

August 2024

# Building Strong Families in Scott County



## Martin-Gatton

College of Agriculture,  
Food and Environment

Scott County

Cooperative Extension Service

1130 Cincinnati Road

Georgetown, KY 40324-8931

Phone: (502) 863-0984

scott.ext@uky.edu

This month...



Helping Kids with Back-to-School



Mozzarella Basil Chicken



Disaster Preparedness Workshop

## FCS Today

### HOW TO HELP KIDS COPE WITH BACK-TO-SCHOOL STRESS

Source: Amy Lynn Meadows, M.D., director of the Division of Child and Adolescent Psychiatry at Kentucky Children's Hospital

Kids have coped with a lot of change over the past several years. It's important to recognize that change, even good change, can sometimes be challenging for kids. As we work on establishing post-pandemic equilibrium, we must be sensitive to those who may be having a harder time with the transitions.

Mental health experts are still seeing higher rates of anxiety and mood issues in children and adolescents compared with pre-pandemic rates.

Depression and anxiety in children may not look

*Continued on Page 2*

Sincerely,

Alivia Faris

Scott County Extension  
Agent for Family and  
Consumer Sciences



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Helping Kids with Back-to-School • P1-P2

Monthly Recipe • P3

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### Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

# SUMMER *Sun* PROTECTION

exactly like it does in adults – they may be more likely to isolate themselves or act out. Here are few tips to help your child during this time of transition:

**Talk it out.** The most important thing is to be open and communicate about emotions with kids. Talk with kids regularly, like at dinner or at bedtime, and ask specific and deeper questions. Don't be afraid to ask kids questions. We all have a role to play in normalizing mental health, but we can start by having open discussions about mental health, stress and self-care with our kids.

**Take it slow.** Parents sometimes jump into problem-solving mode when we really should just slow down and acknowledge that it can be normal to be stressed or anxious. Grown-ups can validate the emotion, be open about talking about it, and help kids to come up with their own solutions instead of us trying to solve it for them.

**Get back into a routine.** One of the biggest challenges is getting kids back in a good routine. Mental and physical health are closely related, so we talk about a few cornerstones. Make sure that kids have had their checkups and are physically healthy, pay attention to regular sleep (including a set bedtime and wake-up time each day), limit screen time (including putting phones away), and encourage kids to have some gentle movement each day – walking, playing, stretching.

**Take advantage of available resources.** Pediatricians and primary care providers can be a great resource for screening and information. Online, I always encourage families to seek reputable resources, including the Resource Centers through the American Academy of Child and Adolescent Psychiatry.

If your child's stress or anxiety is interfering with his or her life (for example, school, ability to enjoy friends or family or their activities), reach out to your child's doctor, school counselor or find a mental health professional for an evaluation.

If you, your child, or someone you know are thinking about suicide or self-harm, call or text 988, the national Suicide & Crisis Lifeline or go to the nearest hospital emergency room.



# Upcoming Dates to Remember

## August

1st: Homemaker Council Meeting @ 10:00 AM

1st: Rug Hookers @ 10:00 AM

8th: Rug Hookers @ 10:00 AM

8th: FCS Book Club @ 1:00 PM

15th: Homemaker Officer Training @ 10:00 AM

15th: Needlework Club @ 1:00 PM

20th: Food Preservation Workshop @ 10:00 AM

20th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

21st: Homemaker Leader Lesson @ 10:00 AM

22nd: Rug Hookers @ 10:00 AM

29th: Rug Hookers @ 10:00 AM

September 4th: First Day of the Elkhorn Creek Quilt Guild Annual Quilt Show, more information coming soon!



### Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves	12 large fresh basil leaves	2 ½ cups grape tomatoes, halved
½ cup lite balsamic vinaigrette dressing	2 ounces low-fat skim mozzarella cheese, cut into four slices	4 tablespoons shredded Parmesan cheese

**Place** chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

**Yield:** 4 servings

**Nutritional Analysis:** 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



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



**Health Bulletins**  
Scan here to read full issues!



# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



## Service Project AMEN House Towel Tally

You can still drop your towel donations off  
at the Scott County Extension Office today!

103 Towels  
55 Hand Towels  
52 Wash Cloths

**Our office will be CLOSED on  
Monday, September 2nd  
in recognition of Labor Day**

 University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**Homemaker Leader Lesson**

 *Savvy Online* 

**Grocery Shopping**



You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around since the early 2000s, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way.

Scott County Extension Office  
1130 Cincinnati Rd, Georgetown, KY 40324  
Must sign up to participants, to sign up call (502) 863-0984

**Save  
The  
Date**

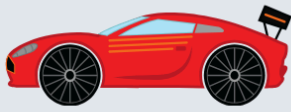
**Scott County  
Extension  
Homemaker Cultural  
Arts Camp 2024**

**November 1-2, 2024**

**More information  
coming soon!**

*Scott County Extension Homemakers*

**OFFICER  
TRAINING  
DAY**



**August 15th**

**10:00am - 2:00pm**



**Lunch will be Provided**



**Register to Participate at 502-863-0984**

**Cooperative  
Extension Service**

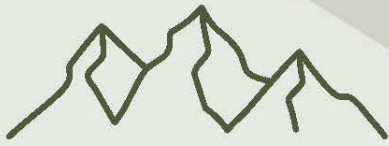
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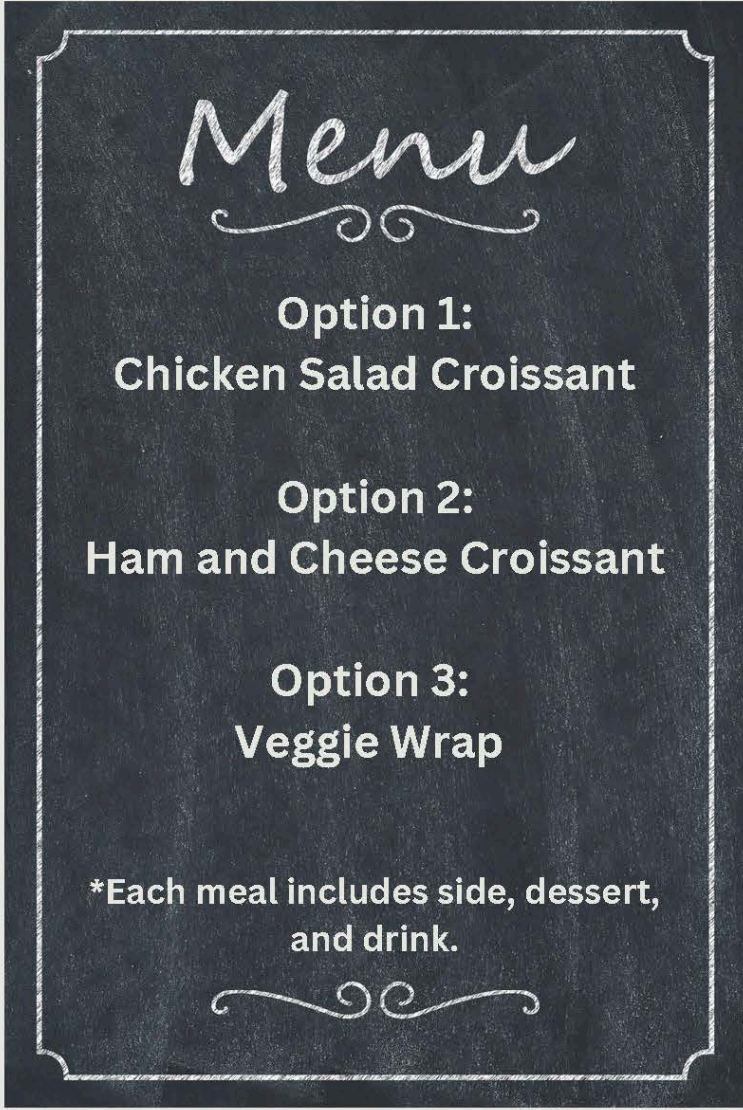
# BLAZE THE TRAIL

## BLUEGRASS AREA EXTENSION HOMEMAKERS' ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director  
Powell County Tourism Commission

**FRIDAY, OCTOBER 11, 2024**



**Cost \$15**

## PLEASE JOIN US:

**WHEN:**

Friday, October 11, 2024

**WHERE:**

Bowen First Church of God  
5555 Campton Rd, Stanton, KY  
40380

**TIME:**

9:30 Am Registration and morning  
refreshments  
10:00 am call to order

**REGISTRATION DEADLINE:  
SEPTEMBER 11, 2024**

For questions, contact: Kendyl Redding at 606-663-6405 or  
kendyl.redding@uky.edu

**Bluegrass Area Homemaker Annual Meeting Registration**  
Complete & return by September 11, 2024 to your County Extension Office with  
your check payable to Scott County Extension Homemakers

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Club Name: \_\_\_\_\_

Mailbox member: \_\_\_\_\_ Guest: \_\_\_\_\_

Lunch Selection:     Chicken Salad               Ham and Cheese  
    Vegetarian



# BLUEGRASS AREA FCS AGENTS PRESENT: ARE YOU PREPARED?

*in recognition of National Preparedness Month*



## Locations:

- Bourbon County Extension Office: September 12th at Noon
- Clark County Extension Office: September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 10 a.m.

**Location:** Scott County Extension Office

**Cost:** FREE with optional \$15 Emergency Kit

You **MUST** sign up to participate.

**To sign up call:** (502) 863-0984

### Cooperative Extension Service

Agriculture and Natural Resources  
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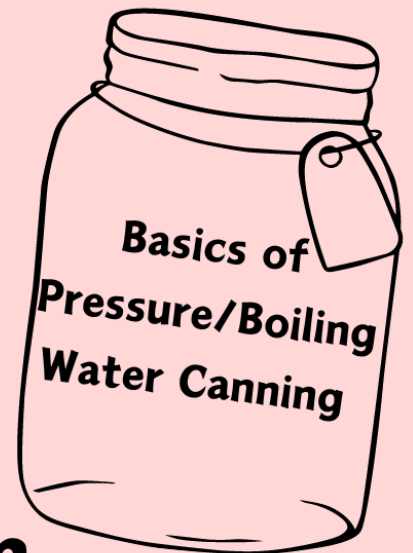
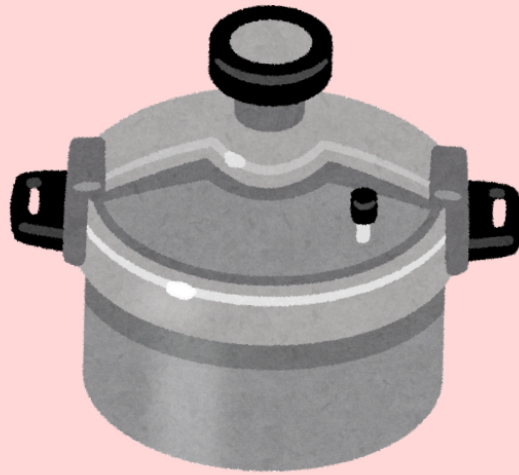
Disabilities accommodated with prior notification.





**Martin-Gatton**  
College of Agriculture,  
Food and Environment

# Food Preservation WORKSHOP



**August 20th**  
**10:00am - 2:00pm**

**Scott County Extension Office**  
**Must Call to Register**  
**502-863-0984**

**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.

# Homemaker Dues (Non Quilt Guild Member)

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 25, 2024.**

**Please make checks payable to Scott County Extension Homemakers.**

Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, returning, regular, and mailbox members.

**You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.**

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

## Enrollment Form for

Scott County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):    White    Black or African American  
   Asian/Pacific Islander    American Indian    Hawaiian    Other

Ethnicity (Optional - circle one):    Hispanic    Non-Hispanic

Gender (Optional - circle one):    Female    Male

Date joined: \_\_\_\_\_

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 who 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.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.*

### **Where do my dues go?**

**\$5.00 State Dues**

**\$0.50 Area Membership**

**\$1.00 Ovarian Cancer Research**

**\$2.50 County Membership**

**\$0.50 4-H Camp Scholarships**

**\$0.50 Scott County Student Scholarships**

# Homemaker Dues (Quilt Guild Member)

Dues are **\$20.00** per person and must be received by the Extension Office no later than **November 25, 2024.**

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**You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.**

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

## Enrollment Form for

\_\_\_\_\_ **Scott** \_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional - circle one):    White    Black or African American  
   Asian/Pacific Islander    American Indian    Hawaiian    Other

Ethnicity (Optional - circle one):    Hispanic    Non-Hispanic

Gender (Optional - circle one):    Female    Male

Date joined: \_\_\_\_\_

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**\$2.50 County Membership**

**\$0.50 4-H Camp Scholarships**

**\$0.50 Scott County Student Scholarships**

**\$10.00 Quilt Guild Dues**

**Important Note:** Every effort will be made to keep all dates and times as listed on this form. However, emergencies happen, in these rare cases leader lesson dates and times may be subject to change. All of the most up-to-date information on all Homemaker Leader Lessons can be found in the Scott County Family and Consumer Sciences Newsletter.

**Please keep a copy for your files!**

**Lesson Leaders for 2024-2025**

Club Name: \_\_\_\_\_

Please complete and return it to the Scott County Cooperative Extension Office by **August 31, 2024**. It is requested to have at least one member from each club to attend the training and then lead the lesson the following month at the club meeting. However, everyone is welcome (and encouraged) to attend all trainings. The lessons will be taught at the Scott County Extension Office, unless it is a Mail Out Lesson.

August Lesson		Leaders' Name, Phone Number, and Email
Savvy online grocery shopping		
August 21 <sup>st</sup> at 10:00 AM		
September Lesson		
Injury prevention for the garden and beyond		
September 30 <sup>th</sup> at 10:00 AM		
October Lesson		
Understanding Medicare and Medicaid		
October 16 <sup>th</sup> at 10:00 AM		
November Lesson		
How to get out of a mealtime rut		
November at 5:00 PM		
January Lesson		
Nutrients: supplements and macronutrients		
If snow prevents program, MAIL OUT or January 27 <sup>th</sup> at 5:00 PM		
February Lesson		
A Bad Deal in Disguise: Types of Scams		
February 24 <sup>th</sup> at 5:00 PM		
March Lesson		
Using your air fryer		
March 31 <sup>st</sup> at 10:00 AM		
April Lesson		
Composition in photography		
April 28 <sup>th</sup> at 10:00 AM		

Lesson descriptions on back of page →

### Savvy Online Grocery Shopping

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

### Injury prevention for the garden and beyond

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

### Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best-informed decision of what is the best option and plan for you.

### How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

### Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

### A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

### Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We’ll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

### Composition in Photography

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

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**PINK SHEET**

Please fill in all information requested even if you have the same Officers as last year. If you do not have Chairs for any subject, write **NONE**. Please return this to the **Scott County Extension Office, 1130 Cincinnati Road, Georgetown, KY 40324** by **August 31, 2024**.

**PLEASE KEEP A COPY FOR YOUR FILES!**

It is the responsibility of the current President to obtain this information and mail or drop off this form.

**NAME OF CLUB** \_\_\_\_\_

Club Officers:

	Name	Phone Number	Email Address
<b>President</b>			
<b>Vice-President</b>			
<b>Secretary</b>			
<b>Treasurer</b>			

Club Chairs:

	Name	Phone Number	Email Address
<b>Cultural Arts &amp; Heritage</b>			
<b>Environment, Housing, &amp; Energy</b>			
<b>Family &amp; Individual Development</b>			
<b>Food, Nutrition, &amp; Health</b>			
<b>4-H Youth Development</b>			
<b>International</b>			
<b>Leadership Development</b>			
<b>Management &amp; Safety</b>			



# 4-H OPEN HOUSE



**Scott County Extension Office**

**August 29th**

**5-7pm**

**Club Information, Activities, & Demonstrations**

**JOIN US FOR PIZZA, POPCORN, & GIVEAWAYS!**



**MOST OF OUR CLUBS ARE FREE TO JOIN AND MEET MONTHLY**

**Cooperative  
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