

October 2024 Newsletter

Martin County

Family & Consumer Sciences

Welcome to the October edition of the Family and Consumer Sciences Newsletter! Last month, we hosted several exciting programs, including our "Laugh and Learn" and "Cooking Through the Calendar," both of which were highly successful. We are pleased to announce that these programs will continue on a monthly basis. Please stay tuned for new programs this month, and we look forward to seeing you soon!

Asya Jarrell

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ADULT

HEALTH BULLETIN

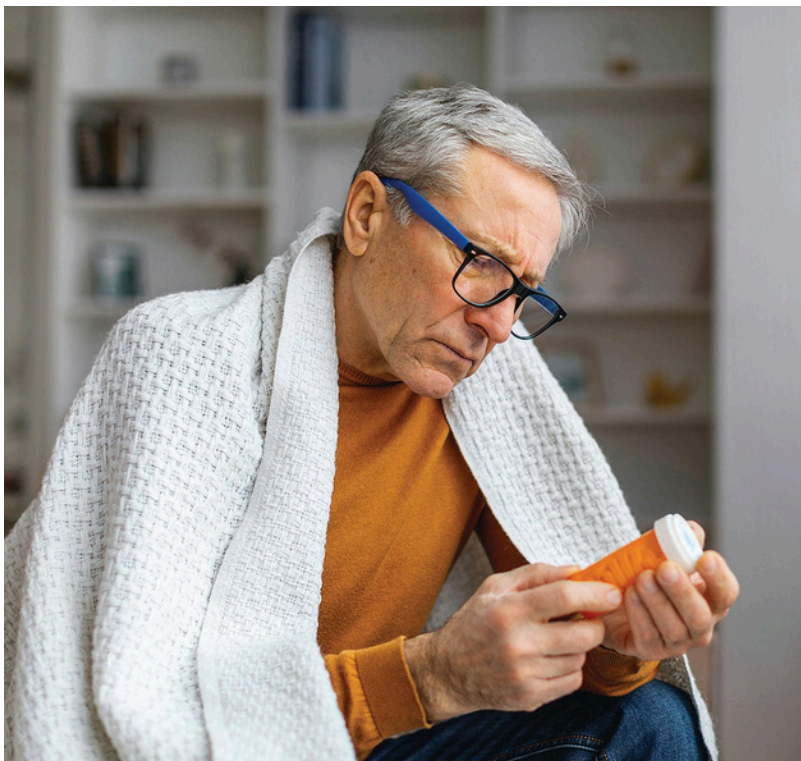


OCTOBER 2024

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?



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
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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>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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THIS MONTH'S TOPIC:

CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

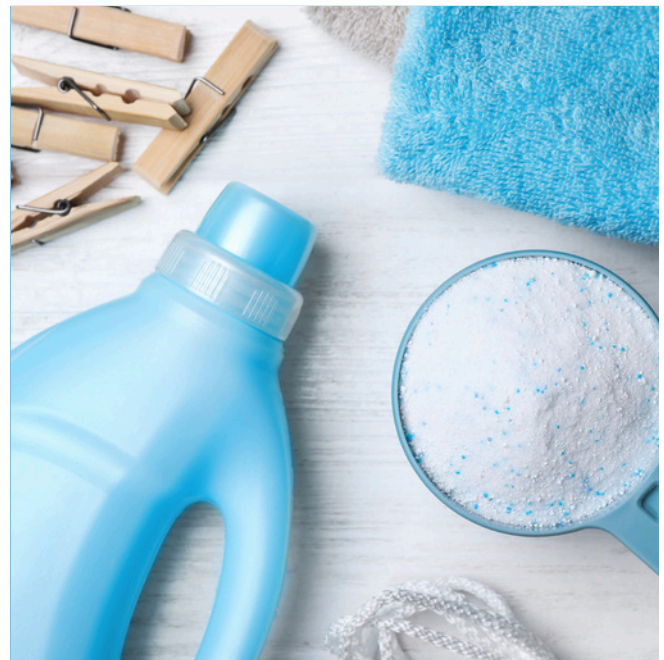
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

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.



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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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. Cook until chicken reaches
6. 165 degrees F using a meat thermometer, about 15 minutes. Add spinach and vinegar and mix
7. until spinach is thoroughly wilted and mixed with other ingredients. Serve. Refrigerate leftovers within 2 hours.
- 8.

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





LAUGH & LEARN PLAYDATE

OCTOBER 25TH
TIME: 11AM

9 Holy Street
Inez, KY 41224

Ages Birth-5
Limited Spots Available!





Tuesday, October 22nd at 11:00am 9 Holy St. Inez, KY 41224

Recipe:

Sweet Potato Hash

Limited Spots Available!

Register via QR Code or
Call (606) 298-7742

Highlights:

- Food Demonstration
- Recipe Card
- Free Sample

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Disabilities
accommodated
with prior notification.

ROBINSON CENTER FIELD DAY EVENTS



WIN WITH WOOD

OCT 1, 2024 | 9-2 PM
ROBINSON WOOD CENTER



YOUTH SCIENCE DAY

OCT 2, 2024 | 9-2 PM
ROBINSON WOOD CENTER



FIELD DAY

OCT 3, 2024 | 4-7 PM
ROBINSON WOOD CENTER



PUMPKIN DAYS

OCT 3, 2024 | HEADSTART/PRESCHOOL
OCT 4, 2024 | KINDERGARTEN/1ST GRADE
ROBINSON WOOD CENTER



UK Cooperative
Extension Service

INEZ STORYBOOK WALK SPOOKY STROLL



October 1st
10am-2pm

- Pick Up a Scavenger Hunt (or download on your device)
- Find the spooky items on the Inez Storybook Walk
- Return your completed Scavenger Hunt to our office to receive a prize!



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4-H Pumpkin Palooza

Martin County Extension Office

Date: October 25th

Time: 4:30-7:30



- Pumpkin Patch/ Pumpkin Sale
- Recipes and Samples
- Smoothie Bike
- Hot Cocoa and Coffee Bar
- Pumpkin Carving and Painting
- Fun Activities
- Seed Harvesting and Growing Tips



This is a tentative schedule of events at our office and throughout the community. Please visit our FB pages, [martin.ca.uky.edu](https://www.facebook.com/martin.ca.uky.edu) or call our office for the most up to date information.



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SPOOKY STROLL Pieceful Stitchers	2 Hometown Homemakers	3	4	5
6	7 Heirloom Quilters	8 EDB Meeting 4:30 pm IES Afterschool Club Pieceful Stitchers	9	10 GAP @ noon Realty Store MCMS MCMS Afterschool Club	11	12
13	14 Heirloom Quilters	15 Mountain Reg. Prevention IES Afterschool Club Pieceful Stitchers	16	17	18 EES Historical Day	19
20	21 Heirloom Quilters	22 Cooking through the Calendar IES Afterschool Club Pieceful Stitchers	23 IES Parent Meeting	24 IFB Food Pantry Distribution Head Start Trick or Treat MCMS Afterschool Club	25 LAUGH AND LEARN 4-H Pumpkin Palooza	26
27	28 Heirloom Quilters	29 CEC Meeting @ noon IES Afterschool Club Pieceful Stitchers	30	31 TRICK OR TREAT 		

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