

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 9th, 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!

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

Cathy Sparks

**CEA for FCS/4-H
Youth Development
Education**



**Cooperative
Extension Service**

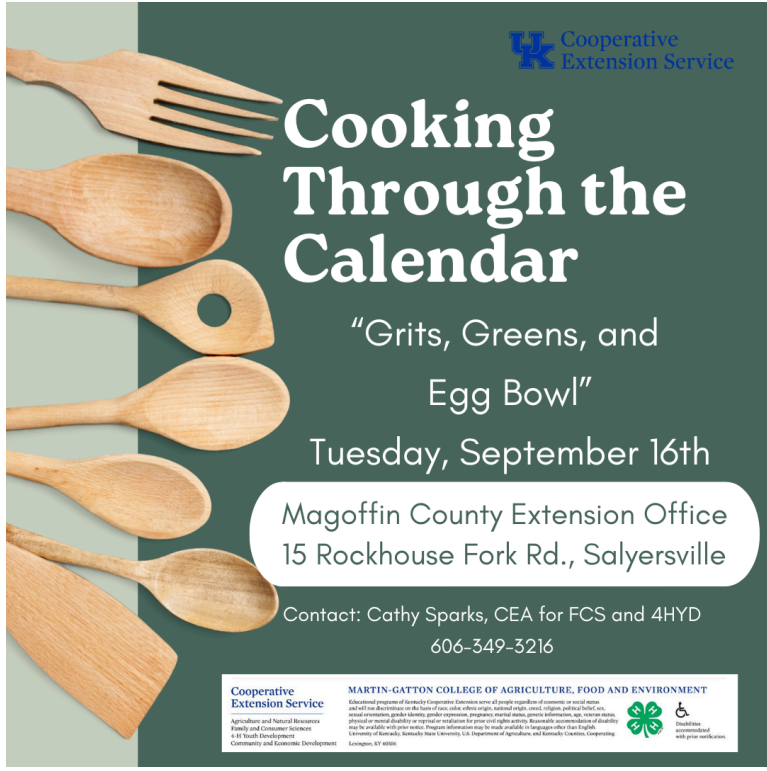
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506





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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

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Embroidery Club

Magoffin County Extension Office

Wednesdays
10 AM-Noon

September 10th
September 24th

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

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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 29th, 5:00 PM



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Join us at the Extension Office for

crochet club

SEPTEMBER 3RD
SEPTEMBER 17TH
10:00 AM-NOON

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September Quilt Guild Dates

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.

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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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accommodated
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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



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

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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



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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 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.

September 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

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P.O. Box 349
Salyersville, KY 41465



Balsamic Stir Fry Vegetables

¼ cup olive oil	¼ teaspoon pepper	2 medium carrots
1 tablespoon soy sauce	1 small eggplant, unpeeled	1 green bell pepper
1 tablespoon balsamic vinegar	1 medium zucchini	1 red bell pepper
¼ teaspoon salt	1 small onion	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)