

FLEMING COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER SEPTEMBER 2025


A MESSAGE FROM YOUR FCS AGENT:

We're excited to welcome Fall with a full month of programs and opportunities! Laugh and Learn returns on September 3rd, and our Corn Husk Wreath Making Workshop on September 9th and 10th is completely full with a waiting list. Don't miss this month's Cooking Through the Calendar recipe, and remember to bring in your Cultural Arts entries on September 18th. We will also host a Connections Over Coffee with the Chamber. See the inside of this flyer for full details.

Homemakers, thank you for your wonderful work last month through quilt donations, fundraising, and more. Be sure to check the Homemakers page for highlights. Wishing you all a happy and refreshing start to the Fall season!

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 Cooperative
Extension Service

Fleming County Office

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Katie Fryman

**Cooperative
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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Homemakers News

September Club Meetings:

- Sept. 16 - Hillsboro Homemakers, 12pm, @ Hillsboro Christian Church
- Sept. 18 - Country Neighbors, 6pm, @ Fleming Ext. Office
- Sept. 29 - Treasures of the Heart, 6pm, @ Fleming Ext. Office
- Sept. 15 - Neighborhood Kids Club, 6pm, @ Fleming Ext. Office

Other Events in July:

- Sept. 30 - Baby Quilt Making Day, 9am-4pm @ Fleming Ext. Office
- Sept. 9 - Yarn Club @ Fleming Ext. Office 6:00pm

Last Month's Homemaker Highlights:

- 60 Baby Quilts were delivered to Shriners Children's Lexington!
- \$402.00 was raised from the Soup Bean Fundraiser for the Fleming County Homemakers Scholarship!
- Terry McKee was the Jam Cake Raffle Winner!

Thank you to everyone who helped make these wonderful things happen! Invite a friend to Baby Quilt Day to learn or share their sewing skills with the group. Congratulations to all who placed a ribbon at the county fair! This year, there were over 150 entries in both the Cloverbud and Open classes. If we haven't seen you at events in a while, we miss you and hope to see you soon!

UPCOMING EVENTS!

- **September 18, 2025 Cultural Arts Day, FCEO**
Entries 9am-12pm; Judging 1pm-2pm
- **October 2025 - KEHA Week**
- **November 1 - Homemaker Annual Dues Deadline**
- **December 4 - Homemaker Christmas Meeting**
- **December 6 - Homemaker Christmas Bazaar**
- **May 12-14 - 2026 KEHA State Meeting, Hyatt Regency, Lexington, KY**



SEPTEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 OFFICE IS CLOSED!	2	3 10:00AM LAUGH AND LEARN	4	5	6
7	8	9 6PM- YARN CLUB @ FCEO	10	11	12	13
14	15 6PM- NEIGHBORHOOD KIDS CLUB VIOLET BARBEE	16 11AM- CTTC HILLSBORO 12PM- HILLSBORO HOMEMAKERS MEETING	17	18 9AM-12PM CULTURAL ARTS 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	19 7:30AM-9:30AM CONNECTIONS OVER COFFEE W/ FLEMING CHAMBER @ FCEO	20
21	22	23	24	25	26	27
28	29 6PM- TREASURES OF THE HEART	30 9AM- 4PM BABY QUILT DAY				

*2025 Fleming County
Extension Homemakers*

Cultural Arts Day

SEPTEMBER 18TH

**[AT] THE FLEMING COUNTY EXTENSION
OFFICE**

Free Entry

**CONTACT KATIE FRYMAN FOR MORE
INFORMATION!**

OFFICE PHONE: 606-845-4641

EMAIL: katie.fryman@uky.edu

**1384 ELIZAVILLE ROAD,
FLEMINGSBURG KY 41041**

DROP OFF TIME THE DAY OF

9AM-12PM

**YOU MAY STOP BY ANY DAY THE WEEK PRIOR TO
SEPT. 18TH WITH YOUR ITEMS**

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University of Kentucky
College of Agriculture,
Food and Environment
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2025 – 2026 Enrollment Form

Fleming County Extension Homemakers

Yearly Dues: \$10.00

Please make checks out to: **Fleming County Homemakers**

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: ☐ _____ Address: _____

or ☐ Mailbox Member _____

Email: _____

Sex: ☐ Female ☐ Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Other

Age Group (Check One)

☐ 15-19 ☐ 20-24

☐ 25-34 ☐ 35-44

☐ 45-54 ☐ 55-64

☐ 65-74 ☐ 75+

Enrollment Type:

☐ Yearly Renewal ☐ New Member

Number of Years in Club Membership: _____

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

The Kentucky Cooperative Services is required by federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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LEXINGTON, KY 40546



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2025 – 2026 Enrollment Form

NEIGHBORHOOD KIDS

Yearly Dues: \$10.00

Please make checks out to: Fleming County Homemakers

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: ☐ _____ Address: _____

or ☐ Mailbox Member _____

Email: _____

Sex: ☐ Female ☐ Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Other

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Signature: _____ Date: _____

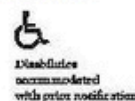
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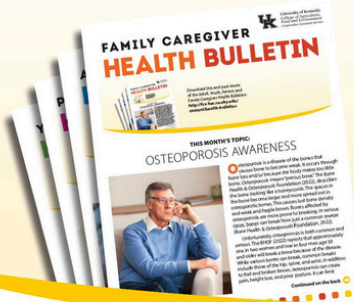
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FAMILY CAREGIVER

HEALTH BULLETIN



SEPTEMBER 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)

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THIS MONTH'S TOPIC FALL PREVENTION



Sept. 22-26 is Fall Prevention Awareness Week. This nationwide week reminds us that falls among older adults is a public health crisis. According to the Centers for Disease Control and Prevention, 1 in 4 older adults age 65 and older fall each year. Falls are the leading cause of serious injury. They include fractures and head trauma, as well as emergency room visits and even injury-related death. Falls impact independence and quality of life. They give rise to a fear of falling and can reduce active living as a result. Falls are also associated with significant financial burden and rises in health care costs.

It is important to talk about falls because they are preventable. Many groups, like the CDC have initiatives and evidence-based falls prevention programs to help address

Continued on the next page 

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**Fall-proofing your home
(decluttering, better lighting,
properly installed grab bars
and handrails, non-skid
slip mats and rugs, keeping
essential items in easy-to-reach
places) can help prevent falls.**

→ **Continued from the previous page**

fall risk and promote prevention. For example, STEADI (Stopping Elderly Accidents, Deaths and Injuries) is a national initiative aimed at preventing falls among community-dwelling adults 65 years and older, <https://www.cdc.gov/steady>. Bingocize® is a 10-week workshop that combines the game of Bingo, exercise, and health education, including fall prevention. It can be played in-person or remotely. A Matter of Balance is an eight-week program that aims to reduce fear of falling and increase activity levels. CAPABLE (Community Aging in Place — Advancing Better Living for Elders) is a five-month program that uses occupational therapists, nurses, and handymen who provide home modifications. To explore a full list of evidence-based programs proven to help older adults reduce the risk of falling, go to the National Council on Aging at <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>. You can also call your local County Extension Office to see what they are doing to prevent falls in your community.

Key strategies to help prevent falls, according to the Mayo Clinic and NIH include:

- Regular physical activity
- Balance and strength training
- Fall-proofing your home (decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places)

- Medication management (review medications, understand side effects)
- Regular vision and hearing tests
- Wear sensible, properly fitting, sturdy, flat shoes with non-skid soles
- Stand up slowly
- Stay hydrated
- Eat a well-balanced diet and nutritious foods
- Limit alcohol consumption
- Stay active and engaged
- See a health-care provider regularly

REFERENCES:

- CDC. (2024). Older Adult Fall Data. Retrieved July 15, 2025 from <https://www.cdc.gov/falls/data-research/index.html#:~:text=Older%20adult%20falls%20reported%20by,2>
- Mayo Clinic. (2024). Fall Prevention: Simple Tips to Prevent Falls. Retrieved July 15, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358#:~:text=Secure%20loose%20rugs%20with%20double,for%20the%20shower%20or%20tub>
- National Council on Aging. (2023). Evidence-Based Falls Prevention Programs. Retrieved July 15, 2025 from <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>
- National Institute on Aging. (2022). Falls and Fractures in Older Adults: Causes and Prevention. Retrieved July 15, 2025 from <https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention>

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

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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 9

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THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at <https://ukfcs.net/ItFoD-FinancesAfter>.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (<https://ukfcs.net/RedCross>) or area churches may be able to provide temporary lodging. Contact your local

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IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety of Kentucky-specific resources for shelter and other assistance at <https://ukfcs.net/DisAsst>.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit <https://ukfcs.net/FEMAind>.

OTHER BASIC NEEDS

Food – It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at <https://ukfcs.net/FAFoodBank>. Your local health department or county FCS agent can also help you find food banks in your area.

Clothing and Personal Care Items – If clothing or personal care items were damaged,

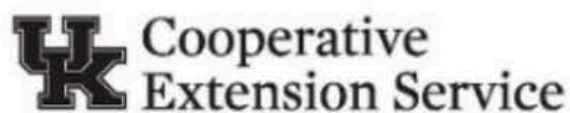
consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

Mental Health – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. “Help” can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.

Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and
Kelly May, Senior Extension Associate for Family Finance and Resource Management
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



Cooking Through the Calendar

**JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON
BALANCED MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!**

SEPTEMBER 16, 2025

HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

SEPTEMBER RECIPE: GRITS, GREENS, AND EGG BOWL



606-845-4641 or katie.fryman@uky.edu

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Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
Dressing:		
	2 ½ tablespoons olive oil	

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.