

# FAMILY AND CONSUMER SCIENCES

## FRANKLIN COUNTY COOPERATIVE EXTENSION AUGUST 2025 NEWSLETTER

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

Franklin County  
101 Lakeview Court  
Frankfort, KY 40601-8750  
(502) 695-9035  
Fax: (502) 695-9309  
franklin.ca.uky.edu



## Traveling with Children

**Source:** David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

Before you go:

**Talk about the trip.** Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. Explain how you'll travel — car, plane or train — to help build excitement and ease anxiety.

**Identify potential challenges.** Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

**Set behavior expectations.** Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or

*(Continued on pg. 2)*

### IN THIS ISSUE

TRAVELING WITH CHILDREN . . . . . 1-2

PREVENTING HEATSTROKE IN THE  
"DOG DAYS" OF SUMMER. . . . . 3-4

HOMEMAKER DATES TO REMEMBER . . 8

BACK TO SCHOOL BASH . . . . . 10

VACCINATION CLINIC. . . . . 11

CKHQQ YARD SALE . . . . . 12

IT'S SEW FINE . . . . . 13

FREE BOOKS FOR KIDS . . . . . 14

NAVIGATING TRAUMA AFTER A  
NATURAL DISASTER . . . . . 15

OVERNIGHT OATS . . . . . 16

***(Continued from pg. 1, Traveling with children)***

“We don’t ask for candy at the store,” work for all ages. Even adults use this — like telling yourself you’re not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

**Get kids involved in packing.** Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they’ll need help.

**Entertainment options.** Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles and word searches are great alternatives.

**Plan for delays.** Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack and use the bathroom. While this can add time to your travels, it makes for happier travelers.

During your trip:

**Stick to routines.** Try to maintain regular meal, nap and bedtime schedules. It may take creativity, but it is worth the effort.

**Let kids take the lead.** Invite your children to make decisions: “Which trail should we take?” or “What do you want to see first?” This builds confidence and keeps them engaged.

**Safety.** Carry a few basics — water, snacks, flashlight and a small first-aid kit.

**Expect meltdowns.** They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

After your trip:

**Reflect together.** Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.





# ADULT HEALTH BULLETIN



## AUGUST 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Franklin County Cooperative  
Extension Office  
101 Lakeview Ct.  
Frankfort, KY 40601  
(502) 695-9035  
[franklin.ca.uky.edu](http://franklin.ca.uky.edu)

### THIS MONTH'S TOPIC

## PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



**T**he "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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 notification.



One of the best things  
you can do is drink  
plenty of water,  
even if you don't feel thirsty.  
Wear light-colored,  
loose-fitting  
clothes and a hat  
to protect yourself  
from the sun.

→ **Continued from the previous page**

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

**REFERENCE:**

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

**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

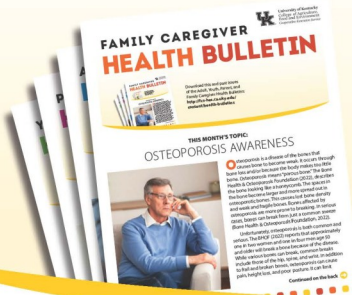
**Stock images:** Adobe Stock





## FAMILY CAREGIVER

## HEALTH BULLETIN



AUGUST 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Franklin County Cooperative  
Extension Office  
101 Lakeview Ct.  
Frankfort, KY 40601  
(502) 695-9035  
[franklin.ca.uky.edu](http://franklin.ca.uky.edu)

## THIS MONTH'S TOPIC

## CREATING A LONGEVITY PORTFOLIO



**S**imply put, longevity refers to a long life. Genetics, environment, and lifestyle all play a part in how long we live. Research shows that taking care of your body plays a vital role in living longer and staying healthy. When asked if you want to live to 100, many people say yes ... if they can be 100 and healthy and of sound mind. To nurture health and well-being over time, Ramsey Alwin, the president and CEO of the National Council on Aging, stresses that people need to create a longevity portfolio. A longevity portfolio is a survey of assets that are critical to aging well.

According to Ramsey, a longevity portfolio should include information about "health, skills and work options, relationships and social connections, community resources and finances." Alwin believes that starting and supporting these assets is vital to longevity and personal resilience.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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 notification.

## → Continued from the previous page

### Health

- **Nutrition and hydration.** Doctors from Harvard Health say plant-based, Mediterranean diets that include vegetables, fruits, nuts, whole grains, legumes, and fish support overall cell health and longevity. Staying hydrated is needed for the body to function efficiently. Hydration supports longevity by aiding brain health, muscle and joint function, energy levels, skin health, digestion, nutrient absorption, and circulation.
- **Physical activity.** Moving more and sitting less supports overall health and well-being. Being active also decreases your risk of chronic disease and conditions. According to the CDC, the physical activity guideline for adults is to get at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous movement or an equivalent combination of both. Adults should also try to strength train at least two days a week.
- **Don't smoke and limit alcohol.** Smoking shortens lifespans. Too much alcohol increases risks of disease and serious accidents.
- **Sleep.** People who get quality sleep tend to live longer than those who do not. According to Harvard Health, poor sleep can raise the risk of chronic health problems. Sleep experts advise adults to sleep between seven to nine hours a night.

### Skills and work options

- **Think positively.** The right outlook helps longevity.
- **Learn new skills.** Cycling in and out of jobs, careers, and the workforce will continually require new skills, which also contribute to job satisfaction and a sense of purpose.

### Relationships, social connections, and community resources

- **Socialization.** Meaningful social connections and active social lives are linked to longer and healthier lives, according to Harvard Health. When life happens — job transitions, loss, grief, health issues, celebrations, etc. — it is the love and support of friends and family who help get you through the good and bad times. Such social support has positive effects on overall physical and mental health.
- **Community involvement.** Being a part of a community is a social activity that supports a

sense of belonging, purpose, and accountability. It can provide cognitive stimulation. Being a part of a community can motivate you to embrace a healthy lifestyle. A strong community can also provide emotional and physical support during life transitions. A network of resources from the community can help you navigate life's ups and downs with greater resilience and improved outcomes.

### Finances

- **Financial well-being.** Maintaining financial well-being for a long life is essential for preserving dignity and ensuring quality of life. When doing the math, be sure to build income that can grow over time and factor in inflation, taxes, fluctuation in investments, and rising health-care costs. Be sure to have a financial strategy that supports your desired lifestyle over time. Keep in mind that what worked in previous stages of life may not apply in old age because of fixed income and health-care needs.

Go over your longevity portfolio and change it when and as needed. Like going to a doctor to make sure you are taking the right steps to be healthy or a financial planner to be sure you are making proper savings or investments, Alwin stresses regular checkups to your longevity portfolio. Make sure you are also paying proper attention to your control over longevity.

### REFERENCES:

- Alwin, R. (2023). Empowering People to Prepare for the 100-Year Life. Retrieved 6/15/25 from <https://www.ncoa.org/article/empowering-people-to-prepare-for-the-100-year-life>.
- CDC. (2023). Older Adult Activity: An Overview. Retrieved 6/15/25 from <https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html>
- Forbes. (2025). The Longevity Paradox: How Longer Lives Create New Financial Complexities Retrieved 6/15/25 from <https://www.forbes.com/sites/forbesbooksauthors/2025/04/16/the-longevity-paradox-how-longer-lives-create-new-financial-complexities>
- Harvard Health. (2024). Longevity: Lifestyle strategies for living a healthy, long life. Retrieved 6/15/25 from <https://www.health.harvard.edu/staying-healthy/longevity-lifestyle-strategies-for-living-a-healthy-long-life>
- NIH. (2023). Good hydration linked with longevity. Retrieved 6/15/25 from <https://www.nih.gov/news/2023/good-hydration-linked-longevity>

**Written by:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

**Edited by:** Alyssa Simms






**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





## Hydration Tips for Kids:

-  Use fun bottles, add fruit/ice for flavor, and offer silly straws.
-  Set up a designated place where kids can easily refill their bottles or cups.
-  Swap out sugary drinks and offer hydrating foods.
-  Prompt kids to have water, especially during activity or heat, and drink water yourself.
-  For more ideas, contact your local county extension office!

Source: UK Extension Parent Health Bulletin, July 2025  
An Equal Opportunity Organization.

## Electrolytes Explained

### What are Electrolytes?

Electrolytes (minerals like sodium, potassium, calcium, magnesium, chloride) work with water to support vital functions: blood pressure, muscle contraction, and nerve communication.

### Staying Hydrated

Hydration is vital for energy, body temperature, and overall health—water makes up about 60% of your body weight. Keep yourself hydrated by drinking water consistently and eating a healthy diet.

### Learn More

If you're considering electrolyte supplements or have dehydration symptoms, consult your healthcare provider. Visit your county extension office for more information.

Source: Heather Norman-Burgdolf & Anna Cason  
An Equal Opportunity Organization.

## Heat Exhaustion

### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy  
Sweating

Nausea

Weakness



## Heat Stroke

### ACT FAST

## CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes  
Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

# Homemaker Dates to Remember

## Join Us for Our Annual Meeting & Kickoff Event – August 25th!

We're combining our **Annual Meeting** with our **Kickoff Event** this year, and we're looking forward to a fun and productive evening on **Monday, August 25th. Registration begins at 5:30 PM.** Instead of a registration fee, we'll be hosting a **potluck dinner**—no charge to attend! The **Homemakers' Council** will provide **fried chicken, paper products, utensils, and beverages.** We'll also be holding our **traditional raffle**, so we ask that **each club bring an item** to contribute. To help us plan accordingly, each homemaker club is asked to **contact the office (502-695-9035) by August 15th** with the number of members that will be attending—this ensures we have the right accommodations for all.

A **planning meeting** will be scheduled soon with that date and details forthcoming.

## Looking Ahead: Homemakers' Council Meetings

Beginning in **September**, we'll launch **quarterly Homemakers' Council Meetings: Two evening sessions and two afternoon sessions.** All are welcome to attend! We'll cover important topics including **upcoming events, budget planning, elections**, and more. Let's kick off the new year with great food, fresh ideas, and meaningful fellowship—see you there!

## Below is a list of Important Dates:

August 25, 2025 - Homemakers' Kickoff/Annual Meeting - Registration starts at 5:30 p.m. Please call the office to let us know if you are attending.

**September 16, 2025 - Homemakers' Council Meeting - 5:00 p.m.**

October 12 - 18, 2025 - Homemakers' Week - Upcoming Events will be announced at a later time .

November 22, 2025 - Children's Holiday Store

November 24, 2025 - Homemakers' Dues must be turned in to the Homemaker Treasurer. Please drop them off at the office.

**December 16, 2025 - Homemakers' Council Meeting - 1:00 p.m.**

March 17, 2026 - County Cultural Arts - 9:00 a.m.

**March 17, 2026 - Homemakers' Council Meeting - 5:00 p.m.**

May 12 - 14, 2026 - KEHA State Meeting in Lexington.

May 19, 2026 - Annual Meeting - Registration starts at 5:30 p.m.

**June 16, 2026 - Homemakers' Council Meeting - 1:00 p.m.**

I hope that having these dates in advance will be helpful to everyone. If you have any questions, please do not hesitate to contact me. Thanks!

Elizabeth Collins

Franklin County Homemakers' President







## 2025-2026 Fort Harrod Area Leader Lesson Schedule

Please note: Dates are when the host county will teach the lesson at their office. Everyone is welcome and encouraged to attend in person! If you are unable to attend you can watch a short video on the Fort Harrod FCS Agent Youtube page.



	August	September	October	November	January	February	March	April
<b>Instructor</b>	Multi County Program	Tara Duty	Alethea Bruzek	Sara Haag	Carla Carter	Hannah Thornsberry	Kayla Lunsford	Jody Paver
<b>Lesson Title</b>	Navigating Trauma After a Natural Disaster	Selecting Sheets	Using your AirFryer	Yogatta Try This!	Stretching your dollar: What to do when ends don't meet.	Mental Health Matters	Gardening Safely	How to get our of a mealtime rut.
<b>Date/Time/ Location</b>	August 28 <sup>th</sup> at 10AM in BOYLE COUNTY	September 23 <sup>rd</sup> @ 10AM in MERCER COUNTY	October 1 <sup>st</sup> @ 11AM in BOYLE COUNTY	November 7 <sup>th</sup> @ 10AM in JESSAMINE COUNTY	January 8 <sup>th</sup> @ 11AM in FRANKLIN COUNTY	February 5 <sup>th</sup> @ 11 AM in WOODFORD COUNTY	March 26 <sup>th</sup> @ 1PM in GARRARD COUNTY	April 15 <sup>th</sup> @ 10AM in LINCOLN COUNTY
<b>Description</b>	This lesson will focus on coping with trauma.	Covers everything you need to know about buying sheets!	This lesson will focus on what air fryers are and how they work. You may even be a taste tester.	This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.	Making ends meet is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.	This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns.	This lesson focuses on the health benefits of gardening, using proper motions for repetitive movements, and appropriate tools for the job at hand.	The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home.

# UPCOMING events

**JOIN US!**

**8.2.25** 5:00PM - 8:00PM

**FRANKFORT PD**

**NIGHT OUT**  
AUGUST 2

**ON SECOND STREET**  
Between Conway/ Bridge Street and Steele Street

**yes arts**

In partnership with Yes Arts, Frankfort PD Night Out is free and open to the public.

Modeled after National Night Out, this is a community based event focused on building positive police-community partnerships.

**Activities:**

- Dunking Booth
- Food Trucks
- Foam Party
- Giant Games
- Silent Disco
- Inflatables
- Vehicles
- Face Paint
- Crafts
- Drones

**BACK TO SCHOOL**

**MUSIC | FOOD TRUCKS | GIVEAWAYS**

**SATURDAY | AUG 9TH | 10AM-2PM**

**THE COLLEGIATE CORNER LEARNING CENTER**  
603 LOUISVILLE RD FRANKFORT, KY 40601

**Frankfort KY Memories**  
EVENT VENUE

**COLLEGIATE CORNER**

**UNITED WAY OF THE BLUEGRASS**

**BASHAM & SOWER MEMORIAL GOLF CLASSIC**

**August 22, 2025 | Juniper Hill Golf Course**

**REGISTRATION 8:00 AM | TEE OFF 9:00 AM**

**United Way of the Bluegrass**  
**BASHAM & SOWER MEMORIAL GOLF CLASSIC**

For more information on upcoming events visit our website at <https://franklin.ca.uky.edu/events>.



**Capital City Activity Center**  
Senior Citizen



Let's stay  
well together

# Vaccination Clinic

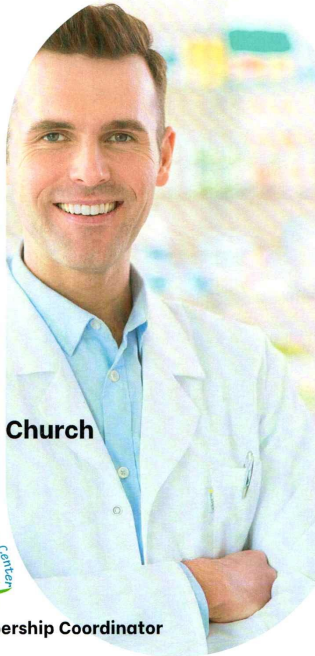
Capital City Activity Center  
is partnering with  
Capital Pharmacy of  
Frankfort to offer Tetanus,  
Flu, Pneumonia, Covid, RSV,  
Shingles vaccinations

**Date: August 12, 2025**

**Time: 9:00am-11:00am**

**Location: Peaks Mill Christian Church**  
**7534 Peaks Mill Road**  
**Frankfort, Kentucky 40601**

Capital City Activity Center  
202 Medical Heights Drive  
Frankfort, Kentucky  
502-223-5794  
Ask for Robin, Grant Administrator/Membership Coordinator



## Capital City Activity Center Health Fair



**September 26, 2025**  
**9:00am-1:00pm**

- Vaccination Clinic
- Home Health
- Elder Law
- Senior Living
- Real Estate
- Medical Supplies
- Geriatric Psychology
- Activities
- Non-medical Home Care
- Free Screenings

For More Information  
Meg Webber  
marketing@fccoa.com  
502-223-5794

Capital City Activity Center  
202 Medical Heights Drive  
Frankfort, Kentucky 40601  
www.frankfortkyseniors.com

ALL THINGS  
*Kentucky*  
ALL IN ONE PLACE

**KENTUCKY STATE FAIR**

**AUGUST 14-24, 2025**

A wonderful opportunity to purchase quilting and crafting materials at an economical cost!



**CKHQG**

(Central Kentucky Homemakers Quilt Guild)

## YARD SALE

**FRIDAY**, August 29, 9:00 a.m. – 6:00 p.m.

Franklin County Extension Office  
101 Lakeview Ct, Frankfort, KY 40601  
(Basement)

Thread	Fabric	Fat Quarters
Charm Packs	Crafting Items	Felt
Puzzles	Books/Patterns	Notions
Quilt Kits	Rulers	Grab Bags
Sewing Machine	Odds and Ends	



## HEALTHY AGING WORKSHOPS 2025

Sanders-Brown Center on Aging  
 Cooperative Extension Service

### Event Topics

**4.23.25**

Caring for Loved Ones with Memory Loss

*summer*

**9.24.25**

Healthy Habits

**10.22.25**

Brain Health

**11.12.25**

A Day for Family Caregivers

**12.17.25**

Healthy Eating & Weight Management

### Special Events

**June**

Unity in the Community Health Fair

Memory Sunday with Sanders-Brown Center on Aging

### Where & When

**First Baptist Church Frankfort**

Fellowship Hall  
100 Clinton Street  
Frankfort, KY 40601



4th Wednesday  
1:30-3:00 PM

Please note: Topics may change!



# Save the date

Cooperative Extension Service

**FORT HARROD AREA  
2025 HERITAGE CRAFT CAMP  
OCTOBER 24TH AND 25TH**

Boyle County Extension Office  
99 Corporate Dr, Danville, KY 40422

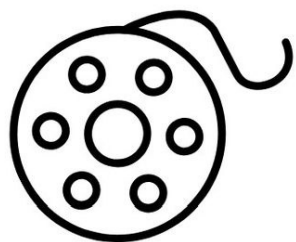




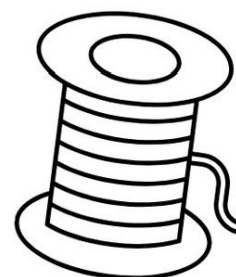
# It's Sew Fine Sewing Seminar

September 4<sup>th</sup> and 5<sup>th</sup> 2025

**Join us for classes on:**



- Garment Construction
- Quilting
- Bags
- Home decor
- Accessories



**Held at Boyle County Extension Office  
99 Corporate Drive, Danville, KY**

**UK Cooperative  
Extension Service**

**For Questions, Contact :  
Mercer County Extension Office  
859-734-4378 or tara.duty@uky.edu**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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.



Disabilities  
accommodated  
with prior notification.



Reading with your child is one of the best ways to build early language, social, and thinking skills. With Dolly Parton's Imagination Library, your child can receive a free, high-quality book every month—delivered right to your mailbox!

### Who's Eligible?

All children from birth to age five living in Kentucky.

### How It Works:

- Enroll your child online in just a few minutes
- Your first book, *The Little Engine That Could*, arrives in 8–12 weeks
- Keep the magic going—new books arrive monthly until your child's 5th birthday!

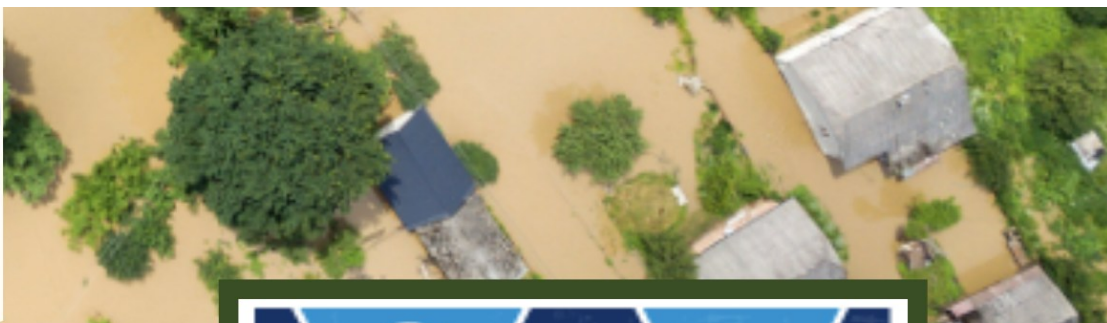
Because reading together today builds a brighter future tomorrow—and creates priceless snuggle time along the way.



Scan the QR code or visit  
**ImaginationLibrary.com/Kentucky**  
to sign up!

Let's spark a lifelong love of reading—one book at a time.







FORT HARROD  
MULTICOUNTY  
LEADER LESSON

# NAVIGATING TRAUMA AFTER A NATURAL DISASTER

August  
28  
@ 10am

Kentucky has gone through a number of events recently that has affected many individuals and families. Join us as we learn how to navigate through trauma after natural disaster.

 Register by calling (859) 236-4484

 **Boyle County Extension Office**  
99 Corporate Dr, Danville, KY  
40422



**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, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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





# Overnight Oats

Time to make: 2 hours or overnight

- *Base oat mixture*
- *1/3 cup old-fashioned oats*
- *1/3 cup skim milk*
- *1/4 cup fat-free vanilla Greek yogurt*
- *1 tablespoon chia seeds*

## Variations:

- *Banana bread: 1/4 cup bananas sliced, 1 tablespoon chopped walnuts, 1/4 teaspoon cinnamon*
- *Peanut butter jelly: 1/4 cup raspberries, 1 tablespoon peanut butter*
- *Mixed berries: 1/2 cup berries of choice*

1. Mix the oats, milk, yogurt, and chia seeds in a mason jar.
2. Cover and refrigerate for at least 2 hours or overnight.

3. Top with fresh fruit, nuts, or other mix in flavors.

Servings: One

Serving Size: 1 jar

Nutrition facts per serving: 240 calories, 7g fat, 14g protein, 34g carbohydrates, 9g fiber, and 65mg sodium

Nutrition for variations:

- *Banana bread:* Makes one serving. The recipe has 310 calories, 12g fat, 16g protein, 43g carbohydrates, 10g fiber, and 65mg sodium
- *Peanut butter jelly:* Makes one serving. The recipe has 350 calories, 13g fat, 19g protein, 44g carbohydrates, 12g fiber, and 120mg sodium
- *Mixed berries:* Makes one serving. The recipe has 270 calories, 8g fat, 15g protein, 41g carbohydrates, 12g fiber, and 65mg sodium

Source: North Dakota State University Extension



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

## 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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 notification.