



TAYLOR COUNTY FCS EXTENSION NEWSLETTER

August 2024



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Patrick L. Hardesty
Taylor County Contact Agent
for Family & Consumer Science



Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
(270) 465-4511
Fax: (270) 789-2455

Homelessness in Kentucky

On any given night, more than 4,000 Kentucky men, women, and children are experiencing homelessness. A few are in transitional housing (540 people), but the vast majority are in emergency shelters (2,756 people) or living completely unsheltered (1,470 people).

What is causing homelessness in Kentucky?

Homelessness is a growing problem in Kentucky, in part because it is a complex social issue which has multiple causes. First, in terms of economics, unemployment, stagflation (stagnating wages outpaced by inflation), and high housing costs have conspired to create a housing crisis. As a result, these factors contributed to a 7.5% increase in available rents, and 66% of Kentucky households spend more than half of their income on rent alone. Second, housing instability is related to a host of social and public health issues that have plagued Kentucky including domestic violence, medical emergencies, natural disasters, substance use disorder, mental health illness, or even the death of a partner. And third, Kentucky simply does not have enough temporary housing or emergency shelters to address this growing public health problem.



Source: Dr. Alex Elswick, Assistant Professor and Extension Specialist

Reference: Kentucky League of Cities. (2024). Available at: <https://www.klc.org/News/10096/homelessness-housing-insecurity-and-affordable-housing>

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

T-Shirt Quilt

Kris Fixari will be helping those who wish to create a t-shirt quilt. All are welcome to come, but you will need to bring with you some washed t-shirts and 3-4 yards of lightweight iron-on interfacing! There is no fee!

Tuesday, August 6, 10:30 a.m.

No sign up required.

For questions, call the Extension Office at (270) 465-4511



Join us for Crafternoon

Cooperative Extension Service



Embroidery Hoop
Pocket Wreath
**Wednesday,
August 14
1:00 p.m.**

**\$6
Supply
Fee**

To reserve your spot, stop by the Extension Office at 1143 South Columbia Avenue, Campbellsville, KY to pay the class fee. Fees must be paid in advance to reserve your spot.



Cooperative Extension Service

Fun With Kitchen Towels

**\$5
Class Fee
required**



August's Kitchen Towel Class we will be sewing a group of fruit!

**THURSDAY, AUGUST 8
3:00 PM**

Stop by the Extension Office at 1143 South Columbia Avenue to pay the class fee to reserve your spot!

*An Equal Opportunity Organization.

Cooperative Extension Service

Decluttering & Organizing

How to declutter your entire home, room by room, step by step.

This month we are creating a road map to organize your life!

3rd Thursday of each month
August Meeting:

**Thursday, August 22
1:00 p.m.**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

LUNCH & LEARN

Cooperative Extension Service

Grab your passport and a spatula and join us as we cook and learn our way around the world!

First stop...France! Enjoy some Ratatouille while learning about France.

**WEDNESDAY,
AUGUST 28,
11:00 A.M.**

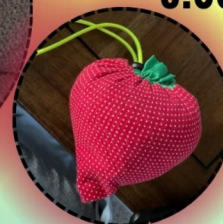
CALL THE TAYLOR COUNTY
EXTENSION OFFICE AT
270-465-4511 TO RSVP!



*An Equal Opportunity Organization

Tuck-Away Strawberry Tote Bag

**Saturday, August 24,
9:00 a.m.**



**Class Fee:
\$10**

Open to youth and adults
with basic sewing
machine knowledge.

Participants will need to bring:
• scissors
• neutral colored thread

Stop by the Extension Office at 1143 South Columbia to pay the class fee and reserve your spot!

**All classes or trips that require a fee must be paid before signing up for the class!
You may stop by the Extension Office to make your payment.**

Ovarian Cancer Seminar

August 9, 2024 11:30 a.m.

Lunch will be provided! Please RSVP by calling the Taylor County Extension Office at (270) 465-4511 by Tuesday, August 6th.



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Blankets of Love



Tuesday,
August 20,
1:00 p.m.



Join the Taylor County Extension Homemakers in making tied fleece blankets to donate to the Taylor Regional Cancer Center and Dialysis Centers in Taylor County!

No sewing required!
Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

For questions, please call (270) 465-4511.

Homemakers are accepting donations to complete more blankets. Call the Extension Office at 270-465-4511 for more information.



Homemaker Leader Lesson: Photography

Looking for some tips on taking "good" photos? Our lesson on Composition in Photography can help!

Bring your own camera to get help with troubleshooting.

THURSDAY,
AUGUST 22,
10:00 a.m.



LOW IMPACT FITNESS

Thursday's at 1:30 p.m.

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

For questions, please contact the Taylor County Extension Office at (270) 465-4511.

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Western KY Trip October 28-30, 2024

We will be staying at The Moors on Kentucky Lake in Gilbertsville, KY.

We will be visiting the Quilt Museum, Hancock Fabrics, Patti's Restaurant, and Trail of Tears Park. Any other places will be announced at a later date.

Cost \$250

Please stop by the Extension Office to pay for the trip. For more information call the Extension Office at 270-465-4511.

All classes or trips that require a fee must be paid before signing up for the class!
You may stop by the Extension Office to make your payment.



TAYLOR COUNTY HOMEMAKERS

ANNUAL MEETING



TUESDAY, AUGUST 27, 6:00 PM



MENU:

- WINNER'S CIRCLE CHICKEN
CASSEROLE**
- PIT ROW POTATOES**
- BUMPER TO BUMPER BROCCOLI
CASSEROLE**
- CHECKERED FLAG CHOCOLATE
ECLAIR**

**FOR QUESTIONS AND TO RSVP, PLEASE CALL THE EXTENSION OFFICE AT
(270) 465-4511.**



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2024 August Events

KENTUCKY Extension Association of Family and Consumer Sciences



SUN MON TUE WED THU FRI SAT

				1 Homemaker Council Meeting 10:00 AM Low Impact Fitness 1:30 PM	2	3
4	5	6 Taylormade Quilters 9:00 AM T-Shirt Quilt Class 10:00 AM	7	8 Low Impact Fitness 1:30 PM Kitchen Towel 3:00 PM \$5 Fee	9 Ovarian Cancer Seminar 12:00 PM	10
11	12	13	14 Crafternoon 1:00 PM \$6 Fee	15 Low Impact Fitness 1:30 PM	16	17
18	19	20 Blankets of Love 1:00 PM	21	22 Leader Training 10:00 AM Decluttering 1:00 PM Low Impact Fitness 1:30 PM	23	24 Tuck-Away Strawberry Tote 9:00 AM \$10 Fee
25 Last Day of the Kentucky State Fair	26	27 Annual Meeting 6:00 PM \$12 Registration	28 Lunch & Learn 11:00 AM	29 Low Impact Fitness 1:30 PM	30	31

Circle of Friends:

Second Tuesday Monthly,
6:30 pm

Modern Day Homemakers:

Second Monday Monthly,
6:30 pm

Harmony Club:

Second Tuesday Monthly,
12:30 pm

Saloma Road:

Second Thursday Monthly,
10:00 am

Sidetracked Homemakers

Second Tuesday Monthly,
6:00 pm

Mannsville:

Second Thursday Monthly,
6:00 pm

Taylormade Quilters:

First Tuesday Monthly,
9:00 am

Bunco Club:

Third Tuesday Monthly,
6:00 pm

Mastering Skills:

Second Monday Monthly,
12:30 pm

Quilts of Honor:

Fourth Wednesday Monthly,
10:00 am

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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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>

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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Disabilities accommodated with prior notification.

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:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Watermelon Salsa

2 cups chopped seedless watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic vinegar

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



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