

# Magoffin County Family & Consumer Sciences October 2025

It's hard to believe it is already October! Leaves are falling and a chill is in the air.

If you have not already paid your homemaker dues, please take the time to fill out your membership form and either drop by our office or pay at your October meeting. Dues are \$12.00 and upon payment, you will receive the t-shirt pictured below.

The Pink Ribbon Tea is scheduled for Thursday, October 9<sup>th</sup> at noon. We will begin serving boxed lunches at 11:30 for early arrivals. Please, note that since it is a "Tea Party" it is perfectly acceptable to wear your favorite hat for the event. Call in advance to reserve your spot at this popular event. Last year we exceeded expectations with over 120 people attending. We hope to continue the trend. Bluegrass Navigators representative, Marada Chaffins will be the guest speaker. We also have LOTS of amazing door prizes this year.



Homemaker Dues-\$12.00  
Please, pay at our office or at  
your October Meeting!

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Visit our website at  
<https://magoffin.ca.uky.edu>

*Cathy Sparks*

CEA for FCS/4-H  
Youth Development  
Education



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

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Lexington, KY 40506





## 2025-2026 Enrollment Form

### Magoffin County Extension Homemakers Due by November 28, 2025



First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Email Address: \_\_\_\_\_ Sex: Female Male

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax Number: \_\_\_\_\_

How would you prefer to receive your Building Strong Families Newsletter? Circle one.

Facebook Email Hard copy /mail

Ethnic Background: (optional)

White Black Hispanic Asian Other

Age Group: (circle one)

15-19 20-24 25-34 Yearly Renewal New Member

35-44 45-54 55-64

65-74 75+ Number of Years in Club Membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

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

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

**Homemaker Fee: \$12.00 each**

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Disabilities  
accommodated  
with prior notification.



## September Quilt Guild Dates

### Friendship Quilters. 10 AM

Friday, October 10th

Friday, October 23th

### Sew What Quilters. 9 AM

Saturday, October 11th

Call the Extension Office at 349-3216 for more information.  
Visit our website at <https://magoffin.ca.uky.edu> to learn more about  
Extension programming.

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Join us at the Extension Office for  
*crochet club*  
OCTOBER 1ST  
OCTOBER 15TH  
OCTOBER 29TH  
10:00 AM-NOON

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Women in Mission  
Homemakers  
Monday,  
October 27th  
5 PM  
Licking River  
Baptist Church

## PATCHWORK PLAYDATES

### "PUMPKIN HARVEST"

TUESDAY, OCTOBER 14TH

10:00 AM-NOON

Magoffin County Extension Office  
Contact: Cathy Sparks, CEA for FCS at 349-1236  
for more information about the program



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Any Teen who would  
be interested in doing  
a food drive  
for the Extension  
Backpack Program  
for a Community  
Service Project,  
call our office at  
349-3216.

## Cooking Through the Calendar

"Cheesy Pumpkin Pasta Bake"

Tuesday, October 21st

12:00 Noon

Magoffin County Extension Office  
15 Rockhouse Fork Rd., Salyersville

Contact: Cathy Sparks, CEA for FCS and 4HYD  
606-349-3216

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## Embroidery Club Magoffin County Extension Office

Wednesdays  
10 AM-Noon

October 8th  
October 22nd

Call the Extension  
Office at 349-3216 to  
learn more about the  
program.



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# 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)

Magoffin County  
Extension Office  
15 Rockhouse Fork Road  
Salyersville, KY  
41465  
(606) 349-3216

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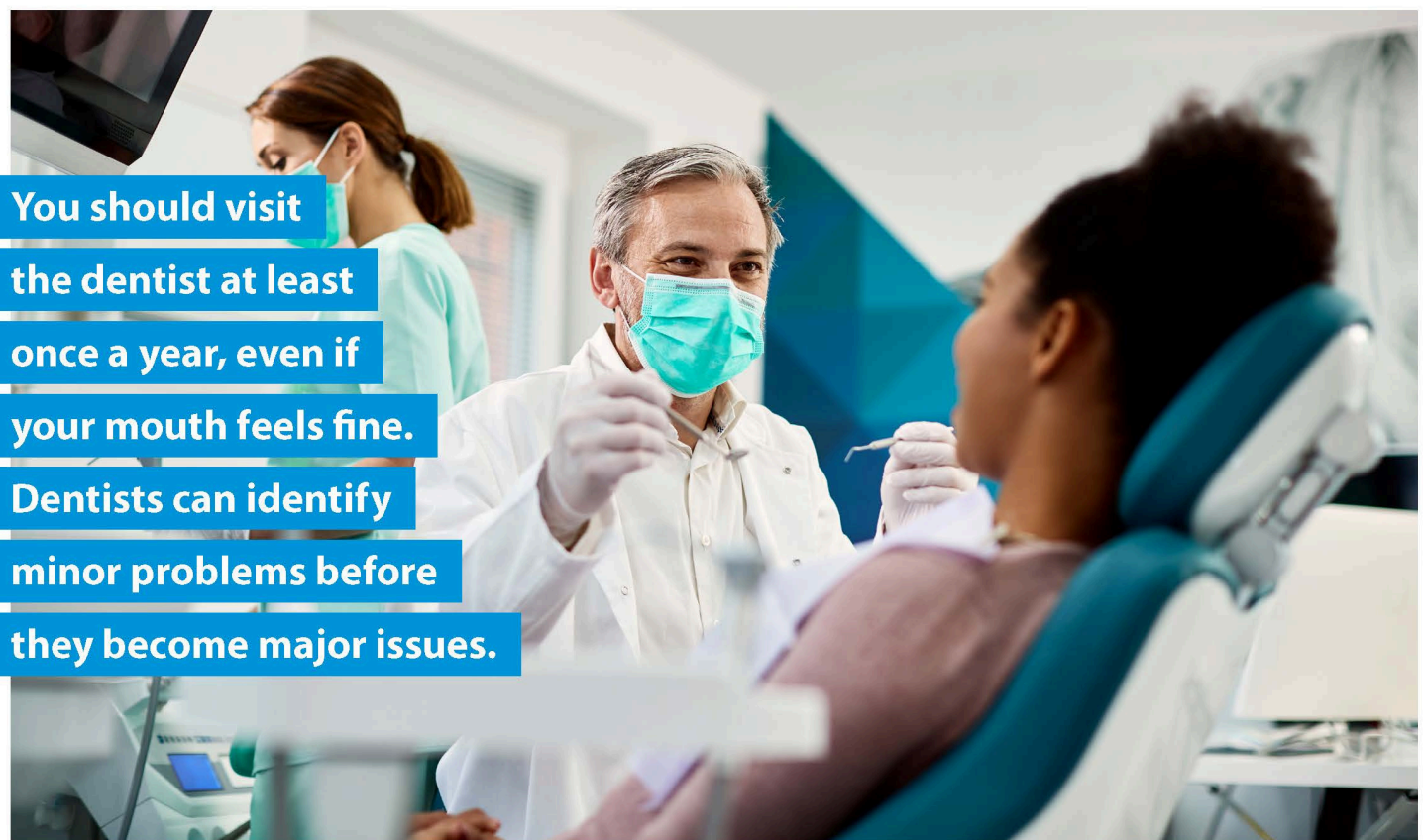
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**You should visit  
the dentist at least  
once a year, even if  
your mouth feels fine.  
Dentists can identify  
minor problems before  
they become major issues.**

### ➔ 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>

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**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



# Managing Diabetes

*Anna Cason, Dietetics and Human Nutrition*



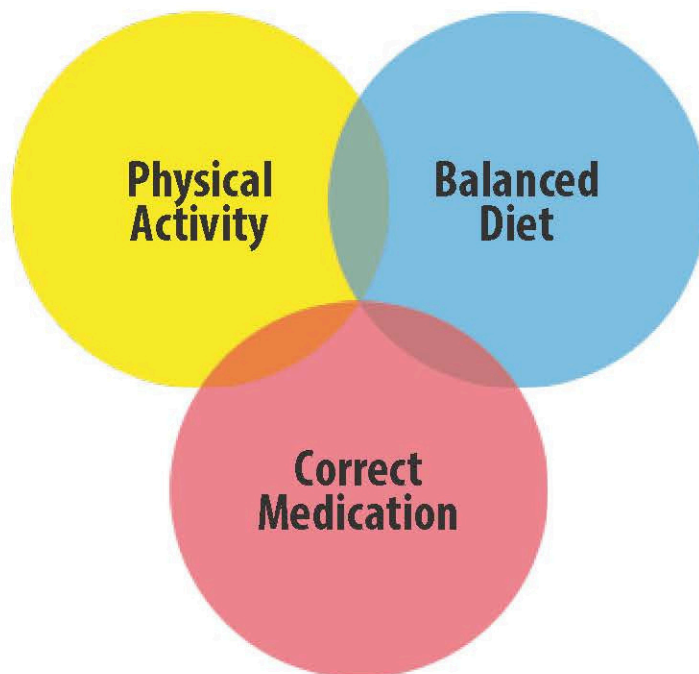
Diabetes is a condition in which the body cannot properly use glucose for energy. This causes glucose to build up in the blood. High levels of blood glucose can result in health conditions such as heart disease, kidney disease, nerve damage, and more. There are several known benefits of managing diabetes appropriately.

## Benefits of Managing Diabetes

Managing blood glucose helps to:

- Have higher energy levels
- Feel less tired
- Feel less thirsty
- Urinate less often
- Heal from injuries faster
- Have fewer infections
- Have fewer problems with eyesight, feet, and gums

Physical activity, a balanced diet, and correct medication—if necessary—are three ways to manage diabetes (Figure 1).



**Figure 1.** Three key components for managing diabetes.



## Physical Activity

When people are physically active, their bodies use energy, which lowers their blood-glucose levels. Regular movement can be a powerful tool for managing blood-glucose levels. The American Diabetes Association suggests a goal of 150 minutes of exercise each week. Spreading this time out over five to seven days helps to fit exercise into a schedule. Consider taking 10-minute walks multiple times a day, such as after meals or snacks. The ADA encourages not going longer than 48 hours between sessions of movement to keep muscles in a state of using glucose, helping to manage levels in the blood even post-exercise. Physical activity helps manage levels of glucose in the blood and supports heart health. Check with a health-care provider before starting or changing activity levels.

## Balanced Diet

Food has a direct impact on blood-glucose levels. With a diabetes diagnosis, an individual might have to be more conscious of what they are eating. Carbohydrates have the biggest impact on blood-glucose levels, but protein and fat play a role in helping to balance them. Dietary guidance for managing diabetes may include:

- Have meals and snacks at the same time each day.
- Consider consistent carbohydrate amounts at meals and snacks.
- Balance carbohydrate intake with protein and fat to minimize the spike in blood-glucose levels.

There are different options for managing diabetes with diet, and one way may work better than another. A diabetes educator or registered dietitian can assist in deciding what might work best.

## Medication

Some forms of diabetes can be managed with diet and movement. Others will require medication in addition to lifestyle management. Medication may be oral prescriptions, an injection, or a combination treatment. It is important to follow the provider's instructions for the medication. Before making diet or activity changes, talk with a health-care provider as it may impact medication dosage and frequency.

## Summary

Diabetes management includes these daily steps:

- Be physically active. Find joyful movement to increase the likelihood of regularly engaging in activity.
- Follow a balanced diet that supports management of blood-glucose levels.
- Check blood glucose the recommended number of times.
- Take medication as prescribed.

## References

- American Diabetes Association. (n.d.). Carb Counting and Diabetes | ADA. Diabetes.org. <https://diabetes.org/food-nutrition/understanding-carbs/carb-counting-and-diabetes>.
- American Diabetes Association (n.d.). Weekly Exercise Targets. Diabetes.org. <https://diabetes.org/health-wellness/fitness/weekly-exercise-targets>.
- Mayo Clinic. (2022). Blood sugar testing: Why, when and how. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/art-20046628>.
- National Diabetes Education Program (2013). Steps to Manage Your Diabetes for Life. National Institutes for Health and the Centers for Disease Control and Prevention. <https://stacks.cdc.gov/view/cdc/21460>.

This publication is revised from *Managing Diabetes*, originally written by Ingrid Adams.

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START AT  
**11:30  
AM**

# *Pink Ribbon Tea Party*



**Thursday, October 9, 2025**

**Magoffin County  
Extension Office**

**15 Rockhouse Fork Rd  
Salersville, KY 41465**



**606-349-1236 to register**

## **KEYNOTE SPEAKER**

## **THERE WILL BE DOOR PRIZES!**

FREE lunch will be provided: chicken salad or ham & cheese croissants, pasta salad, chips, dessert



**Marada Chaffins**  
Bluegrass Care  
Navigators

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# MONEYWISE

**VALUING PEOPLE. VALUING MONEY.**

**OCTOBER 2025**

**Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)**

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

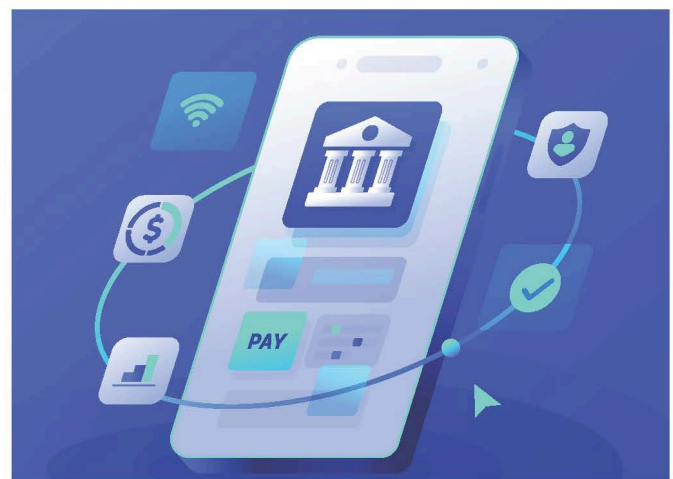
Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify 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](mailto:nichole.huff@uky.edu)



# October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Crochet Club 10 AM	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> Decorating for Pink Ribbon Tea' 10AM	<i>7</i> Decorating for Pink Ribbon Tea' 10AM	<i>8</i> Embroidery Club 10 AM Decorating for Pink Ribbon Tea' 10AM	<i>9</i> Ivyton Hippie Chx 6 PM  Pink Ribbon Tea Party-Noon	<i>10</i> Friendship Quilters 10 AM	<i>11</i> Sew What Quilters 9 AM
<i>12</i>	<i>13</i>	<i>14</i> Patchwork Playdates 10 AM Pumpkin Harvest	<i>15</i> Crochet Club 10 AM	<i>16</i> Extension District Board Meeting Noon-Lunch Provided	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i> Cooking Through the Calendar Noon	<i>22</i> Embroidery Club 10 AM	<i>23</i>	<i>24</i> Friendship Quilters 10 AM	<i>25</i>
<i>26</i>	<i>27</i> Women in Mission Homemakers 5 PM	<i>28</i>	<i>29</i> Crochet Club 10 AM	<i>30</i>	<i>31</i> 	

Magoffin County Extension Office  
P.O. Box 349  
Salyersville, KY 41465



## Fall Spiced Pumpkin Bread

<b>½ cup</b> all-purpose flour	<b>2 teaspoons</b> pumpkin pie spice	<b>½ cup</b> honey
<b>1¼ cup</b> whole-wheat flour	<b>½ teaspoon</b> salt	<b>2 cups</b> pumpkin puree
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> melted margarine	<b>⅓ cup</b> olive oil
<b>1 teaspoon</b> baking soda	<b>½ cup</b> sugar	<b>2 eggs</b>
		<b>⅓ cup</b> chopped walnuts

**Heat** oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

**Yield:** 16 slices

**Nutritional Analysis:** 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.