

# Magoffin County

## Family & Consumer Sciences

### September 2025

#### Welcome to Fall!

The chill of fall is in the air, and although I am sure that we will see more warm days in the future, the days for hot cocoa, sweatshirts, football and pumpkin spice are upon us.

Please, note that our membership drive for Homemakers is beginning this month. Dues for this year are \$12.00 and will include a new t-shirt which will be pictured below. Please, join us as a member.

The Pink Ribbon Luncheon date is set for October 9<sup>th</sup>, beginning at noon. If you are interested in donating a door prize for the event, or can solicit any donations, it would be greatly appreciated. Have a great month!



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

#### Cooperative Extension Service

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

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

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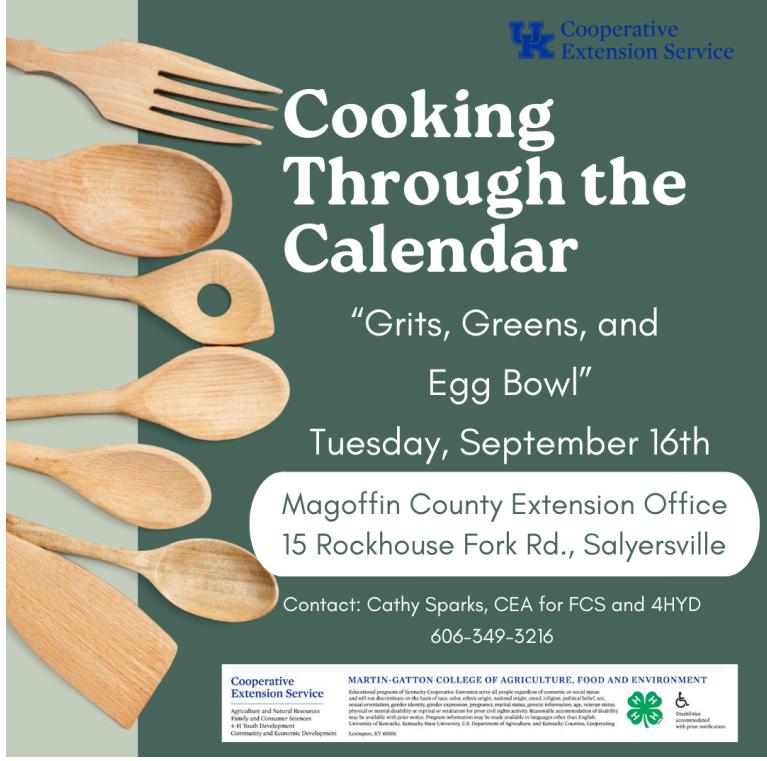
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Visit our website at  
<https://magoffin.ca.uky.edu>

*Cathy Sparks*

CEA for FCS/4-H  
Youth Development  
Education





# Cooking Through the Calendar

## "Grits, Greens, and Egg Bowl"

Tuesday, September 16th

Magoffin County Extension Office  
15 Rockhouse Fork Rd., Salyersville

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



## Wednesdays

10 AM-Noon

September 10th

September 24th

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



The Ivyton Hippie Chx will be going on a trip to tour the Ruth Hunt Candy Factory on Thursday, September 25th. Call our office at 349-1236 to register for the trip.

## **Licking River Homemaker Meeting: Monday, September 29<sup>th</sup>, 5:00 PM**



## **Friendship Quilters, 10 AM**

**Friday, September 12th**  
**Friday, September 26th**

## Sew What Quilters, 9 AM

**Saturday, September 13th**

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.





## 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 participate in for educational, promotional activities, or publications.

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

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

**Homemaker Fee: \$12.00 each**

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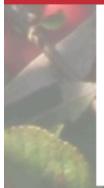


Disabilities  
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# PATCHWORK PLAYDATES “APPLES”

**TUESDAY, SEPTEMBER 9, 2025**  
**10 AM-NOON**

**Patchwork Playdates is for preschool children. If your child has any food allergies, please let us know by calling 349-1236.**



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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)

Magoffin County Extension Office  
15 Rockhouse Fork Road  
Salyersville, KY 41465  
(606) 349-1236

## THIS MONTH'S TOPIC

# LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide 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

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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](http://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>

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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



# 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



# 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 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.

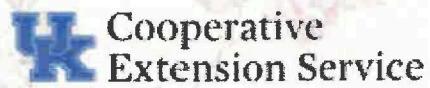
**Mental Health** – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

## 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

## 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 18<sup>TH</sup>, 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)*

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**KEY DETAILS**

- Date: Saturday, October, 18<sup>th</sup>, 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 26<sup>th</sup>
- 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.

# September 2025

Sun      Mon      Tue      Wed      Thu      Fri      Sat

	<b>1</b> Labor Day Holiday	<b>2</b>	<b>3</b> Crochet Club 10 AM	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Patchwork Playdates 10 AM	<b>10</b> Cultural Arts Camp Camp Caleb Embroidery Club 10 AM	<b>11</b> Ivyton Hippie Chx 6 PM	<b>12</b> Friendship Quilters 10 AM	<b>13</b> Sew What Quilters 9 AM
<b>14</b>	<b>15</b>	<b>16</b> Cooking Through the Calendar Noon	<b>17</b> FCS Council Meeting Noon-Lunch Provided Crochet Club 10 AM	<b>18</b> Extension District Board Meeting Noon-Lunch Provided	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Embroidery Club 10 AM	<b>25</b> Rebecca Ruth Candy Factory Tour- Ivyton Hippie Chx Meet at 9 AM Extension Office	<b>26</b> Friendship Quilters 10 AM	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

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



## Balsamic Stir Fry Vegetables

**1/4 cup** olive oil  
**1 tablespoon** soy sauce  
**1 tablespoon** balsamic vinegar  
**1/4 teaspoon** salt

**1/4 teaspoon** pepper  
**1** small eggplant, unpeeled  
**1** medium zucchini  
**1** small onion

**2** medium carrots  
**1** green bell pepper  
**1** red bell pepper  
Cooked rice or pasta, optional

In a large bowl **combine** olive oil, soy sauce, balsamic vinegar, salt and pepper. **Chop** eggplant, zucchini, onion, carrots and bell peppers into bite sized pieces. **Add** vegetables to bowl with balsamic mixture. **Stir** to coat. In a large pan or electric skillet **cook** vegetables over medium-high heat until crisp tender, about 10 minutes. **Remove** from heat and **serve** over rice or pasta.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 110 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g sugars, 2 g protein. (Analysis does not include optional rice or pasta)