



Family and Consumer Sciences Newsletter

UK Cooperative Extension Service

Carter County
March 2024

Greetings From your FCS Agent

I hope this newsletter is finding you well and your springtime is filled with sunshine! I love the newness that comes with spring. We will soon have a new facility, some new partnerships, and some new programs. I am hopeful and excited about what's to come! None of this would be possible without each of our volunteers, leaders, and participants! Thank you for supporting Carter County FCS Extension!

March was busy with our regular monthly programming. I enjoyed a couple of visits to Heritage Elementary as the "Germ Lady" and several planning meetings for programs to come. Please look closely to the upcoming dates on the next page and try to join us! The FCS advisory council recommended that I host an Interagency coalition meeting to improve the communication, create opportunities for partnerships, and become more informed about services in our county. I have invited close to 50 people from agencies and organizations from both Grayson and Olive Hill. If you want to attend, please let me know!

To better serve our clientele, we have started using Eventbrite to register for programs. Links and QR codes will be available to register for upcoming programs and events, but if you do not want to register this way, you can always call the office just like you have in the past! We have had many requests for online payments options and this is the simplest way we have found to offer it. As always, feel free to contact me with any questions.

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Disabilities accommodated with prior notification.



Mark Your Calendars

- April 3-**Interagency meeting**, 1:00pm
- April 4-**Lunch and Learn: Self Care** , Noon
- April 5-**Sit and Sew**, 9-3
- April 9th-**District Board Meeting**, 10am
- April 11th-**Big Blue Book Club Watch Party**, 11am
- April 17th-**Self Care** at the Chapel House, 11am
- April 18th- **Big Blue Book Club Watch Party**, 11am
- April 19th- **Sit and Sew**, 9-3
- April 19th-**Celebrate the Child** at WCMS 5:30-7:30
- April 24th-**FCS Advisory Council**, Noon
- April 25th **Big Blue Book Club Watch Party**, 11am
- April 26th **Laugh and Learn Playdate**, 10am
- May 1st-**Homemaker Council Meeting**, 10am
- May 1st-**Lunch and Learn : Bone Health**, Noon

Every Monday-**Quilts for Veterans Sew Days** 9-3

For more information or to register for any of these programs,
please call 474-6686

Homemaker News

State Meeting

- We have several that have signed up to represent Carter County Homemakers at the State KEHA meeting May 7-9 in Bowling Green. If you are interested in going, please let me know ASAP.
- We will have a meeting for those attending the state meeting at 1:30 on April 4th, following the lunch and learn lesson. If you cannot attend at that time, please contact Whitney.

Other Meetings

- Next Council Meeting is May 1st at 10am
- Thank you to all of the clubs that have allowed me to visit these past couple of months! I love coming to your meetings, getting to know each of you better, and learning what you are doing in your community!
- If I haven't visited your meeting yet, I will try to get to you soon! Even if I have already visited, feel free to invite me if you have anything special coming up! I always enjoy our visits!

Annual Meeting

- Registration info is included in this issue. We are using Eventbrite to make online payment possible. If you have any questions or prefer not to use it, please call 474-6686.
- Club assignments will be the same as last year unless you let Whitney know that you don't want that assignment.
- Be working on your cultural arts! Categories are in the your booklets.
- Officer Credentials, club of year, scholarship, and any other annual meeting paperwork is due May 1st.
- Be thinking about silent auction items and each club needs to send \$10 for centerpieces.



Self-Care: Taking Care of Your Mental and Physical Health



April 4th

Noon

Carter County Extension
Education Center



scan to register

The global pandemic of the past few years has left us sorting through a mix of emotions and a variety of cumulative losses. To help deal with the many different types of loss individuals and families may have experienced, join Carter County FCS Agent, Whitney Morrow for a Lunch and Learn Lesson on Self-Care: Taking care of Your Mental and Physical Health When Grieving.

There is no cost and a light lunch will be served

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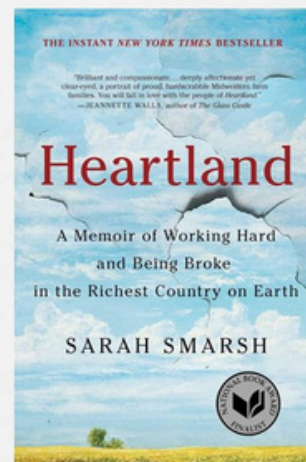




Big Blue Book Club is back!

**Sessions on Thursdays,
April 11-25 @ 11 am EDT**

Register @ ukfcs.net/BBBC24book1
or scan the code



An equal opportunity university.

It's not too late to register! We still have a few books. Watch on your own or join us in the office board room for our watch party!

Carter County Celebrate the Child



No Excuse for Child Abuse



**Like the SUN, I am here to Shine.
I am Enough!**

Friday, April 19, 2024 - 5:30 - 7:30 p.m.

West Carter Middle School, 150 Warrior Dr., Olive Hill, KY
(program begins in the gym) FREE event!

Guest speaker - Jeremy Taylor, informational booths, art
contest winners, free food, games, petting zoo & much more.

Questions, contact your FRYSC at 606-474-6696.

@reallygreatsite

LAUGH AND LEARN

PLAYDATE

APRIL 26


10AM-NOON



This Month's Theme: "Being Healthy"

**Kids 1-5 and
supervising adult**





YOU ARE INVITED TO THE CARTER
COUNTY HOMEMAKERS' ANNUAL
MEETING

A Walk Through the Garden



JUNE

SAT

15

AT 10 AM

2024

Carter Caves State Resort Lodge
Guest Speaker Megan Riggs from
Riggs Family Flower Farm

Cost is \$15

Scan the QR code to register. You can pay online with a small fee OR send a check to the extension office. Make checks payable to Carter County Homemakers with your name in the memo. You can also call the office and register over the phone



 SCAN ME



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

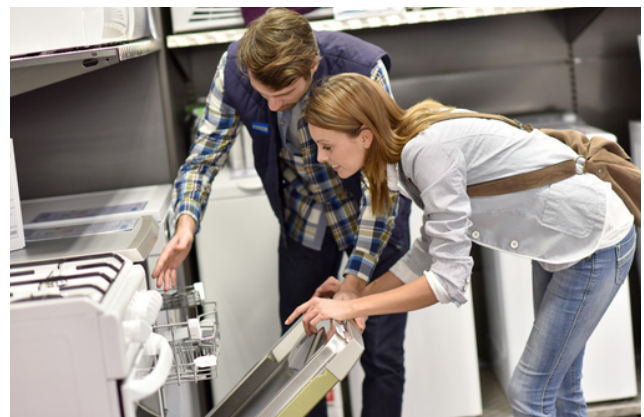
BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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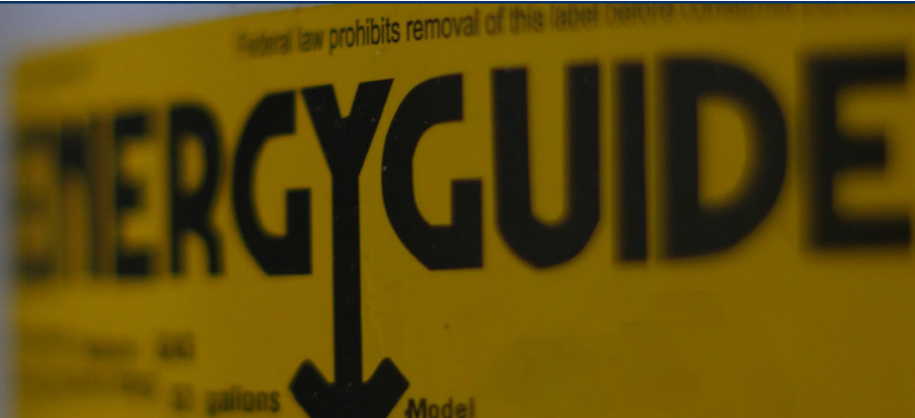
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Disabilities
accommodated
with prior notification.

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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ADULT

HEALTH BULLETIN



APRIL 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

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

**ADULT
HEALTH BULLETIN**

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