

Marshall County FCS NEWS



 **Martin-Gatton**
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Upcoming Events

- 10/14 - **Maker Monday, MCEO, 9-12**
- 10/14 - **Busy Bees potluck, MCEO, 12-1**
- 10/14 - **Busy Bees meeting, MCEO, 1-3**
- 10/16 - **Extension Homemaker Officer & Chairmen training, Graves County, 9-11**
- 10/23 - **Basket class, MCEO, 9-3**
- 10/24 - **County Extension Council meeting, MCEO, 11:30**
- 10/30 - **Basket class, MCEO, 9-3 (FULL)**
- 10/31 - **'Communications Essentials for Good Impressions', MCEO, 10am**
- 11/4 - **Extension Homemakers Advisory Council meeting, MCEO, 9:30**
- 11/5 - **Office closed for Election Day**
- 11/11 - **Maker Monday, MCEO, 9-12**
- 11/11 - **Busy Bees potluck, MCEO, 12-1**
- 11/11 - **Busy Bees meeting, MCEO, 1-3**
- 11/13 - **Olive club meeting, MCEO, 9:00**
- 11/14 - **Sharpe club meeting, MCEO, 9:00**
- 11/19 - **Sewing with Robynn, MCEO, 1-3:30**
- 11/21 - **Quilting with Robynn, MCEO, 11-3**
- 11/28-29 - **Office closed for Thanksgiving**
- 12/2 - **Sewing with Robynn, MCEO, 1-3:30**
- 12/3 - **Sewing with Robynn, MCEO, 1-3:30**
- 12/5 - **'Elements & Principles of Art II', MCEO, 10:00**
- 12/5 - **Quilting with Robynn, MCEO, 11-3**



Homemaker Clubs always welcome new members and have educational activities for everyone to experience! Officer & Chairmen training will be October 16 in Graves County.

Robynn with the **Master Clothing Volunteers** has classes for those interested in sewing and quilting. These are scheduled at our new facility.

Bring a craft or project you are currently working on. Share and learn from one another. Everyone is welcome to participate in **Maker Monday**. Follow us on social media to learn about upcoming dates.

November's **Learning Session** is 'Communications Essentials for Good Impressions'. All are welcome to attend.

Everyone is welcome to attend **Homemaker Advisory Council** meetings. It's the best way to learn what is going on and how you can get involved! The November meeting will be in meeting room 'A' at our new facility.

We are pleased to offer **Basket Classes** during October & November. Wendy Tallis is a very talented basket weaver and will be the instructor.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HOLIDAY PROJECT

Extension Homemakers are supporting the DAV for the upcoming holiday season. Please collect items to fill First Aid kits to be distributed to veterans. Bring Items to the November 4 Advisory Council meeting at 9:30.



Recipe Corner...



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

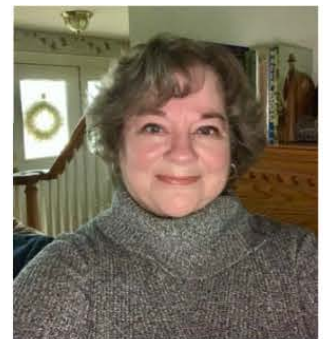
Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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



Registration is open for the 10/23/24 basket class. From 9-3, \$40 includes all materials.



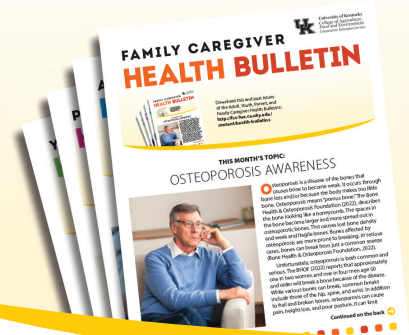
Vicki Wynn

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FALL 2024

FAMILY CAREGIVER

HEALTH BULLETIN



OCTOBER 2024

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

THIS MONTH'S TOPIC

STORYTELLING ENHANCES CAREGIVING



As a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.

Continued on the next page



The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

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This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the *Care Management Journal*, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.

REFERENCE:

Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

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

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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Disabilities
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with prior notification.

WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the “wear and tear” on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our “cold water” washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your “nicer” clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

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