

Calendar of Events

October 1st at 11am.....Leader Lesson in Boyle County
October 10th at 10am(Registration at 9:30am).....Fort Harrod Area Annual Mtg
October 14th at 12pm.....Lunch N Learn
October 17th 930am-1030am.....Homemaker Week Breakfast Potluck
October 25thHeritage Craft Camp 2025
October 27th at 10am.....Laugh N Learn
November 3rd at 5pm.....Homemaker Council Mtg
November 7th at 10am.....Leader Lesson in Jessamine County
November 10th at 10am.....Laugh N Learn
November 11th at 12pm.....Lunch N Learn
November 27th and 28thOffice CLOSED

Jessamine County Extension
Homemaker Clubs
Hearts N' Hands

First Tuesday of the month, 11 a.m.
at the Extension Office

Happy

Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club

Third Monday of the month, 1 p.m.
at the Extension Office

4-HMothers

Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center
RoomA

Dear Homemakers,

Happy October! **Homemaker Week is October 12th - 18th .We will have a Homemakers breakfast potluck at the Extension Office on Friday, October 17th from 9:30am-10:30am to celebrate!** Look for emails regarding more details. Homemaker t-shirts are available for pick up at the office if you placed an order!
Our food drive is in full swing now! In September we donated over 90 pounds of food to the food drive! Our goal for the end of the Homemaker Year is 900 pounds! I have full belief that we will succeed our goal! Thank you to all of you who donated items in August and September! At the bottom of this page is our flyer with the items that we will be collecting each month!

Our Area Annual Meeting is in Garrard County this year on October 10th at 10am! I will be driving the van! Please call if you would like a ride. I hope to see you all there!

Homemaker Leader Lessons are up and running again! This year, we will be taking field trips to each Fort Harrod area county as the FCS agent in that county will be teaching us in person with a hands on activity. I will be driving the county van to each lesson and location and times we will be leaving are on the next page in the green box. That agent will also be making a video like last year that you can watch if you are not able to make it to the in person. Hand outs will be available at the office for the clubs as well.

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>

Cooperative Extension Service
Family and Consumer Sciences

JESSAMINE COUNTY HOMEMAKER'S FOOD DRIVE

MONTHLY ITEMS

September: Box Mac N Cheese
October: Canned Fruit ONLY
November: Box Stuffing
December: Canned Vegetables ONLY
January: Box of Pasta
February: Canned Chicken/ Canned Tuna
March: Peanut Butter
April: Box of Cereal
May: Box of Crackers
June: Box of Brownie/Cake Mix
July: Canned Fruit OR Vegetable
August: Peanut Butter



HOMEMAKER CLUB LESSON LEADER INFORMATION:

All sessions are open to the public and any homemaker who wishes to attend. *All sessions are subject to change due to Covid-19 guidance.

Fill in the name and address of Homemaker who will attend each training.

Fill in Hostess and Meeting Place of Club Meeting

MONTH OF MEETING	LESSON TITLE & TEACHER	TRAINING DATE & TIME	LESSON LEADER AND ADDRESS	HOSTESS/MEETING PLACE:
SEPTEMBER	Navigating Trauma After a Natural Disaster	Aug 28 th at 10 am	Area Boyle County	Meet at 9 am at JC Extension office for Van Must rsvp
OCTOBER	Selecting Sheets	Sept 23 rd at 10 am	Tara Duty Mercer Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp
NOVEMBER	Using your Air Fryer	Oct 1 st at 11 am	Alethea Bruzek Boyle Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
JANUARY	Yogatta Try This!	Nov. 7 th at 10 am	Sara Haag Jessamine Co. FCS Agent	Jessamine Co Extension Office
FEBRUARY	Stretching you dollar: What to do when ends don't meet.	Jan 8 th at 11 am	Carla Carter Franklin Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
MARCH	Mental Health Matters	Feb. 5 th a 11 am	Hannah Thornsberry Woodford Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
APRIL	Gardening Safely	March 26 th at 1 pm	Kayla Lunsford Garrard Co FCS Agent	Meet at 12 pm at JC Extension office for Van Must rsvp
MAY	How to get out of a mealtime rut.	April 15 th at 10 am	Jody Paver Lincoln Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp

KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:

A Plan for the

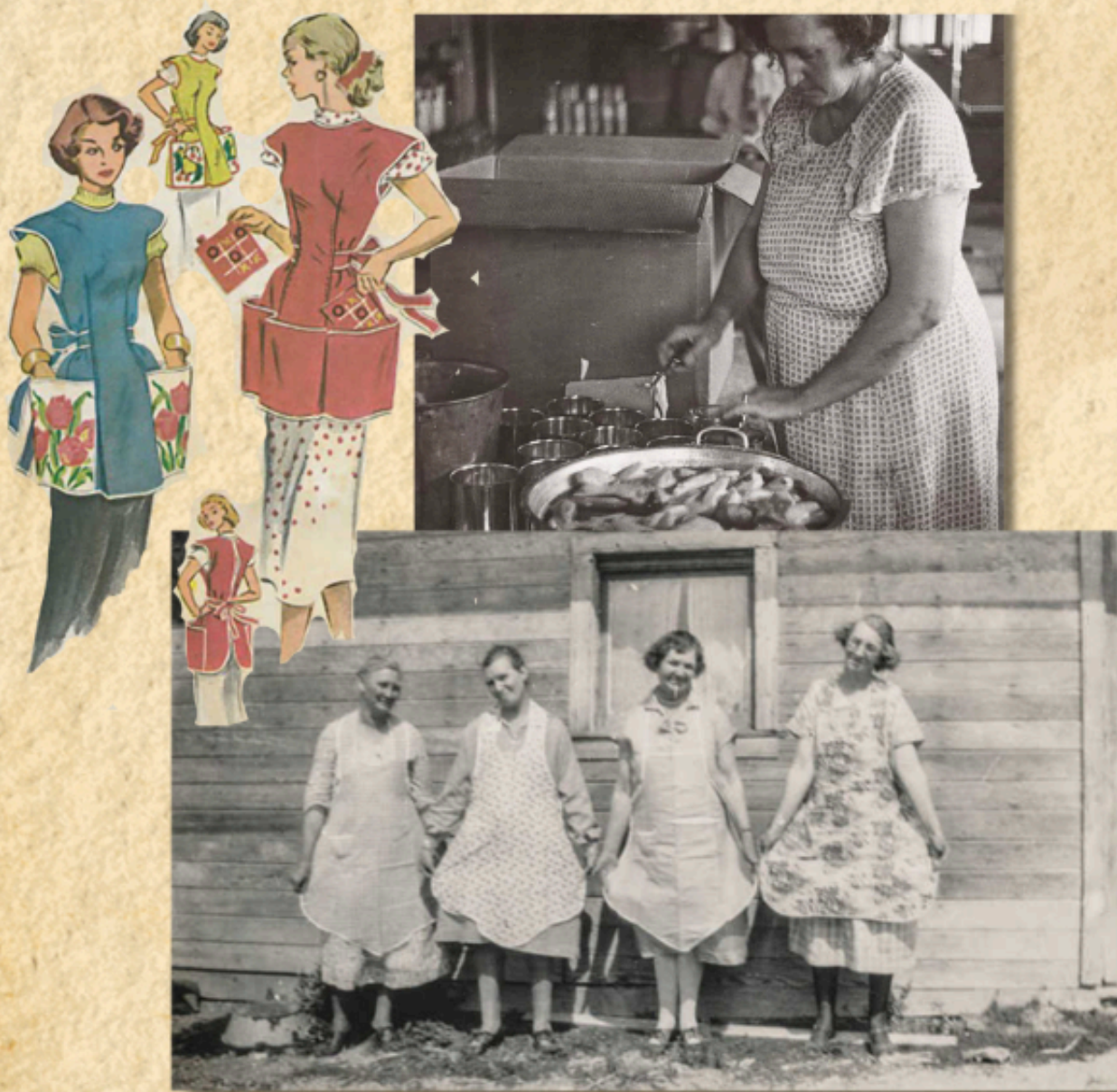
Future





2025 FORT HARROD AREA ANNUAL MEETING

*The Ties that Bind:
The History of Aprons and Homemaking in Appalachia*



- **REGISTRATION COST: \$15**
- **REGISTRATION DEADLINE:
SEPTEMBER 26TH**
- **ATTENDEES ARE INVITED TO
COME IN THEIR FAVORITE APRON**
- **EACH COUNTY IS ASKED TO
BRING A \$25 GIFT BASKET FOR
THE AREA PRIZE DRAWING.**
- **SPEAKER: DR. CYNTHIA
WILLIAMS RESOR FROM
EASTERN KENTUCKY
UNIVERSITY HIGHLIGHTS THE
LIVES OF KENTUCKY WOMEN
THROUGH EARLY 19TH-CENTURY
RECIPES, FOODWAYS, AND THE
OFTEN-OVERLOOKED "WOMEN'S
WORK" OF THE PAST IN HER
CAPTIVATING PRESENTATION!**

WHEN:

**OCTOBER 10TH AT 10AM
REGISTRATION BEGINS AT
9:30AM**

WHERE:

**LANCASTER BAPTIST CHURCH
CHRISTIAN LIFE CENTER
201 RICHMOND ST,
LANCASTER, KY 40444**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Join us for a Homemakers Breakfast Potluck

Please join us for a Breakfast Potluck
to celebrate Homemakers Week 2025!
Please bring a breakfast dish for all
to enjoy!

Friday, October 17th
9:30am- 10:30am

~Jessamine County Extension Office~
No need to register!
We will just see you there!

KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:
A Plan for the
Future



Laugh and Learn

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten 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 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 8

10am- 11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!
We will be making the October recipe from the Nutrition Education Program Yearly Recipe Calendar,
Cheesy Pumpkin Pasta Bake

October 15, 2025

12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by Oct 9th to register.



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FIT TIP 1

Wake up 30 minutes earlier a few days per week to get in your daily physical activity. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

Workout:

Complete the following moves, resting as needed.

Set #1

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- High Knee Running — 20 seconds
- Jumping Jacks — 20 seconds
- Burpees — 20 seconds
- Rest — 1 minute

Set #2

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- Crunches — 20 seconds
- Squat Jumps — 20 seconds
- Pushups — 20 seconds
- Rest — 1 minute

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



Authors: Natalie Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jury, Senior Extension Specialist for Family Healthy, University of Kentucky Cooperative Extension Service.

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FIT TIP 2

Replace regular sedentary activities such as watching TV with a more physically active alternative such as walking after dinner. Even just standing more and sitting less helps. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

Workout:

Complete the following moves, resting as needed. Perform each movement for 40

seconds. Rest for 20 seconds and move on to the next exercise. Repeat as needed.

- Wall Pushups
- Jog in Place
- Bodyweight Walking Lunges
- Jumping Jacks
- Russian Twists
- Burpees
- Side Plank Hold (Right Side)
- Side Plank Hold (Left Side)
- High Knees
- Pushups
- Bodyweight Squat
- High Plank Hold

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OCTOBER 2025

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

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

TAKING CARE OF YOUR TEETH



October is designated as National Dental Hygiene Month to raise awareness about the importance of good oral health and its role in overall health and well-being.

Taking care of your teeth and gums is essential for your overall well-being, not just your oral health. Good oral health helps adults eat, talk, smile, and feel confident. If you don't take care of your mouth, you can get cavities, gum disease, or even mouth cancer. These problems can be painful and may also lead to bigger health issues. That's why it's important to brush your teeth twice a day with fluoride toothpaste and floss once a day to clean between your teeth. You should also visit the dentist at least once a year, even if your mouth feels fine. Dentists can identify minor problems before they become major issues and provide thorough cleaning for your teeth.

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University of Kentucky
Lexington, KY 40506

Disabilities
accommodated
with prior notification.A dentist in a white coat and mask is examining a patient's teeth. The patient is lying back, and the dentist is leaning over them, focusing on the upper teeth. The background is a soft, out-of-focus blue and white.

**You should visit
the dentist at least
once a year, even if
your mouth feels fine.
Dentists can identify
minor problems before
they become major issues.**



Continued from the previous page

Dentists and dental hygienists play an important role in keeping people's mouths and bodies healthy. Dentists are doctors who take care of your teeth, gums, and mouth. They check for problems like cavities, gum disease, or signs of oral cancer. If they find something wrong, they can correct it before it worsens. Dentists also perform treatments such as filling cavities, repairing broken teeth, and removing teeth when necessary.

Dental hygienists work with dentists to help clean your teeth and teach you how to take care of them at home. They remove plaque and tartar, which are sticky layers of germs that can cause tooth decay and gum disease. Hygienists also show you the right way to brush and floss, and they might give you fluoride treatments to make your teeth stronger.

Both dentists and dental hygienists play a crucial role in helping to prevent problems before they arise. By visiting them regularly — at least once or twice a year — you can maintain your oral health, prevent pain, and even protect your overall well-being. A clean, healthy mouth makes it easier to eat, speak, and smile, and it also helps you stay well in other parts of your body.

There are additional steps you can take to protect your oral health. Drinking water with fluoride helps strengthen your teeth and prevent cavities. Eating healthy foods and avoiding sugary snacks and drinks is also important. Tobacco and too much alcohol can harm your mouth and even lead to cancer, so it's best to avoid them. If you play sports, wearing a mouthguard can protect your teeth from injury. People with chronic conditions like diabetes should take extra care of their mouths, since gum disease can make it harder to control blood sugar. Also, if your mouth feels dry a lot, try drinking more water or chewing sugar-free gum to help.

If you have questions or concerns about your dental or oral health, bring them up at your next dental appointment.

REFERENCE:

<https://www.cdc.gov/oral-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau
Stock images: Adobe Stock



THIS MONTH'S TOPIC:

Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your

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CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>

<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>

<https://finred.uslearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

Written by: Kristen Jowers | 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



Don't forget about our
awesome online FREE
resources from our
website, "Plan Eat Move"!
Find some nutritious and
yummy recipes at
planeatmove.com



Apple Sage Pork Chops

- 1 **tablespoon** flour
- 1 **teaspoon** dried sage
- 2 **tablespoons** garlic powder
- 1/2 **teaspoon** ground thyme
- 1 **teaspoon** salt
- 4 boneless center cut pork chops
- 2 **tablespoons** oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 **cup** unsweetened apple juice
- 2 **tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. Nutrition **And** yaks: 510 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 600mg sodium, 33g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

