

FAMILY & CONSUMER SCIENCES

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



September

A note from your FCS Agent:

Hello Fall! We are looking forward to a season of crisp air, cozy sweaters, and all things pumpkin! What are your favorite things about fall? We would love to hear from you!

Pike County Homemakers are proud to host this year's Northeast Area Homemakers Annual Meeting! It's going to be a fun-filled day of cultural arts, networking, and treasured memories.

Pike County Homemakers are also preparing for the annual Homemaking in the Mountains event in October. Join us for a day of demonstrations, delicious homemade food samples, mini crafts, local vendors, and so much more!

It's an exciting season for your Pike County Homemakers, the FCS Team, and our community! Be sure to explore the rest of the newsletter for registration details, event flyers, and program highlights. There's so much to look forward to!

Best wishes,



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



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Dates to Remember:

September 6: Ag Day at the Farmers Market

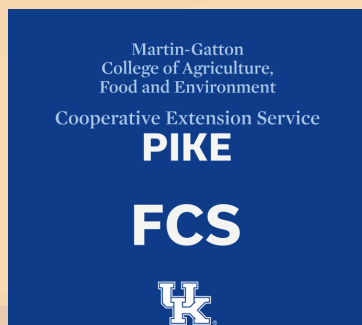
September 17: Heart Healthy Cooking Class

September 19: Leader Lessons in Floyd County

September 24: Wits Workout

September 25: Diabetes Support Group at Tug Valley ARH

September 30: Cooking Through the Calendar



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.
- **We will be taking a van to the leader lessons in Floyd County. To reserve a seat please call the office.**

Save the date:

- **Northeast Area Homemakers Enrichment Camp: September 9-11 at Camp Caleb**
- **Northeast Area Homemaker Annual Meeting: October 18th**
- **Homemaking in the Mountains: October 11th**

Visit our website!

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



Quilt Guild

Rag Quilt Supplies

- **ROTARY CUTTER AND MAT**
- **QUILTING RULER**
- **PINS OR CLIPS**
- **FABRIC SCISSORS**
- **MARKING PEN** (HEAT OR WATER SOLUBLE)
- **SEWING MACHINE**
- **WALKING FOOT** (OPTIONAL BUT PREFERRED)
- **THREAD**
- **SPRING LOADED SCISSORS FOR RAGGING** (OPTIONAL BUT PREFERRED)
- **BATTING** (OPTIONAL) THIS CAN BE USED INSTEAD OF MIDDLE LAYER OF FABRIC
- **FABRIC** (FLANNEL, WOVEN (HOMESPUN), 100% COTTON, DENIM)

FABRIC TO PURCHASE WILL DEPEND ON A NUMBER OF THINGS

SIZE OF QUILT, SIZE OF BLOCKS, NUMBER OF LAYERS, SEAM ALLOWANCE, WIDTH OF FABRIC, AND HOW MANY COLORS YOU CHOOSE

Estimate 2-4 yds for each layer-depending on size of quilt (Allow for at least ½ " seam allowance)

COMMON SIZES FOR QUILTS (These sizes can vary)

- **BABY—30" X 40"**
- **CRIB—36" X 52"**
- **LAP—45" X 65"**
- **THROW—50" X 65"**

IT WOULD BE HELPFUL IF YOU GO AHEAD AND CUT YOUR FABRIC TO THE SIZE OF BLOCK YOU PLAN ON USING. REMEMBER YOU ARE CUTTING ENOUGH BLOCKS FOR TOP AND BACK. ALSO, ENOUGH FOR MIDDLE LAYER IF YOU PLAN ON DOING 3 LAYERS, **IF USING BATTING INSTEAD CUT 1" SMALLER THAN QUILT BLOCK.**

NOTE: AVERAGE 1 YD OF 42" FABRIC WILL PRODUCE: 42 6" SQUARES, 20 8" SQUARES, 12 10" SQUARES, 9 12" SQUARES

ADULT HEALTH BULLETIN



SEPTEMBER 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

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



Suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

Continued on the next page ➔

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**During QPR training,
you'll learn how to see
warning signs of suicide,
how to start talking
with someone who might
be struggling, and how
to connect them
to life-saving help.**

 Continued from the previous page

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhc.org.



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

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.

SEPTEMBER 2025

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

THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at <https://ukfcs.net/ItFoD-FinancesAfter>.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (<https://ukfcs.net/RedCross>) or area churches may be able to provide temporary lodging. Contact your local

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IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety of Kentucky-specific resources for shelter and other assistance at <https://ukfcs.net/DisAsst>.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit <https://ukfcs.net/FEMAind>.

OTHER BASIC NEEDS

Food – It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at <https://ukfcs.net/FAFoodBank>. Your local health department or county FCS agent can also help you find food banks in your area.

Clothing and Personal Care Items – If clothing or personal care items were damaged,

consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

Mental Health – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. “Help” can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.

Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and Kelly May, Senior Extension Associate for Family Finance and Resource Management
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



NORTHEAST AREA HOMEMAKERS

A vintage brooch with a large orange-red stone and pearls is positioned to the right of the central text. Below the text is an open wooden jewelry box filled with pearls and other small items.

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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NORTHEAST AREA ANNUAL MEETING REGISTRATION
SATURDAY, OCTOBER 18TH, 2025

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

COUNTY: _____

PLEASE MAIL THIS FORM AND \$15 CHECK TO:

PIKE COUNTY EXTENSION OFFICE
148 TRIVETTE DR, PIKEVILLE, KY 41501
(Please make check payable to Pike Co. Homemakers)

KEY DETAILS

- Date: Saturday, October, 18th, 2025
- Location: Old School Events
24 Runyons Branch
Pinsonfork, KY 41555
- Registration: 10am (meeting will begin at 11am)
- Cost: \$15
- Please make checks payable to Pike County Homemakers
- Registration must be received by September 26th
- Please bring items for the silent auction, proceeds will go to Camp Caleb
- This year's theme is "Treasured Memories"
- You are welcome to bring your treasured memories (scrap books, photographs, etc.) to be displayed during the meeting. Please label items.



PIKEVILLE FARMERS MARKET

EVERY TUESDAY AND SATURDAY

OPEN 9:00—1:00 ON SATURDAY

4:30—7:00 ON TUESDAY

130 ADAMS LANE, PIKEVILLE KY



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed	2	3	4	5	6 Ag Day at the Farmers Market
7	8 Quilt Guild @10	9	10	11	12	13
14	15	16	17 Heart Healthy @2	18	19 Leader Lessons in Floyd County	20
21	22 Quilt Guild @10	23	24 Wits Workout @1	25 Diabetes Support Group @Tug Valley ARH	26	27
28	29	30 Cooking Through the Calendar @12				

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SPONSORED BY: PIKE COUNTY CONSERVATION DISTRICT, PIKE EXTENSION & PIKEVILLE FARMERS MARKET

FALL FESTIVAL

AG DAY EVENT

SEPTEMBER 6TH | 9AM TO 2PM

FARMERS MARKET PAVILION

- HONEY TASTING CONTEST
- BIGGEST PUMPKIN CONTEST
- CORN EATING CONTEST
- CHILI COOK OFF
- BAKE OFF
- GAMES FOR KIDS
- EDUCATIONAL BOOTHS & DEMONSTRATIONS

VENDORS SPACE AVAILABLE!

REGISTER FOR EVENTS THROUGH THE QR CODE



**FOR MORE
INFORMATION CALL:
606-432-4695 OR
606-432-2534**



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COOKING THROUGH THE CALENDAR



July's Cooking Through the Calendar Class featured the Recipe of the Month: Chicken Burgers—a flavorful, nutritious, and budget-friendly meal. Participants enjoyed a hands-on cooking session while exploring the nutritional benefits of the protein food group.

WITS WORKOUT



Wits Workout Class participants dove into this month's theme, "Apple A Day," and gave their brains a boost with a lively mix of thought-provoking puzzles that struck a perfect balance between challenge and fun.

KINDERCAMP



FCS participated in Kindercamp at Bevins Elementary, welcoming incoming kindergarten students with a fun and educational activity. Students created bracelets that spelled out "kindergarten" helping them build excitement and confidence for their first year of school.



READIFEST

FCS participated in the Belfry Area Readifest, sharing valuable resources to support a healthy start to the school year. Attendees received creative and nutritious back-to-school breakfast ideas, along with a variety of educational materials promoting wellness and family engagement.



BARN QUILT CLASS

Participants enjoyed a hands-on painting class where they crafted their own 12" x 12" barn quilt. They learned how to carefully design and paint their quilt squares, while also exploring the history and tradition behind barn quilts.



PIKE COUNTY HOMEMAKER COUNCIL MEETING

The Pike County Homemaker Council convened for their quarterly meeting to discuss key upcoming events and initiatives. Topics included the Northeast Area Annual Meeting, Homemaking in the Mountains event, and planning for the upcoming program year.



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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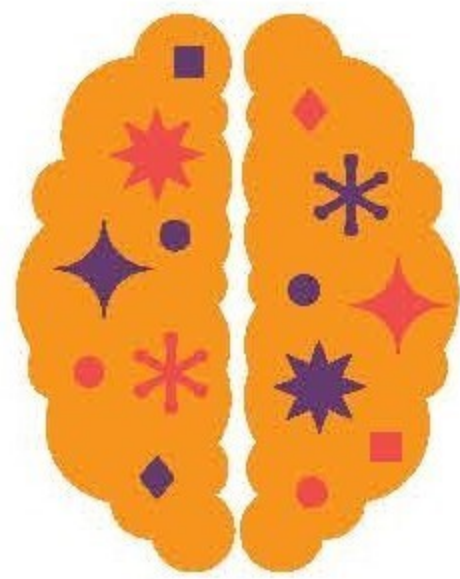
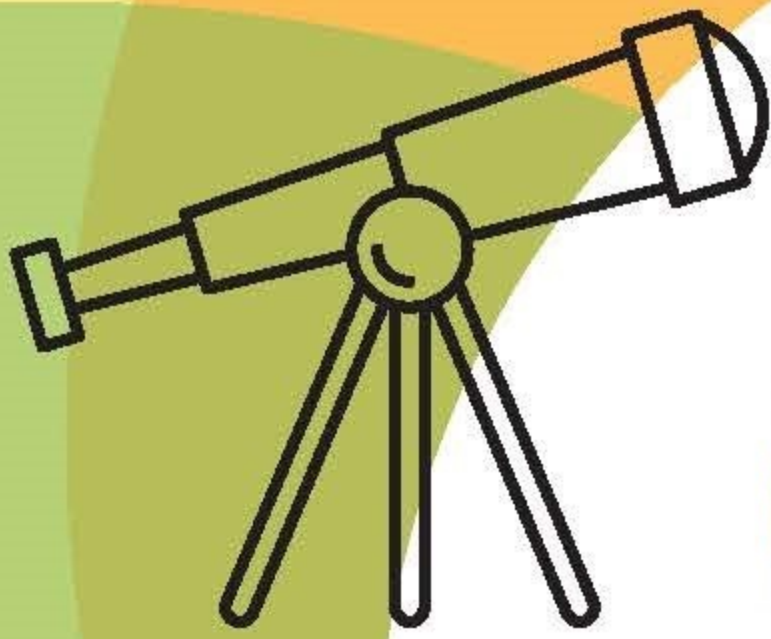
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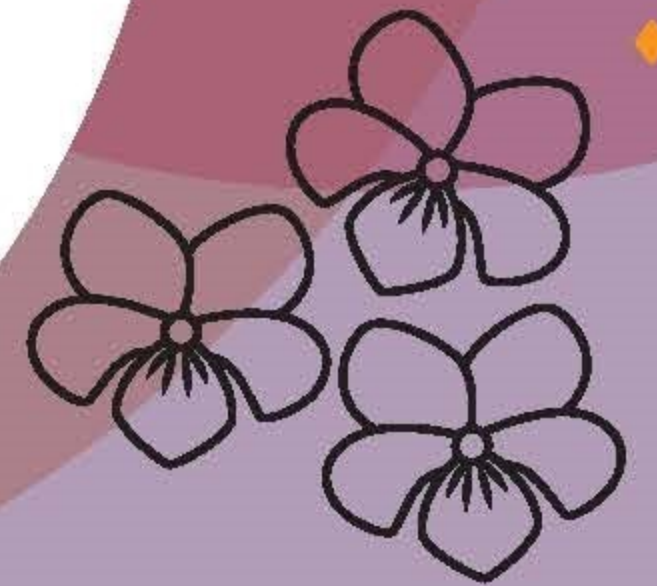
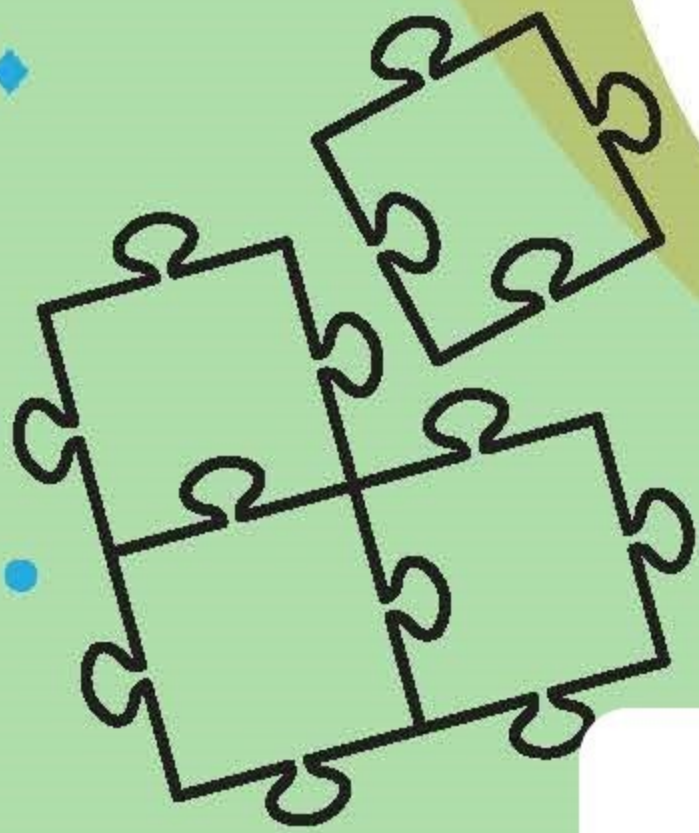
Martin-Gatton
College of Agriculture,
Food and Environment



WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Date: September 24th

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

I
ILLINOIS
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Cooking Through the Calendar



Tuesday, September 30th 12pm-1pm

**Location: Pike County
Cooperative Extension Office**

Call (606)432-2534 to sign up!



**We will be
making Grits,
Greens, and Egg
Bowl!**

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Learn to Cook *heart healthy*

with  ARH

and

 UK Cooperative
Extension Service

Food for Life - A Heart Healthy Cooking Class

**Wed. Sept. 17th
2:00pm**

**Pike County
UK Extension Service**

148 Trivette Drive,
Pikeville, KY 41501

**Learn how to cook Easy Chicken and
Veggie Stir Fry and Very Berry Salsa**

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**





Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions, finely minced, divided
2 heads broccoli, (3-4 cups florets)	¼ teaspoon salt	½ cup reduced-fat sour cream
2 tablespoons olive oil	½ teaspoon pepper	¼ cup bacon bits (optional)
¼ cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	
⅓ cup melted butter		

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.

Kentucky Potatoes

SEASON: Late June to October.

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes

are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing, choose drier varieties such as russet or Yukon Gold.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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