

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your FCS Agent:

Hello all! Fall has officially arrived, and we're excited for all the fun and festive events the season brings. Your FCS team, along with the Pike County Homemakers, are gearing up to host two wonderful events: Homemaking in the Mountains and the Northeast Area Homemaker Annual Meeting. We hope to see you there!

Be sure to check out the rest of the newsletter for event flyers, program highlights, and more. There's so much to look forward to this season!

Best wishes,



Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
chelsea.workman@uky.edu



IN THIS ISSUE

- Introduction
- Dates to Remember & Announcements
- Health Bulletin
- Money Wise
- Highlights
- October Events Calendar
- Big Blue Book Club
- 4-H Visual Arts Club
- Wits Workout
- Homemaking in the Mountains
- Northeast Area Annual Meeting
- Turban Workshop
- Brush n Brunch
- Cooking Through the Calendar
- Heart Healthy
- Spider Bites

Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Dates to Remember:

October 1: Wits Workout

October 11: Homemaking in the Mountains

October 13: Quilt Guild

October 18: Northeast Area Homemaker Annual Meeting

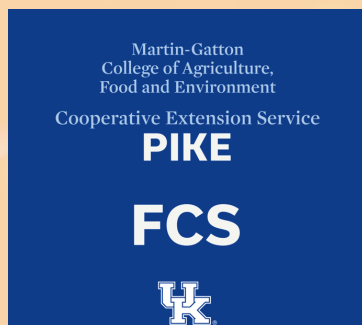
October 20: Turban Workshop

October 22: Brush and Brunch

October 28: Cooking Through the Calendar

October 27: Quilt Guild

October 30: Diabetes Support Group at Tug Valley ARH



Follow us on our
Facebook page!
"UK Pike County
FCS"



Announcements:

- **Attention Homemaker Members at Large:**
Homemaker yearbooks for the program year are available for pickup at the Pike County Extension Office.

Save the date:

- **Homemaking in the Mountains: October 11th**
- **Northeast Area Homemaker Annual Meeting: October 18th**

Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!



ADULT HEALTH BULLETIN



OCTOBER 2025

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

Pike County
Extension Office
148 Trivette Dr
Pikeville, KY
41501
(606) 432-2534

THIS MONTH'S TOPIC TAKING CARE OF YOUR TEETH



October is designated as National Dental Hygiene Month to raise awareness about the importance of good oral health and its role in overall health and well-being.

Taking care of your teeth and gums is essential for your overall well-being, not just your oral health. Good oral health helps adults eat, talk, smile, and feel confident. If you don't take care of your mouth, you can get cavities, gum disease, or even mouth cancer. These problems can be painful and may also lead to bigger health issues. That's why it's important to brush your teeth twice a day with fluoride toothpaste and floss once a day to clean between your teeth. You should also visit the dentist at least once a year, even if your mouth feels fine. Dentists can identify minor problems before they become major issues and provide thorough cleaning for your teeth.

Continued on the next page ➔

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**You should visit
the dentist at least
once a year, even if
your mouth feels fine.
Dentists can identify
minor problems before
they become major issues.**

Continued from the previous page

Dentists and dental hygienists play an important role in keeping people's mouths and bodies healthy. Dentists are doctors who take care of your teeth, gums, and mouth. They check for problems like cavities, gum disease, or signs of oral cancer. If they find something wrong, they can correct it before it worsens. Dentists also perform treatments such as filling cavities, repairing broken teeth, and removing teeth when necessary.

Dental hygienists work with dentists to help clean your teeth and teach you how to take care of them at home. They remove plaque and tartar, which are sticky layers of germs that can cause tooth decay and gum disease. Hygienists also show you the right way to brush and floss, and they might give you fluoride treatments to make your teeth stronger.

Both dentists and dental hygienists play a crucial role in helping to prevent problems before they arise. By visiting them regularly — at least once or twice a year — you can maintain your oral health, prevent pain, and even protect your overall well-being. A clean, healthy mouth makes it easier to eat, speak, and smile, and it also helps you stay well in other parts of your body.

There are additional steps you can take to protect your oral health. Drinking water with fluoride helps strengthen your teeth and prevent cavities. Eating healthy foods and avoiding sugary snacks and drinks is also important. Tobacco and too much alcohol can harm your mouth and even lead to cancer, so it's best to avoid them. If you play sports, wearing a mouthguard can protect your teeth from injury. People with chronic conditions like diabetes should take extra care of their mouths, since gum disease can make it harder to control blood sugar. Also, if your mouth feels dry a lot, try drinking more water or chewing sugar-free gum to help.

If you have questions or concerns about your dental or oral health, bring them up at your next dental appointment.

REFERENCE:

<https://www.cdc.gov/oral-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2025

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

THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

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CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>

<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>

<https://finred.usalearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

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

COOKING THROUGH THE CALENDAR



August's Cooking Through the Calendar Class served up a delicious experience with the Recipe of the Month: Slow Cooker Asian Pork Tacos. This flavorful, budget-friendly dish offered a nutritious twist on taco night. Participants engaged in hands-on cooking while learning about the health benefits of protein-rich foods.

WITS WORKOUT



Wits Workout Class participants energized their minds with a spirited blend of brain teasers that struck a perfect balance between challenge and fun.

HEART HEALTHY



FCS partnered with ARH to host a heart-healthy cooking class that combined education with flavor. Participants enjoyed a live cooking demonstration and sampled two nutritious recipes—Easy Chicken Stir Fry and Very Berry Salsa. The class also included a lesson on healthy eating.



LEADER LESSONS



Northeast Area Homemakers participated in leader trainings covering topics such as “Yoga-Ta Try This!,” “Self-Care: Strengthening Family and the Community,” and “Mental Health Matters.” These leaders will bring the lessons back to their monthly club meetings to educate and empower fellow members.



LEGACY MEMBER AWARD



Pike County Cooperative Extension was recognized with the Legacy Member Award at the Southeast Kentucky Chamber’s Annual Awards Night, celebrating 35 years of continuous membership and dedicated service to the region.

RAG QUILTS



The Pike County Quilt Guild recently led a hands-on class on rag quilts, where participants learned the techniques and skills needed to create their own cozy, handcrafted rag quilt.

HIGHLIGHTS





October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Wits Workout @1	2	3	4
5	6	7	8	9	10	11 Homemaking in the Mountains
12	13 Quilt Guild @10	14	15	16	17	18 Northeast Area Homemaker Annual Meeting
19	20 Turban Workshop @9:30	21	22 Brush & Brunch @11	23	24	25
26	27 Quilt Guild @10	28 Cooking Through the Calendar @12	29	30 Diabetes Support Group @Tug Valley ARH	31	



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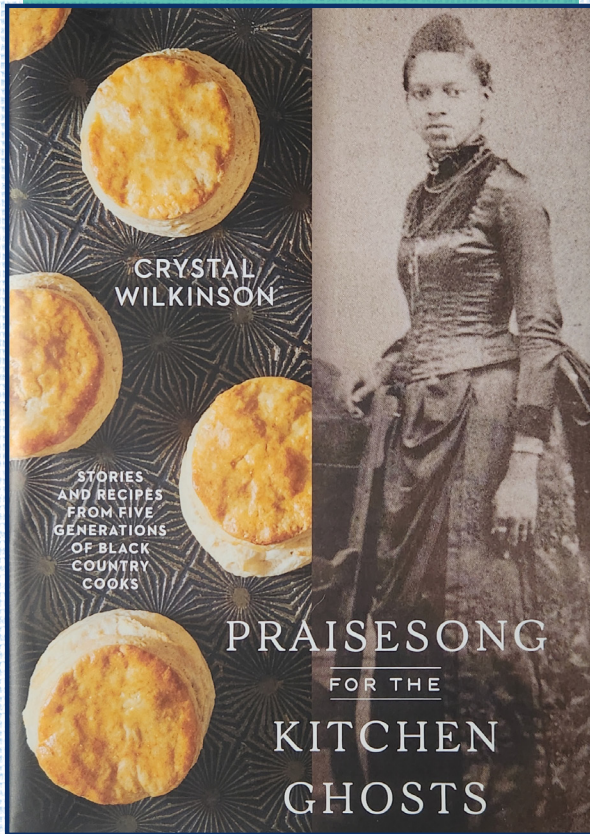
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A LYRICAL CULINARY JOURNEY FROM THE FORMER POET LAUREATE OF KENTUCKY.

BIG BLUE BOOK CLUB

Big Blue Book Club
is back via Zoom!

October 27
November 3
November 10
November 17

1:30 pm Eastern/12:30 pm Central

**Visit the Big Blue Book Club
Website to register:**

<https://ukfcs.net/BigBlueBookClub>

and click on the book cover!



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4-H

VISUAL ARTS CLUB

PARTNERED WITH PIKE COUNTY COMMUNITY ARTS

WHETHER YOU WANT TO PREPARE A
PROJECT FOR THE STATE FAIR OR JUST
LOVE ART!

ACTIVITIES:

PAINTING, WATERCOLOR,
CARTOONING, PINCH POTTERY,
COLORED PENCIL, AND MORE!

FOR AGES:

9-18

MEETINGS 5:00-6:00PM:

SEPTEMBER 22ND FEBRUARY 23RD
OCTOBER 27TH APRIL 27TH
NOVEMBER 17TH

WHERE:

PIKE COUNTY
EXTENSION OFFICE

PLEASE CALL 606-432-2534
TO REGISTER



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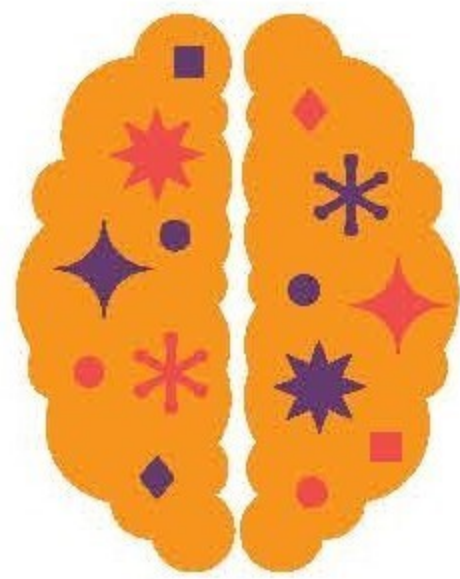
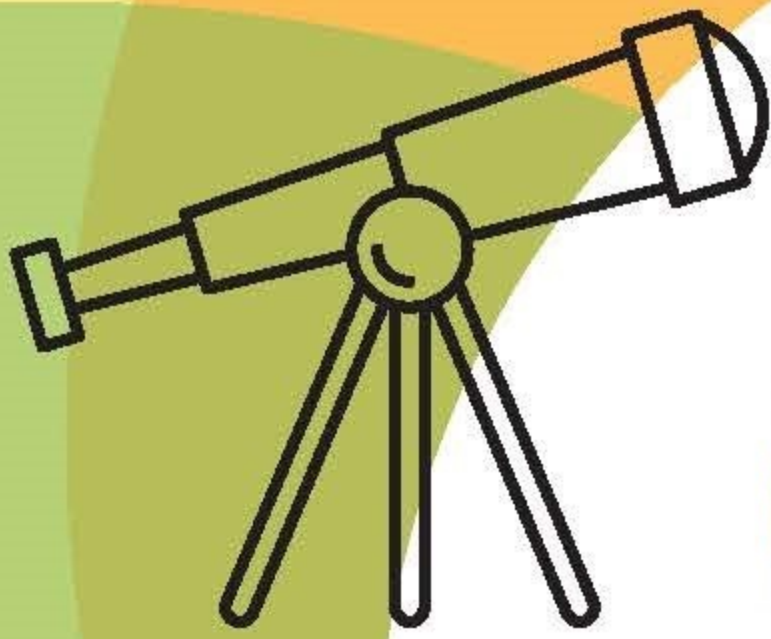
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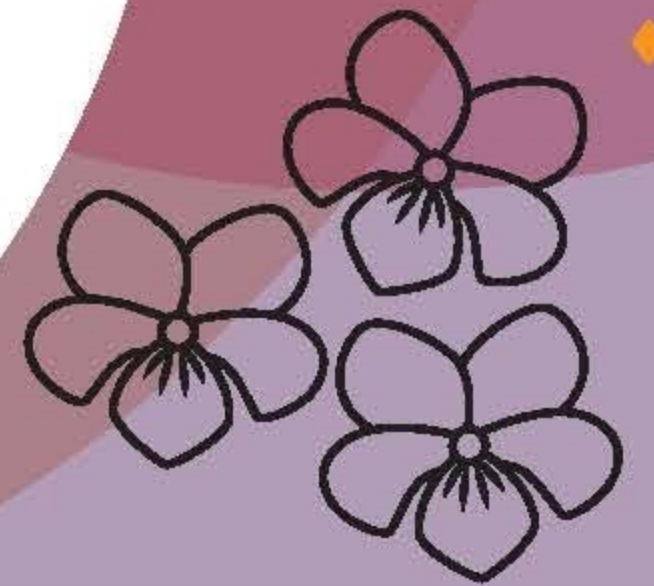
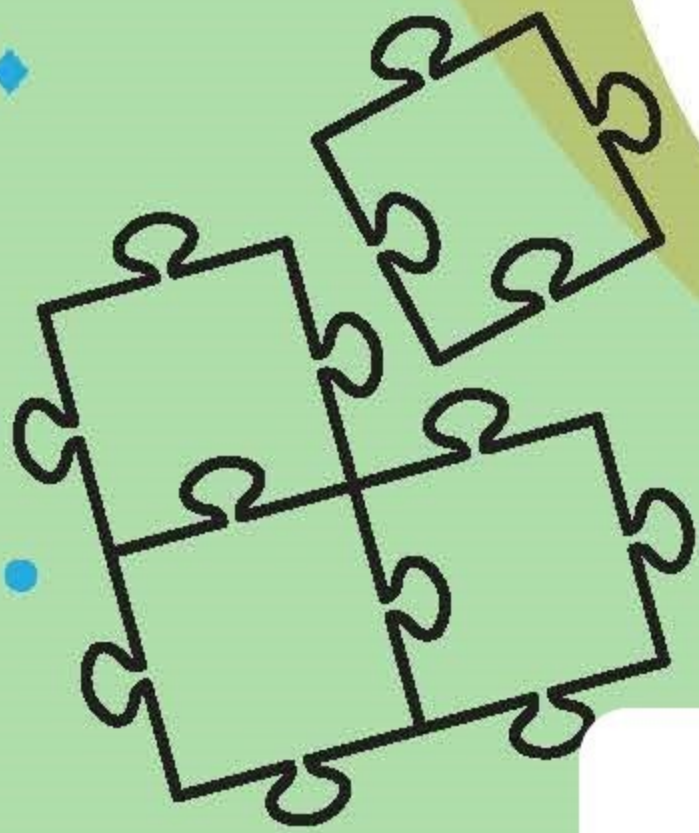
Martin-Gatton
College of Agriculture,
Food and Environment



WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Date: October 1st

Time: 1pm

Location: Pike County Cooperative
Extension Office

Registration: Call 606-432-2534 to register

Come put your mind to the test by completing
fun brain teasers that everyone is sure to enjoy



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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HOMEMAKING IN THE MOUNTAINS

October 11th

10:00 A.M-3:00 P.M



SPONSORED BY:



Call (606) 432-2534 for more info!

**Rhododendron Conference Center
Breaks Interstate Park - Breaks, VA**

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NORTHEAST AREA HOMEMAKERS

TREASURED MEMORIES



2025 Annual Meeting

SATURDAY, OCTOBER 18TH

OLD SCHOOL EVENTS

**24 RUNYONS BRANCH
PINSONFORK, KY 41555**

**REGISTRATION: 10AM
MEETING: 11AM**

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TURBAN WORKSHOP

October 20th

9:30AM-3PM

**Pike County Extension
Office**

Supplies needed:

- Serger sewing machine (optional)
- Pack a lunch/snack

*Come join us in making free
turbans for cancer patients!*

**No registration required.
Call 606-432-2534 if you
have any questions!**



Brush & Brunch

Pike Co. Extension Office
148 Trivette Dr. Pikeville, KY

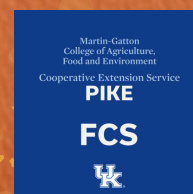
**Wednesday,
Oct. 22nd, at
11:00am**



**What's better than art and
food? Both at the same time!**
Class is FREE and you'll leave
with a finished painting and a
full belly!

RSVP at 606-432-2534
Space is limited

Pike Arts



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Cooking Through the Calendar

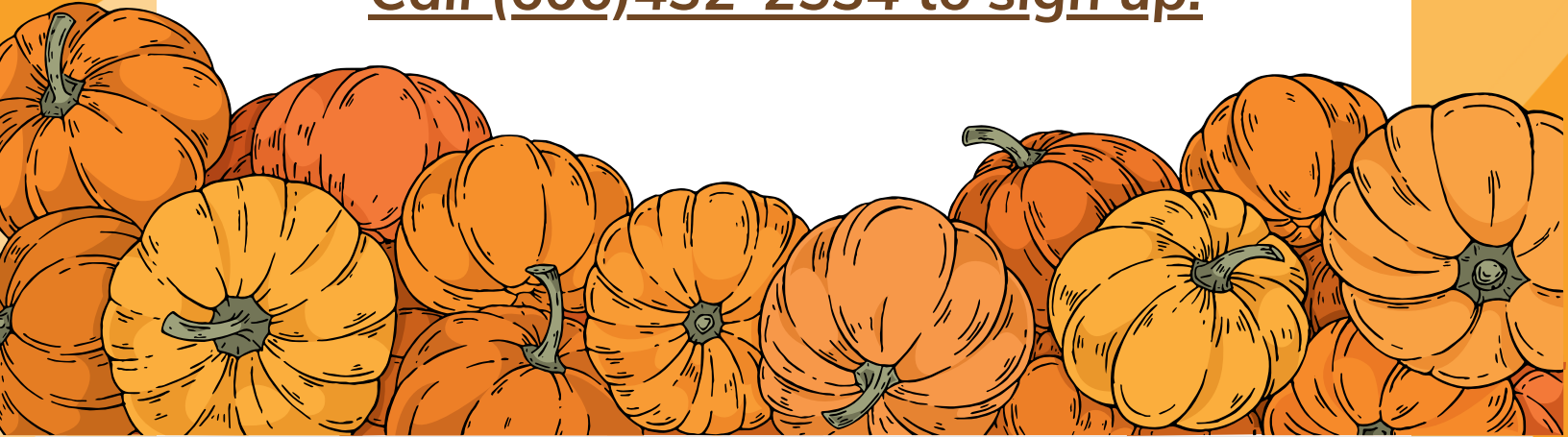


Cheesy Pumpkin Pasta Bake



Tuesday, October 28th 12pm-1pm
**Pike County Cooperative Extension
Office**

Call (606)432-2534 to sign up!



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Learn to Cook *heart healthy*

with  ARH

and

 Cooperative
Extension Service

Food for Life - A Heart Healthy Cooking Class

**Wed. Nov. 5th
2:00pm**

**Pike County
UK Extension Service**

148 Trivette Drive,
Pikeville, KY 41501

Learn how to cook Skillet Enchilada and Fruit Dip

in partnership with the UK Extension Service.

Each participant will leave with a
goodie bag of food prep items and a
gift card to Food City.

**Space is limited, please register
for the event by emailing Kelly Elkins
at kelkins@arh.org**





Spider Bites

Servings: 8 Serving Size: 1 spider snack



Ingredients:

- 16 round whole wheat crackers
- ½ cup hummus
- 48 mini pretzel sticks

Directions:

1. Spread eight crackers with hummus.
2. Arrange four pretzel sticks on each side of the crackers allowing them to protrude, forming legs.
3. Top with remaining crackers.

Source: Eat Smart to Play Hard: Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

60 calories; 2.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 160mg sodium; 9g total carbohydrate; 0g dietary fiber; 1g total sugars; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium