

# LIVINGSTON COUNTY EXTENSION Home & Family Newsletter September 2023

Cooperative Extension Service Livingston County  
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Livingston County Family & Consumer Science Agent



## Stress and Children

Children are like adults when it comes to stress. Many of the environments that children frequent can cause stress. For instance, schools, home environments, and even our communities can be rich with stress-causing stimuli such as bullying, tests, yelling, or even violence and death. It's not just negative events that can cause stress, some positive changes can also cause stress such as advancing into a new grade at school, moving into a new house or neighborhood, or even welcoming a new sibling into the family. In addition to these, children are also good at mimicking or taking on the emotional state of their parent or caregiver. Therefore, it is important for adults to be aware of and manage their own level of stress to help protect your children. Here are a few ways parents can help reduce stress in their children:

**Take care of yourself.** By putting yourself first, you are helping your child. Explore healthy ways to reduce your stress. Make time to be alone and reflect on your positive attributes. Reducing your stress helps your child reduce their stress through co-regulation.

**Sleep:** Research shows that when children do not get enough sleep, they are more likely to exhibit deviant behavior. Make sure your child gets the proper amount of sleep each day. Children ages 6 to 12 need nine to 12 hours of sleep per day and teens need eight to 10 hours per day.

**Exercise:** Exercise is a great way to reduce stress for people of all ages. The Centers for Disease Control and Prevention recommend that all children ages 6 to 18 need at least one hour of exercise every day.

**Get outside:** Taking a break to get some fresh air and be in nature is a great way to reduce stress. Research shows people who are exposed more often to green spaces report less anxiety, stress, and depression.

### References:

American Psychological Association. (2022, October 19). How to help children and teens manage their stress. <https://www.apa.org/topics/children/stress>  
Beyer, K., Kaltentbach, A., Szabo, A., Bogar, S., Nieto, F., & Malecki, K. (2014). Exposure to Neighborhood Green Space and Mental Health: Evidence from the Survey of the Health of Wisconsin. *International Journal of Environmental Research and Public Health*, 11(3), 3453–3472.  
<https://doi.org/10.3390/ijerph110303453>

Source: David Weisenhorn, Ph.D., specialist for parenting and child development

## September is National Preparedness Month

Since the tragic events of Sept. 11, 2001, the federal government has named September as National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either man-made, weather-related, or caused by other sources.

The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency:

1. Learn Your Risks and Responses – Be and Stay Informed.
2. Make a Plan. Practice your plan regularly so everyone is clear about their roles.
3. Build a Supply/Emergency Preparedness Kit. Maintain items by checking on expiration dates and updating items as needed or based upon your needs (young children, older adults, pets, etc.)
4. Get Involved. Before a disaster strikes, volunteer with your business or local community.

National Preparedness Month ends Sept. 30, which is National Preparedness Day. In the time of a disaster or emergency, you may be on your own for 48 to 72 hours or longer before power returns or help can arrive, so prepare now so you can be ready and vigilant when the time comes.

### References:

[https://www.weather.gov/bmx/outreach\\_npm](https://www.weather.gov/bmx/outreach_npm)  
<https://www.ready.gov/september#:~:text=National%20Preparedness%20Month%20is%20an,could%20happen%20at%20any%20time.>  
<https://www.epa.gov/natural-disasters/september-preparedness-month>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023



# HOMEMAKERS NEWS

## **Open Sewing Day & UFO Days**

Every month on the first & fourth Tuesday, anyone who wants to utilize our meeting room to continue sewing projects they started but didn't finish is welcome to do so. From 9:00 am until 2:00 pm, the room will be accessible.

## **Block of the Month Homemakers Club**

The club will meet on Tuesday, September 12, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group has been working on a Sew by a roll Quilt. If you are interested in learn more about this quilt please contact Joni K. Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu) or (270) 928-2168.

## **Pins & Needles Homemaker Club**

This club will meet on Tuesday, September 19, 2023 from 9:00 am to 2:00 pm. This is a great way to learn all different types of sewing projects outside of quilting. This month's project will be Potato Chip Bags. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

Come join us and learn more about Livingston County Homemakers.

## **October Homemaker Leader Lesson**

Recognizing and Coping with Trauma will be taught in September by Tiffany Bolinger, Christian County Family and Consumer Science Agent. After a natural disaster has ended, trauma is the body's reaction to a threatening-to-life or emotionally upsetting incident. Due to the considerable loss of important connections and possessions that were vital to support your basic requirements, the incident frequently interferes with your ability to cope. This session will offer helpful advice and techniques to help with identifying and managing trauma as well as teaching how to support others in the community who might be experiencing trauma.

You have a choice of taking this class on September 26, 2023, at 10:00 am or 5:00 pm on Zoom. For the 10:00 am zoom session, the Livingston County Extension Office will be available for anyone who wants to attend. To sign up for this course, call (270) 928-2168 right away, or send an email to Joni Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

**Mark you calendar!**

**Pennyrile Area Homemaker**

**Annual Area Meeting**

**October 27, 2023**

**Be on the look-out for more information!**



2023 LIVINGSTON COUNTY

# Homemaker Drive

**Date:** Monday September 25th 2023

**Time:** 2:00pm-5:00pm

**Location:** Livingston County Extension Office  
803 US 60 East Smithland, KY 42081

Questions about Homemakers? If you would like to know more information please contact Joni Phelps by phone at the Livingston County Extension Office at 270-928-2168 or by email at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)

Hope to See you there!

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.





## Livingston County Extension Homemakers Enrollment Form 2023-2024

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home/Work Phone: \_\_\_\_\_

Gender:  Female  Male

Ethnicity:  Caucasian  Black  Hispanic

Asian  American Indian  Mixed Race/Other

### **Please select membership type:**

\_\_\_\_\_ Active (\$10) Receives monthly Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

\_\_\_\_\_ Mailbox member (\$10) Receives monthly Family & Home newsletter and copy of the homemaker leader lesson & handouts; attendance at meetings is not expected/required.

\_\_\_\_\_ Pins & Needles Club (\$10) Special interest sewing/quilting club that meets the second Tuesday of each month. Works on quilting projects and other beginner/simple sewing at meetings. Also receives copies of all project patterns and receives monthly Family & Home newsletter.

\_\_\_\_\_ Block of the Month Club (\$10) Special interest quilt block group that meets on the third Tuesday each month. Receives monthly Family & Home newsletter and attends monthly group sew meetings. Copies of all patterns that the club is working on in person or via mail.

\_\_\_\_\_ Pinterest Club (\$10) Special interest club for crafting that meets monthly. Members also receive Home & Family newsletters. \*There is extra Fees that will be charges due to cover materials for each project\*





## **PUBLICITY RELEASE:**

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, 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 to supervise any others that 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: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Enrollment form and payment may be remitted to:  
Livingston Extension Homemakers  
P.O. Box 189 Smithland, KY 42081**



# PLEASE TAKE SURVEY TO HELP PLAN FUTURE PROGRAMS FOR LIVINGSTON COUNTY FAMILY & CONSUMER SCIENCE PROGRAMMING



**YOUR OPINION  
MATTERS**



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Agriculture and Natural Resources  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

We are asking for your input on future programming! Please take this brief survey to share with us your ideals/programs on what you would like to see in Livingston County!



# Autumn Sweet Potato Chili

Servings:8 Serving Size:1 cup Recipe Cost:\$5.19 Cost per Serving:\$0.65



## Ingredients:

- 1 (15 ounce) can sweet potatoes (do not drain) •
- 1 tablespoon chili powder
- 1 (16 ounce) jar salsa
- 2 (15 ounce) cans black beans (do not drain)
- Water to achieve desired consistency
- ½ cup reduced-fat sour cream
- Shredded sharp cheddar cheese
- Dried or fresh chopped cilantro

## Directions:

1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through. 5. Serve with sour cream, cheese and cilantro on the side.

## Notes

**Option:** To reduce sodium, use vegetables canned without added salt.

**Source:** Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

**Nutritional facts per serving:** 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

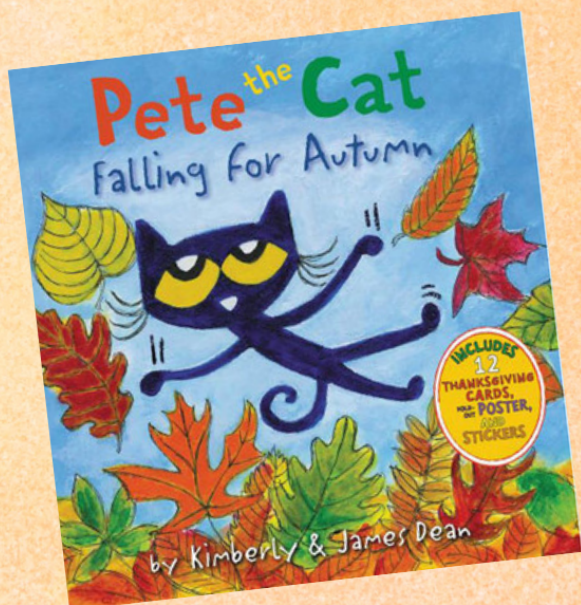


# Snap Apple Night

Friday, November 3, 2023

5:00 - 6:30 p.m.

Livingston County Extension Office  
803 U.S. 60 East, Smithland



Food Provided  
Crafts  
Story Time  
Meet Pete the Cat!

MUST CALL TO REGISTER  
AT 270-928-2168  
BY OCTOBER 30, 2023



University of Kentucky  
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Lexington, KY 40506



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