

MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES

August 2024

Hello Homemakers! August is the month that we begin collecting Club dues. The state dues have raised and as a result ours will have to raise also. We will go from \$10 to \$12. This year instead of a T-shirt, members will receive a cross body bag, which is all the rage for traveling and shopping. You will see a photo of the bag included in this newsletter. You may drop by the office anytime to pay your dues, pay at your club's August meeting or mail your dues in. I hope that you take advantage of some of the learning opportunities that our office provides. You will see information in this newsletter concerning dates and times of activities and meetings. Stay cool and enjoy the remainder of your summer!

Table of Contents

Homemaker News	2
Homemaker Enrollment Form	3
Health Bulletin <i>"Are You Up to Date on Vaccines?"</i>	4-5
Money Wise <i>"Maximizing College Savings"</i>	6-7
Families on the Move	8-9
Calendar of Meetings	10
University of Kentucky EEO Statement	11
SNAP Recipe	12

Cathy Sparks

CEA for FCS/4-H
Youth Development Education



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

PATCHWORK PLAYDATES

CAMPING

THURSDAY, AUGUST 8, 2024

MAGOFFIN COUNTY EXTENSION SERVICE
CRAFT: GLOW-IN-THE-DARK LANTERN
SNACK: TRAIL MIX



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Friendship Quilters


Friday, August 9, 2024

Friday, August 23, 2024

Sew What Quilters

Saturday, August 10, 2024

Homemaker Dues are due to be paid for the 2024-2025 year. The dues this year will be \$12.00, which is a \$2.00 increase. This is due to state dues increasing. The neat cross-body bag below will be the gift this year when you pay dues, instead of a t-shirt.



★ Magoffin County ★
HOMEMAKERS

Canning Class

August 2nd @ 10 AM

at the Magoffin County Extension Office.

Learn how to can your garden harvest and yummy jams/ jellies!

Please call (606)-349-1236 to register.

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2024-2025 Enrollment Form

Magoffin County Extension Homemakers Due by November 25, 2024



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

Club Name: _____ Address: _____

Email Address: _____ Sex: Female Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

How would you prefer to receive your Building Strong Families Newsletter? Circle one.

Facebook Email Hard copy /mail

Ethnic Background: (optional)

White Black Hispanic Asian Other

Age Group: (circle one)

15-19 20-24 25-34 Yearly Renewal New Member

35-44 45-54 55-64

65-74 75+ Number of Years in Club Membership: _____

I, (print full name) _____ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

Signature: _____ Date: _____

Witness: _____ Date: _____

Homemaker Fee: \$12.00 each

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LEXINGTON, KY 40546



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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>

Magoffin County Extension Office
15 Rockhouse Fork Road
Salysersville, KY 41465
(606) 349-3216

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.

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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:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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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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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.

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Families on the Move: A FAMILY WALKING PROGRAM

Family Time!

When was the last time that you spent time as family outside?

Take the next few weeks to get outside and get moving with your family. Not only will it feel good being together as a family, but by staying active together you may see some other changes too!

ARE YOU WALKING OR EXERCISING AS OFTEN AS YOU WISH?

Does your family walk at least 3 days a week? Most days of the week? Do you do activities on the weekends?

Take this first week to reflect on what your family is doing for physical activity.

Get not only physical benefits from walking but mental as well!

Can walking make you happy? Can it help you deal with life stress? Can it give you more quality family time? For many, the answer is yes.



Magoffin County Extension Office
15 Rockhouse Frk Road
Salyersville, KY 41465
(606) 349-3216



THIS IS YOUR BRAIN ON WALKING

- ★ Exercise, such as walking, increases the blood flow to the brain.
- ★ A study of people over age 60 found that walking 45 minutes a day, at a 16-minute mile pace, increased their thinking skills.
- ★ Walking and other exercise can make you feel happy.
- ★ Walkers often notice an improvement in mood.
- ★ Walking gives you time to think.



Walking is a man's best medicine. —Hippocrates

TAKE THE FAMILY ON A VISUAL SCAVENGER HUNT!

On your next walk look for the following objects. Whoever finds the most wins!

- A red leaf
- An orange leaf
- A yellow leaf
- A squirrel
- An acorn
- Someone riding a bike
- An American flag
- A bird bath
- A pile of leaves
- A rake



MAKE THE WALK A RELAXING WALK

Look for One Special Thing: Train yourself to find one special thing—a sight, a sound, a thought—on every walk you take. You'll find you pay more attention to the world around you, and notice details you might have overlooked. Talk to each member of the family and hear what others "found" during the walk.

Create Art: Collect small beautiful objects as you walk and arrange them in a way that pleases your eye—at home or along your path.

Did You Know?

Children and adolescents should get 60 MINUTES or more physical activity every day.



Stretching

Try these five simple stretches before and after you walk. Ease into each stretch until you feel the tension in the muscle you want to stretch and hold until it feels looser.

★ QUADRICEPS (THIGH)

1. While leaning against a wall, reach back with your left hand and grab your right ankle.
2. Pull your foot back and away from your buttocks.
3. Repeat for other side.

★ CALF STRETCH

1. Stand at arms length and lean against a wall or fence.
2. Put one leg straight back and the other bent underneath you.

3. Keep back straight and lean hips forward.
4. Keep rear leg straight with heel on ground.
5. Repeat for other leg.

★ TORSO TWIST

1. Stand with both arms out to side with elbows slightly bent.
2. Feet should be at shoulder width or slightly wider.
3. Twist your torso to the right and then the left, alternating back and forth slowly.

★ HAMSTRINGS (BACK OF LEGS)

1. Put your right leg out about 18 inches from your body with toe pointed up.

2. Bend your left leg slightly.

3. Reach down with both hands toward your right foot.

4. Repeat for other side.

5. Alternatively, you can sit down on the edge of your bed or a park bench with one leg up and the other on the floor and reach with both hands until you feel the stretch in the back of the leg.

★ SIDE STRETCH

1. Stand with both arms over head.
2. Lean to one side, then the other.
3. An alternative is to leave your right arm at your side and bend to the right while reaching your left arm reaches overhead, then reverse.

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Food Preservation Class- 10:00 AM	3
4	5	6	7 Crochet Club 10 AM	8 Patchwork Playdates 10 AM	9 Friendship Quilters 10 AM	10 Sew What Quilters 9 AM
11	12	13	14 Embroidery Club 10 AM	15	16	17
18	19 Area KEHA Meeting Lawrence Co. 10 AM	20 Ivyton Hippie Chx Meeting 6 PM	21 Crochet Club 10 AM	22 Cooking Through the Calendar Noon	23 Friendship Quilters 10 AM	24
25	26	27	28 Embroidery Club 10 AM	29 Diabetes Support Group 10 AM	30	31

Long form Non-discrimination Policy

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

Magoffin County
 P.O. Box 349
 Salyersville, KY 41465



Summer Corn and Couscous Salad

3 ears sweet corn, shucked and washed	1 cup garbanzo beans (chick peas), drained and rinsed	tomatoes, washed and halved	Dressing:
1 cup low-sodium chicken broth	1 medium cucumber, washed, quartered and diced	½ cup feta cheese	3 tablespoons olive oil,
1 cup uncooked couscous	1 ½ cups cherry tomatoes, washed and halved	¼ cup chopped sweet onion	3 tablespoons lemon juice, 1 teaspoon dried oregano, ¾ teaspoon ground cumin,
		3 tablespoons minced fresh parsley	½ teaspoon each, salt and pepper

Boil corn for 6-9 minutes or until tender. **Drain** corn and immediately place in ice water. **Drain** ice water and **pat** corn dry; using a sharp knife **cut** the corn kernels from the cobs. In a separate saucepan, bring broth to a **boil** and **stir** in couscous. **Remove** couscous from heat, cover and let **stand** 5-10 minutes. **Fluff** couscous with a fork and set aside to cool. In a large bowl, **combine** the beans, cucumber, tomatoes,

cheese, onion and parsley. **Add** couscous and corn to the vegetables. In a small bowl, **whisk together** the dressing ingredients. **Pour** over the couscous mixture; **toss** to coat. **Serve** chilled. **Yield:** 9, 1 cup servings
Nutritional Analysis: 200 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g sugar, 7 g protein



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