

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
AUGUST 2024 NEWSLETTER

UK Martin-Gatton
College of Agriculture,
Food and Environment

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
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Make breakfast a part of back to school

Source: Ingrid Adams, associate extension professor

Some of you may feel like there's never enough time for breakfast in the morning, but eating breakfast is such an important way to begin the day. With young people starting back to school soon, try to make eating a healthy breakfast part of your family's routine. You may be surprised by the results.

Studies have shown that children who eat breakfast before school tend to have higher attendance records, higher overall test scores, better concentration and an easier time solving problems. Eating breakfast helps curb overeating later in the day and helps maintain a healthy weight.

Planning your meal the night before can help save time in the morning.

(Continued on pg. 2)

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(Continued from pg. 1, Make breakfast apart of back to school.)

Think about what you'd like to serve or ask your children what they'd like to eat. Set the table with the plates, utensils and cups you'll need. Some mixes, like for waffles or muffins, can be made beforehand. Adding fruit to yogurt the night before can provide a quick morning grab-and-go option.

If you have time, ideally breakfast should include a protein to help young people stay focused and full until lunchtime, a carbohydrate to give them energy and a fruit or vegetable to add essential vitamins and minerals to their diet. While this may seem like a lot, it can be easily achieved. Examples of potential meals include an omelet with chopped vegetables and a piece of whole wheat toast or peanut butter with sliced strawberries or bananas on whole grain bread.

Remember breakfast doesn't have to be complex. Simple items such as a bowl of whole grain cereal with low fat milk and topped with fruit, instant oatmeal with fresh fruit and nuts, small bagels or whole wheat toast are easy to prepare while still giving young people the nutrition they need.

You may also want to check out the breakfast menu at your children's school. Just make sure they arrive early enough to eat it.





From the Fingertips of Your FCS Agent

Time is something that waits for no one! Did you get to take a summer break, go on vacation, attend a family reunion or a county fair? If not make sure you take some time to do something that **YOU** enjoy!

Carla A. Carter

Thank you to everyone who helped to make this year's county fair a great one. I was impressed with record number (52) entries the Central KY Homemakers Quilt Guild submitted. That is ten more than last year. Congratulations, Debbie Poole on being named "Best in Show".

What's happening over the next few months?

- Bingocize, 10AM Monday & Fridays, August 1st-October 25th, Capital City Activity Senior Center
- Officer/Chairperson Training on August 20th, 10AM-1PM, Mercer County CES
- KY State Fair, August 15-25, 2024, Louisville, KY
- Light House Painting, August 23rd, 5:30PM
- PACE/Hospice Lunch & Learn, Sept. 10th & 24th
- Homemaker Trip to Maysville, September 13th
- Spooky Card Making Class, October 1st, 5-7PM

Looking forward to seeing you soon!

Farm City Field Day

A Waste Free Event

Recycling: **26** Pounds

Compost: **123** Pounds

Trash: **10** Pounds

94 % of WASTE
Diverted from the landfill!



JOIN US for BIG BLUE BOOK CLUB
presents **SNACK CLUB**
COMING in September

UK Cooperative Extension Service
Family and Consumer Sciences

BACK TO SCHOOL

SUNDAY, AUGUST 4TH 12-4PM

A-SALON WILL BE OFFERING:

FREE SHAMPOO
FREE HAIRCUTS
FREE TINSEL
FREE EYEBROW WAX

FRANKLIN COUNTY CITY & PUBLIC SCHOOL STUDENTS & EMPLOYEES

1100 US 127 SOUTH, SUITE C-2

Bus Safety Tips for Parents

To help keep your children safe, below are important tips to teach them.

- ▶ Arrive at the bus stop five minutes before the bus is scheduled to arrive.
- ▶ Have all items in their book bag before they leave home so they do not drop anything.
- ▶ Wait at the bus stop in a safe place, 10-12 feet away from the road.
- ▶ Keep electronic equipment packed away as they prepare to board. Never use an electronic device or wear ear buds when walking to the bus stop or when getting on or off the bus.
- ▶ Return home to get help or phone for assistance if they miss the bus.
- ▶ **NEVER** chase after the bus.
- ▶ **NEVER** walk to another bus stop.
- ▶ **NEVER** drive your child to another bus stop without permission. The bus driver is not expecting them and your child may not be seen and can be injured.

Illegal Passing

Taken From KRS 189.370—Passing stopped school or church bus prohibited

If any school or church bus used in the transportation of children is stopped upon a highway for the purpose of receiving or discharging passengers, with the stop arm and signal lights activated, the operator of a vehicle approaching from any direction shall bring his vehicle to a stop and shall not proceed until the bus has completed receiving or discharging passengers and has been put into motion. The stop requirement provided for in this section shall not apply to vehicles approaching a stopped bus from the opposite direction upon a highway of four (4) or more lanes.

If any vehicle is witnessed to be in violation of subsection (1) of this section and the identity of the operator is not otherwise apparent, it shall be a rebuttable presumption that the person in whose name the vehicle is registered or leased was the operator of the vehicle at the time of the alleged violation and is subject to the penalties as provided for in KRS 189.990(5).

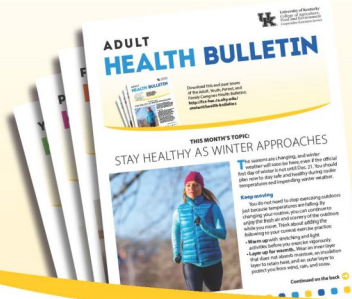
Help keep our students safe!

If you see a vehicle passing a school bus while they are loading or unloading students, contact your local law enforcement office to report the vehicle description and license plate number.





ADULT HEALTH BULLETIN



AUGUST 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>

Franklin County Cooperative Extension Office
101 Lakeview Court
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THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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

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Disabilities accommodated with prior notification.

An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



→ Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





PARENT HEALTH BULLETIN



AUGUST 2024

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THIS MONTH'S TOPIC

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

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Disabilities accommodated with prior notification.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.

→ Continued from the previous page

to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B25.htm>

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.

AUGUST 2024

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

THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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Disabilities
accommodated
with prior notification.

MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

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

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Kentucky youth vaping leads to smoking: What you need to know

Source: Alex Elswick, assistant professor and Extension specialist

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed.

This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high.

Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains.

In fact, most adult smokers began smoking before the age of 18.

Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The [Kentucky Incentives for Prevention survey](#) shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of

Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.

In response, the state has launched a confidential quit line for youths called My Life, My Quit at ky.mylifemyquit.org/, which offers free coaching 24/7 via text, chat or call.

Vaping facts (accordingly to ky.mylifemyquit.org):

- **Nicotine leaves you stressed out.**

Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.

- **Nicotine causes other problems.** Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.

Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.





COOKING THROUGH THE **Calendar**

Join us May 13th at 5:30pm to learn this delicious option

Taco Pie

Franklin County Cooperative Extension Office
 101 Lakeview Court
 Frankfort, KY 40601

All 2024 Class Dates
 Feb 12
 March 11
 April 8
 May 13
 June 10
 July 8
 August 12
 Sept 9
 Oct 14
 Nov 11
 Dec 9

For more information on how you can attend these FREE cooking classes, please contact your local Nutrition Education Program Assistant:

Pamela Holbrook
 502-695-9035
 pamela.holbrook@uky.edu

RSVP Required

This work is supported by the Expanded Food and Nutrition Education Program from the USDA, National Institute of Food and Agriculture.

USDA SNAP Assistance Program

SIMON HOUSE
 and
 THE EVERGREEN

CORDIALLY INVITE YOU

TO OUR
 FIRST ANNUAL
SUMMER TEA

August 8th, 2024 6pm

Every guest is encouraged to bring \$20 worth of artificial flowers. Guests can exchange flowers, get creative, make arrangements, & memories! All while enjoying a tea party!

Tickets \$30
 Invite your friends, families and coworkers! Seats are limited, please register TODAY on Eventbrite!

FAMILY & CONSUMER SCIENCES

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

SPOOKY

CARD MAKING CLASS & BONUS TREAT HOLDER

OCTOBER 1ST

5PM-7PM
 COST IS \$12 PER PERSON.

BONUS: TREAT HOLDER

CLASS IS LIMITED TO 15 PEOPLE. ALL SUPPLIES ARE INCLUDED.

RSVP: 502-695-9035

101 LAKEVIEW COURT, FRANKFORT KY

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FAMILIES IN THE KITCHEN

COOK TOGETHER, EAT TOGETHER

Every Wednesday
 starting August 14,
 thru September 25, 2024

5:30PM-7:30PM

Register by contacting Pamela Holbrook at
 pamela.holbrook@uky.edu or
 502-695-9035

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun, and delicious
- Learn how to make healthy and affordable recipes
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Free Cookbook After Completing the Series!

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 101 Lakeview Court
 Frankfort, KY

Family and Consumer Sciences

Franklin County
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<http://franklin.ca.uky.edu>



\$25
PER PERSON

Lighthouse Painting Class

August 23, 2024 at 5:30 p.m.

Supplies included, space is limited.

Register by August 19, 2024.

Refreshments included.



(Please Print)

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ EMAIL: _____

_____ ATTENDING (\$25.00 per person)

Enclose a check or money order made payable to:

Franklin Co. Cooperative Extension Service or FCCES

Mail to: FCCES, c/o FCS Painting

101 Lakeview Ct, Frankfort, KY 40601

502-695-9035

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 Lexington, KY 40506



Disabilities accommodated with prior notification.



Fort Harrod Area Homemaker's Day Out Maysville

September 13

Meet at the National Underground
Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town



Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

**National Underground
Railroad Museum**
38 West 4th Street

Tumbleweed
511 Market Square Drive

**Gateway Museum
Center**
215 Sutton Street

It's Yes Card time!!

Yes Cards will be issued to all middle schoolers in Franklin County in the next couple of weeks.

SIXTH GRADERS and parents are invited to join us for Yes Card Orientations at each middle school.

This will be a time for you to learn more about the program and how/where to use your card.

Seventh and **Eighth Graders** will be issued Yes Cards via email.

Learn more at <https://justsayyesky.org/2024-2025-card-info/>.

<p>Bondurant Middle School</p> <p>Sixth Grade You will receive paper copy at Yes Card Orientation:</p> <p><i>August 15, 5:30-7:00pm</i> at Bondurant Middle</p> <p>Seventh/Eighth Grade Card link will be emailed to you by August 9, 2024.</p>	<p>Elkhorn Middle School</p> <p>Sixth Grade You will receive paper copy at Yes Card Orientation:</p> <p><i>August 13, 5-6:30pm</i> at Elkhorn Middle</p> <p>Seventh/Eighth Grade Card link will be emailed to you by August 9, 2024.</p>	<p>Second Street School</p> <p>Sixth Grade You will receive paper copy at Yes Card Orientation:</p> <p><i>August 8, 5:30-7:00pm</i> at Second Street</p> <p>Seventh/Eighth Grade Card link will be emailed to you by August 9, 2024.</p>
<p>Homeschool</p> <p>6th-8th Grades <i>Once you have filled out the request form and we have verified your homeschool status with your school district, you will receive your card by email.</i></p>	<p>The Academy</p> <p>6th-8th Grades Card link will be emailed to you</p>	<p>Private School Families</p> <p>Please contact your child's school for more information</p>

JUST SAY



Public Health
Prevent. Promote. Protect.
Franklin County Health Department





A ONE-DAY CHILDREN'S BEREAVEMENT CAMP

Camp Hope is for children and their caregivers who have experienced the death of a loved one in the last two years. Camp provides an opportunity for participants to express their grief and develop effective coping strategies in a fun, safe and supportive environment.

This year we have two options for Camp Hope. Please pick the location that fits your family. Space is limited, so please call as soon as possible.

Southeast Kentucky Camp Hope

Date: Saturday, September 21, 2024

Participants: Children 6–17 and their caregiver

Cost: Free

Location: Four Star Village, 641 Breeding Creek Rd., Red Fox, KY 41847

REGISTER BY: August 30, 2024

Central Kentucky Camp Hope

Date: Saturday, October 5, 2024

Participants: Children 6–17 and their caregiver

Cost: Free

Location: Life Adventure Center, 570 Milner Rd., Versailles, KY 40383

REGISTER BY: September 6, 2024



Register online: bgcarenav.org/camp-hope

For more information: 855.492.0812

We are grateful for support from Berea College. Special thanks to Lexington Police Department for transportation to our Central Kentucky Camp Hope.



BLUEGRASS
care
navigators 
Expert. Connected. Care.

8 THINGS

You Need to Know about Bluegrass PACE Care

Bluegrass PACE Care provides all-inclusive health and personal care to keep Kentuckians aged 55+ living safely at home. Individuals who need support with two or more activities of daily life such as meals, dressing, bathing, or toileting may qualify for this unique program.



PACE stands for Program of All-inclusive Care for the Elderly, a national initiative that helps keep people out of nursing homes or other facilities.



If a service is not provided by PACE, our network of high-quality providers support additional medical needs. Costs of authorized care, including specialist and hospital services, are free*.



You can live safely at home with support from a team of experts who meet with you regularly and take the time to address all your needs.



Meals are provided, as well as social activities like bingo, movies, and ping pong to make new friends.



Services may be provided in your home, at the PACE Center, or in other healthcare facilities. Transportation to and from the PACE Center and all authorized medical appointments is free*.



Bluegrass PACE Care serves Fayette, Jessamine, Woodford, Franklin and Anderson counties.



Access to Bluegrass PACE Care's team of doctors, nurses, therapists, social workers, dietitians, personal care aides, and more is quick and easy.



PACE services are free* for those who meet eligibility requirements. For those with only Medicare or another payer source, the PACE team will help to determine financial options.

**Services are free for those who have Medicare and Medicaid, or only Medicaid. PACE participants may be fully liable for the costs of unauthorized or out-of-PACE program agreement services.*

LEARN MORE: 859.687.9410 | 866.422.6722
TTY 800.648.6056 | bgcarenav.org/PACE



July 2024 News and Notes



New KEHA Year Materials – July is the start of the new fiscal year for KEHA statewide. The revised editions of the KEHA Manual Handbook and Appendix are posted online. Also, theme-based officer training materials have been posted.

KEHA Manual Handbook and Appendix <https://keha.ca.uky.edu/content/keha-manual> The board voted to discontinue mailing printed copies. The website includes complete files for each section, tables of contents, and a PDF with only pages that were changed that can be printed as replacements.

Theme-based officer training materials <https://keha.ca.uky.edu/content/theme-materials> Materials use the “Blazing the Way” theme for 2024-2025 and include PowerPoint slides, facilitator’s guide, installation ceremony script, dates to remember handout, roll call and thought for the day, and more.

Board directory <https://keha.ca.uky.edu/content/state-board-directory> (Note: KEHA members needing board contact information should request the full directory from their county agent.)

Book List <https://keha.ca.uky.edu/content/keha-club-materials>

Coming soon! The state educational chairman pages should be updated by early August.

KEHA Reports Due Now – Summer is Kentucky Extension Homemaker Association (KEHA) reporting season! Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2023-2024 to cover the period from July 1, 2023, to June 30, 2024. Club-level reports were due July 1.

County-level reports are due by Aug. 15. The county tallies the club-level educational reports received in July and submits the totals online by Aug. 15, printing a copy to share with the area educational chairmen. The Qualtrics survey links are now available online! County Volunteer Service Unit (VSU) reports are due via paper forms to the area. See <https://keha.ca.uky.edu/content/impacts> for details.

Area VSU Reports are due Sept. 15 to the KEHA State Leadership Development Chairman.

2025 KEHA State Meeting Room Block Open Now – Next year’s KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Present at 2025 State Meeting – Homemakers who wish to present at State Meeting are encouraged to submit a session proposal. The form is due Oct. 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.

NVON Recap – Kentucky was well represented with 17 attendees. They enjoyed classes, speakers, and entertainment in Asheville, NC, from July 16-18, 2024. Kentucky had a tabletop display and the raffle basket brought in \$155. NVON announced the newest Project in Common: Mental Health Awareness and Mental Health Wellbeing, 2025-2027. For more information, visit <https://www.nvon.org/mental-health-awareness/>.

Dates to Remember

- Aug. 15 – Due date for county reports to be submitted, including both program of work reports (online) and volunteer service logs (paper form).
- Sept. 15 – Due date for Area VSU logs to be submitted to state chair for Leadership Development (Nancy Snouse).
- Oct. 13-19 – KEHA Week
- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.



Fort Harrod Area

Extension Homemakers Officer & Chairperson Training

FREE TRAINING WITH LUNCH PROVIDED

Join the Fort Harrod Area FCS Extension Agents for this area-wide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

Topics discussed will include membership, recruitment, service projects, parliamentary procedure, and more!

**August 20th
10am-1pm**

**Mercer County Extension
Office**

1007 Lexington Rd,
Harrodsburg, KY 40330

**Please register by
August 13th by calling
859-734-4378**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Save
the
Date



**DISCOVER KEHA -
A HIDDEN TREASURE**

Make plans to attend the 2025 State Meeting.

May 5-8, 2025

Hyatt Regency
401 West High St., Lexington

Check the KEHA website (www.keh.org)
this summer for lodging rates & details.



Gluten Free Peach Blueberry Muffins

- | | | |
|--|-----------------------------|---------------------------------------|
| 1 cup blueberries | ¼ teaspoon salt | Streusel Topping: |
| 1 cup peaches, small dice | 1 teaspoon cinnamon | ¼ cup gluten-free baking flour |
| 3 cups gluten-free baking flour | ½ cup butter | ½ cup brown sugar |
| ½ cup granulated sugar | 3 eggs | 1 teaspoon cinnamon |
| ½ cup brown sugar | 1½ cups non-fat milk | ½ teaspoon ground nutmeg |
| 1 tablespoon baking powder | | 2 tablespoons butter |

Preheat oven to 400 degrees F. **Grease** the wells of a muffin tin or line with paper liners and **spray** with non-stick spray. **Rinse** blueberries and **drain** well. **Remove** skin from peaches and **dice**. In a large bowl, **mix** together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. **Melt** butter in a microwave safe bowl. In a medium bowl, **whisk** the eggs, milk and melted butter together. **Pour** the wet ingredients into the dry ingredients and use a spoon to **mix** just until incorporated. **Fold** the blueberries and peaches into the batter gently. **Fill** muffin cups $\frac{2}{3}$ full.

For the streusel topping: In a medium bowl, **place** gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, **cut in** butter until mixture resembles fine crumbs. **Spoon** streusel topping over the batter evenly. **Bake** muffins 18-20 minutes. Do not overbake. **Remove** muffins from pan to **cool**.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.