



Family and Consumer Sciences Newsletter

Greetings From your FCS Agent

Happy Fall! I hope everyone had a great September. September is such a special month for me and my family. It's the month that I got married and become a mother (twice). Each year I'm reminded of the happiest times of my life, but that also means we are even busier than usual with planning celebrations! I hate to see September end, but I'm looking forward to what October has to offer.

We had a great turnout for Farm and Family Field Day. Thanks to everyone that attended and stopped by my food preservation table. Just a reminder to always contact the extension office for canning updates, approved recipes, and to get your dial gauge tested yearly. Do not risk getting sick or even worse!

We also offered three Laugh and Learns this month! I hope this program will continue to grow as it's been my largest regular program for almost 13 years! There were also great turnouts for the Barn Quilt class, Mindfulness Hike, and our Homemaker clubs are getting off to a great start to their new year! We have an outstanding group of leaders that are working hard behind the scenes to provide more opportunities for leadership, education, and fun!

In this newsletter you will see several programs and events are planned for October. I hope you will find a way to get involved. As always, I'm available to you for questions and ideas! I look forward to hearing from you soon!

UK Cooperative
Extension Service

Carter County
Oct. 2025

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**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Mark your Calendars

- Homemakers Night Out Tea Party Oct. 9th at 5:00pm
- Laugh and Learn October 10th-10am-11:30am
- Make and Take: Shelf Sitter Class Oct. 16th at 5:00pm
- Laugh and Learn Oct. 17th 10am-11:30am @Olive Hill Church of Christ
- NEA HMKR Annual Mtg Pike County Oct. 18th
- Reality Store October 23rd **NEW DATE** (volunteers needed)
- Monster Mash Costume Parade (I'm leading this as a part of Octoberfest) Oct. 25th at 5:00pm
- Big Blue Book Club Oct 27th 1:30 (virtual)
- Laugh and Learn Costume Party October 31st 10am-11:30am
- Quilts of Valor Presentation Nov. 2nd 1:00pm

Sit and Sew 1st and 3rd Fridays 9-3 and Quilts for Veterans Sew Days every Monday.



Homemaker News

- If anyone needs more handbooks for their members, please contact the office and we will make more copies. Members should bring their handbooks to each meeting
- Dues are due with enrollment forms by November 21st. We have extra copies of forms in the office and there is one in every handbook. Dues are \$10
- I would like to encourage every member to recruit at least one new member. You may even consider gifting them membership!
- We encourage every club to collect Coins for Change in a jar at each meeting until November. These are due with your dues. Coins for Change supports international projects and the Rural Women in Action program.
- Make sure you register for the Night Out Tea party! You do not want to miss this! Bring a friend that may be interested in joining.
- Special thanks to the Denton/Willard Homemakers for setting up a membership booth at the Farm and Family Field Day. They got 5 new members! They also got the ball rolling for a Carter County Homemaker pamphlet. We have copies in the office with information on each club. It's a great tool to use for membership drives.
- This month's club lesson is Mindfulness for your Mental Health. The publication is included in this newsletter.

Pecan Orders

Homemaker clubs come prepared with your order at your October club meeting.

Presidents call Janice Prezioso by October 16th to place your order!

Just like every year, Mascot does not let us know about a price ahead of time. We are hoping the cost will not go up from last year.



**Carter County
Homemakers
representing us at
Enrichment Camp**



Celebrate Kentucky Extension Homemaker's Week and learn what
Carter County Homemakers have to offer!

Homemaker's Night Out

Tea Party

October
9th

5:00 pm

Must RSVP by Oct. 2nd

\$15 Registration

Call 474-6686

94 Fairground Drive,
Grayson, KY (1st Building)



Make and Take Workshops

TERRICOTTA SHELF SITTERS

October 16th

5:00-8:00 pm

\$7.00 Dinner Provided



SALT SHAKER SNOWMEN AND SCISSOR HOLDER

November 18th

9:30 am-1:30 pm

\$5.00 Bring a Sacked Lunch



Please call to register :

 606-474-6686

Laugh and Learn

October Playdates

October 10th -Extension Office Playroom
October 17th-Olive Hill Church of Christ

"How Big Could Your Pumpkin Grow"

Each family gets to take home a copy of the book!

October 31st-Extension Playroom
Costume Party

10:00-11:30 am

Kids 5 and under and caregiver





**41st Annual Carter County
Homemaker's
HOLIDAY
CRAFT FAIR**

HANDMADE PRODUCTS ONLY

NOVEMBER 15, 2025

EAST CARTER MIDDLE SCHOOL

9AM-2PM

ADMISSION \$2

KIDS 12 AND UNDER FREE

Vendor booths \$30

For vendor information contact

Sue Tackett at 606-316-2271

Do not send payment to anyone online.

Cash or check only

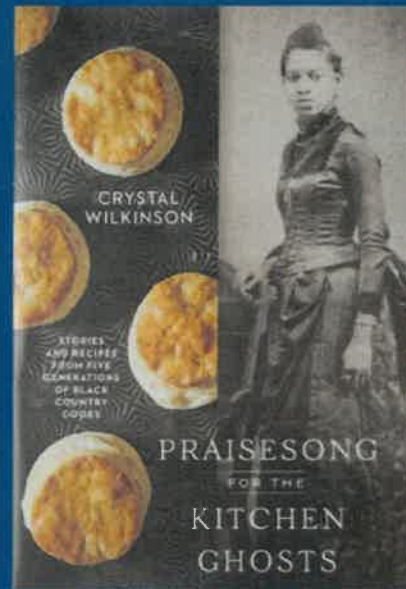


BIG BLUE BOOK CLUB

SAVE THE DATE

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.

Big Blue Book Club is back in its original format via Zoom! Registration is now open on the Big Blue Book Club website. Just visit the site and click on the current book cover, "Praisesong for the Kitchen Ghosts" by Crystal Wilkinson, to find the registration link. Chef Tanya Whitehouse, FCS Extension Specialist and Chef in Residence at **The Food Connection** is the facilitator for this session.

Crystal Wilkinson, native Kentuckian and former Kentucky poet laureate, weaves together lyrical stories from her ancestors with recipes that have graced her family tables for generations. She thoughtfully shows how food is woven into the fabric of families, whether through its preparation or by enjoying it at a common table.



Mindfulness for your mental health

Natese Dockery, PhD
Assistant Clinical Professor

In recent years, especially since the COVID-19 pandemic, more and more people are recognizing how important it is to take care of their mental health. Just like your physical health, your mental health plays an essential role in your overall well-being. When you're not mentally healthy, it can harm your physical health and even make you sick. Unfortunately, there has been a rise in the number of adults in the U.S. experiencing mental health disorders such as anxiety and depression. You can use mindfulness to improve and/or maintain your mental health.



What is mindfulness?

Mindfulness is a practice you can use to improve your mental health. Mindfulness is being fully present in the moment. It is about paying attention to what is happening around and inside you without getting too overwhelmed. Mindfulness focuses on the "here and now." It forces you to accept your feelings and thoughts. Research shows that practicing mindfulness can reduce stress and improve your overall mental health and well-being.

There are several mindfulness practices that can help you improve and/or maintain your mental health. Examples include grounding techniques, guided imagery, mindfulness meditation, and journaling.

Signs and symptoms of poor mental health

Recognizing the signs and symptoms of mental health issues is vital for individuals to understand their mental well-being and to know when it might be time to seek mental health support. Example signs and symptoms of poor mental health include:

- Trouble concentrating
- Trouble sleeping
- Changes in appetite
- Extreme weight loss or weight gain
- Feeling sad or down
- Excessive worry
- Suicidal thoughts

Note: This list is not exhaustive and is just a starting point. If you are concerned about your mental health or the mental health of someone you know, seek help from a mental health professional. If you are in crisis, reach out to the National Crisis and Suicide Lifeline at 988.

Tips on how to incorporate mindfulness into your life

1. **Start small.** Mindfulness does not have to be hard. Try easy things like taking slow, deep breaths to relax.
2. **Set aside time in your day to practice.** Set aside a little time each day to practice mindfulness. Doing it regularly makes it easier to form it as a habit.
3. **Don't worry about being perfect.** It might feel strange or silly at first. That's OK! Just notice those feelings and gently bring your attention back to the present moment.
4. **Be kind to yourself.** Mindfulness takes time to learn. Don't get discouraged if it doesn't feel easy right away. Keep practicing, and celebrate your progress.

How to engage in mindfulness practices

The 5-4-3-2-1 technique is a simple way to engage when you want to try out mindfulness practices. This grounding technique involves identifying five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste.

1. **Find a quiet space** where you won't be disturbed.
2. **Close your eyes** and take a few deep breaths.
3. **Begin to focus on your senses.** Open your eyes.

- ▷ **Identify five things you can see.** These might be objects in your room, the colors of the sky, or the patterns on your clothes.
- ▷ **Name four things you can hear.** This could be the sound of your breath, the ticking of a clock, or a bird chirping outside.
- ▷ **Identify three things you can feel.** Notice the sensations on your skin, the weight of your body in your chair, or the sun's warmth on your face.
- ▷ **Name two things you can smell.** This might be the scent of your favorite perfume, the smell of food cooking, or the fresh air coming in through the window.
- ▷ **Identify one thing you can taste.** This could be the taste of your food, the dryness of your mouth, or the coolness of a drink.

Another popular mindfulness technique is progressive muscle relaxation. **Progressive muscle relaxation (PMR)** is an exercise used to relieve stress. To do this exercise, do these four steps:

1. **Find a tranquil space.** Find a comfortable, preferably quiet place where you are not distracted.
2. **Focus on one muscle group at a time.** Begin with your toes and work your way up to your head.
3. **Tense and release.** Tense each muscle group for about 5 seconds while breathing in. Then, release the tension and allow the muscle to relax completely before moving to the next muscle group.
4. **Repeat for complete relaxation.** Continue tensing and releasing each muscle group in sequence, until you have worked your way up your entire body.

Mindfulness misconceptions

[X] Mindfulness is a type of religion. Some people think mindfulness is a religion because some religions use practices like meditation. But mindfulness itself isn't a religion. It's more about paying attention to the present moment without judgment, and relaxing.

[X] Mindfulness is a "fix" for mental health. People sometimes think mindfulness can cure mental health problems. While mindfulness can help people feel better, it is not a replacement for things like therapy or medication which may also be necessary for people with more severe mental health issues.

[X] Mindfulness is all about breathing and ignoring your thoughts. Some people think mindfulness is just about breathing deeply and trying not to think about anything. But it's more than that. While breathing is important, it's about being present in the moment without judging your thoughts or feelings.

Summary

By incorporating mindfulness practices into your life, you have the potential to improve your mental health and overall well-being. But remember, it takes time to see a difference. Don't give up if you don't feel better right away. It is important to realize that not all things work for everyone. Try out a few different techniques before you completely give up on mindfulness. With a bit of practice and patience, you can discover what works best for you.

References

<https://www.apa.org/topics/mindfulness/meditation>

<https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Shankland, R., Tessier, D., Strub, L., Gauchet, A. and Baeyens, C. (2021), Improving Mental Health and Well-Being through Informal Mindfulness Practices: An Intervention Study. *Appl Psychol Health Well-Being*, 13: 63-83. <https://doi.org/10.1111/aphw.12216>

<https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

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



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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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>

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