 pandemic began, the bureaus allowed free access weekly for those who wanted or needed to monitor their credit more closely. The bureaus have announced that change is permanent.

AnnualCreditReport.com is the trusted site for requested free credit reports. Since different information may be reported to each of the bureaus, it's a good idea to check all three.

A national survey by Consumer Reports found that, of people who have checked their credit report, 14% found errors in the information. Those errors may have included debts they actually paid or incorrect personal information.

Checking your credit report is a way to guard against identity theft and to help your credit score by making sure the information is accurate. The bureaus, as well as consumer protection experts, recommend that consumers check their credit reports at least once a year. You may wish to check more often if you are working on making a correction or you have a reason to suspect something is wrong

References

Consumer Reports. (January 2022) American Experiences Survey: A Nationally Representative Multi-Mode Survey. https://article.images.consumerreports.org/prod/content/dam/surveys/Consumer_Reports_AES_January_2022

Tressler, C. (Oct. 13, 2023) You now have permanent access to free weekly credit reports. Federal Trade Commission. <https://consumer.ftc.gov/consumer-alerts/2023/10/you-now-have-permanent-access-free-weekly-credit-reports>

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management



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
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, or disability. If you have a disability and need this material in an alternative format, please contact us at 606/257-3274. 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 modification.

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

Facebook | [MoneyWise](https://www.facebook.com/MoneyWise)



TOGETHER WE'RE STRONGER



This October, let's all wear pink
to fight breast cancer.

@reallygreatsite