

Hopkins County Extension

Family and Consumer Sciences

**HOPKINS COUNTY
COOPERATIVE EXTENSION
SERVICES**
75 CORNWALL DRIVE
MADISONVILLE, KY 42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES

OCTOBER/NOVEMBER



WINTER IS A GREAT TIME FOR FAMILIES

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

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WHAT'S IN THIS ISSUE

WINTER IS A GREAT TIME FOR FAMILIES

HOMEMAKER DATES

BIG BLUE BOOK CLUB

MoneyWi\$e

CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

Health Bulletin

STORYTELLING ENHANCES CAREGIVING

Laugh & Learn

OCTOBER

NOVEMBER

DECEMBER



Following us online is an easy way to keep up with **Hopkins County Extension Family and Consumer Science**

AMANDA DAME

County Extension Agent for Family and Consumer Sciences

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Meaningful indoor family time ideas:

Story time:

While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.

Kitchen time:

Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

Dance party:

Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

Scavenger hunts:

The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Hopkins County Extension office.

Source: David Weisenhorn, senior specialist for parenting and child development education

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The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit

<https://exclusives.ca.uky.edu>



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UPCOMING DATES

Located at the Hopkins County Extension Office

Crochet Club

Oct. 1st - 5:30

Oct. 15th - 5:30

Nov. 12th - 5:30

Homemaker Leader Lesson

Self-Care Oct. 1st - 10 AM

and

How to get out of
a mealtime rut. Oct. 29th - 10 AM

IMPORTANT!

Reminder

As of January 1, 2025, no more meetings will be held at the Extension Office as we prepare for the move to the New Extension Office!

ENROLLMENT FORMS & DUES
THIS YEAR THE YEARLY DUES WILL BE \$10.00.
BE SURE TO TURN IN YOUR HOMEMAKER ENROLLMENT FORMS AND PAY YOUR DUES BY **NOVEMBER 13, 2024**.

KEHA Week 2024
October 13th-19th
Become an Olympic Extension Homemaker



Between the Rivers

Pennyriple Area Extension Homemakers Annual Meeting

155 W Cumberland Ave, Grand Rivers, Kentucky 42045

Oct. 24th - 10:30



Hopkins County **FARMERS** **MARKET** MAY THROUGH OCTOBER SATURDAYS

8 AM - 1 PM

**55 Mahr Park Drive
Madisonville KY, 42431**

SEE YOU THERE!

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 10

Hopkins County Extension Office | 75 Cornwall Drive | Madisonville, KY | 42431 | (270) 821-3650

THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

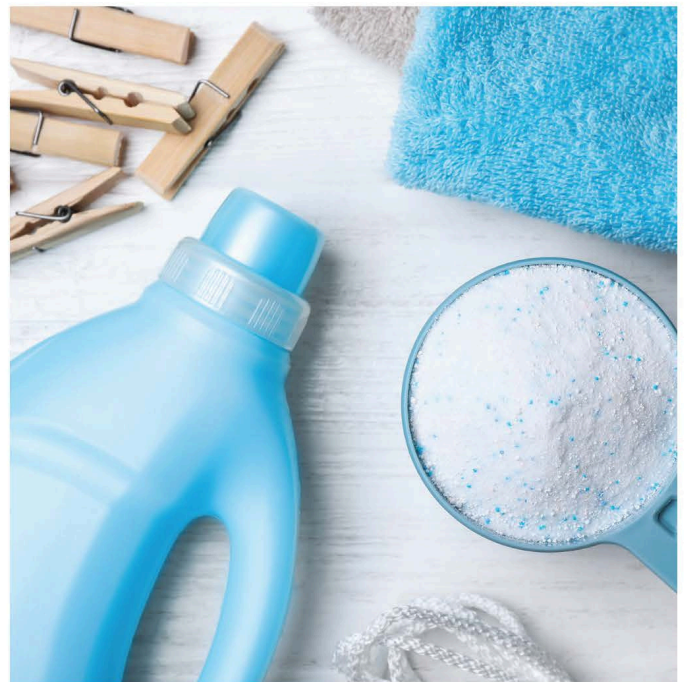
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.



WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

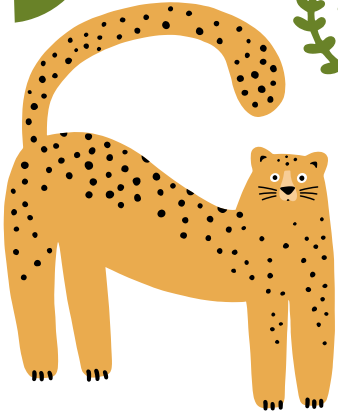
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Martin-Gatton
College of Agriculture,
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OCTOBER
LAUGH & LEARN



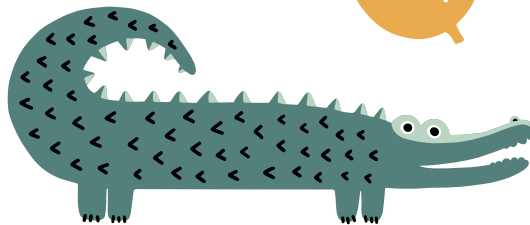
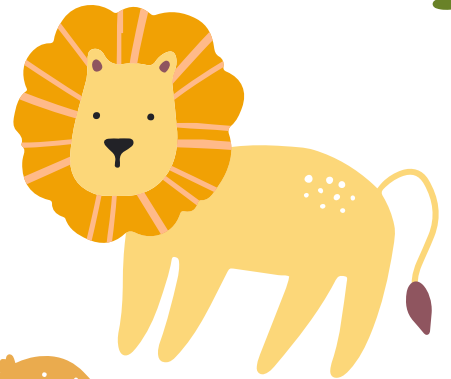
GRAB BAG

BOOK: THE VIEW AT THE ZOO
BY KATHLEEN LONG & GUY FRANCIS

SNACK | LION MASK | MUSIC
& MORE ACTIVITIES FOR LITTLES TO ENJOY

**24 GRAB BAGS WILL BE
AVAILABLE THE FIRST WEEK OF
OCTOBER**

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MADISONVILLE, KY 42431
(270) 821-3650
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8:00 - 4:30



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NOVEMBER

LAUGH & LEARN

GRAB BAG

**BOOK: CARS AND TRUCKS AND THINGS
THAT GO BY RICHARD SCARRY**

SNACK TRUCK PAINTING MUSIC

& MORE ACTIVITIES FOR LITTLES TO ENJOY

24 GRAB BAGS WILL BE AVAILABLE

MON- FRI

THE FIRST WEEK OF

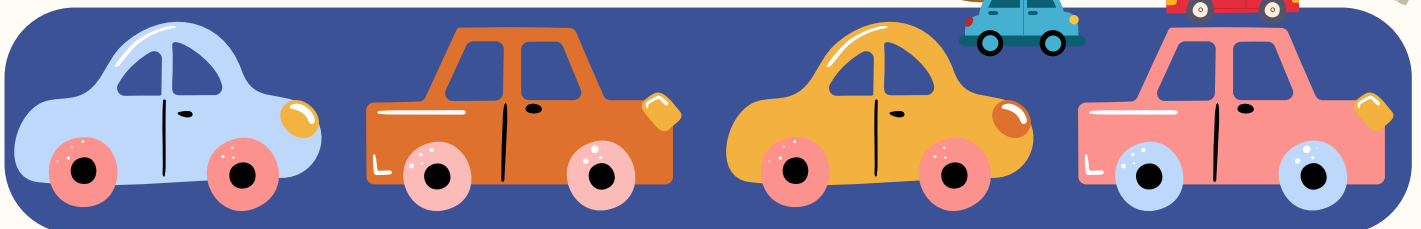
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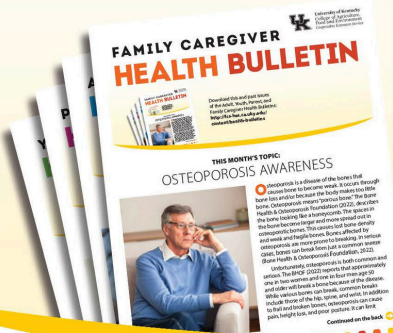
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FAMILY CAREGIVER

HEALTH BULLETIN



OCTOBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC

STORYTELLING ENHANCES CAREGIVING



As a 20-year-old college student working the evening shift as an aide in an assisted living facility, I remember the night I felt impatient while a resident readied herself for bed. She was the last resident who needed help then I could finish my tasks. Maybe I'd find time to study for an exam before my shift ended. As she brushed her teeth for what seemed like too long, I examined the photos on her walls. Tears welled in my eyes. The collage included photos from different stages in the resident's life — a baby in an oversized diaper, a young girl playing in the snow with siblings, driving her dad's Packard, working in a department store, her wedding day, her babies. She lived a full life and had wonderful stories. Yet there I stood, temporarily frustrated over a toothbrush and time spent in the bathroom.

Continued on the next page ➔



The people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life.

→ Continued from the previous page

This story, her story, made me a better caregiver. It reinforced empathy and made my future caregiving experiences much more personal and richer. It is easy to get wrapped up in the all-consuming demands of caregiving. As a result, it is easy to forget that the people for whom we provide care are more than their chart or ailment. They have important memories, experiences to share, and stories that make up their life. With dementia, sometimes unlocking a story can be a puzzle. But together, as you reminisce about the past or use old photos or songs for props, the recollection and sharing of life stories encourages a sense of connection. Storytelling puts the person first rather than their disease or frailty.

According to research from the Benjamin Rose Institute of Aging, life stories build empathy and create connections. Caregivers in this program report how life story programs empower not just empathic care but also personalized care.

Mr. Jones' story did not just help personalize his care. His story influenced the types of medication he was prescribed. Mr. Jones lived in a memory care unit because of progressing memory loss. He would get agitated at night, wander the halls, and make noise. The care team thought he was depressed and anxious and treated him medically to help manage his behavior. A physical therapist who explored his life story during a session found out that Mr. Jones served as a night watchman for years before he retired. She suggested that the doors and long hallways of the facility could be unsettling to a man who spent his career checking for safety. She asked the night aides to take Mr. Jones along with them for evening rounds. After a few nights of feeling like he was securing the building, Mr. Jones would say goodnight and go to bed — unmedicated. Through learning his life story, the staff in Mr. Jones' facility was able to contribute to his mental, emotional, and physical well-being.



According to research in the Care Management Journal, learning life stories can enhance overall satisfaction in care received. It can also lead to better care. This is because stories like Mr. Jones' enhance communication. Ultimately, better communication increases quality care and reduces caregiver burnout and associated stress, negative feelings, strain, depression, and anxiety.

Lastly, storytelling is a method for learning more about and sharing your family and its history. Sometimes you can even take home some lessons that you can apply to your own life or just smile with the satisfaction of having learned a great family legend. Storytelling taught me to create a collage wall in my grandmother's assisted living apartment so her aides could learn her story and all about what an amazing person she is — and was — while she is brushing her teeth.

REFERENCE:

Hayes, J. (2024). 4 Ways that Storytelling Benefits Older People and Their Caregivers. Benjamin Rose Institute on Aging. Retrieved June 10, 2024 from <https://guideposts.org/positive-living/health-and-wellness/caregiving/family-caregiving/aging-parents/4-ways-that-storytelling-benefits-older-people-and-their-caregivers>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Big Blue Book Club

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at Source: David Weisenhorn, senior specialist for parenting and child development education
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As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link.

BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN
A COMMON CHORE
PATRIC RICHARDSON
with Farris & Miller

THURSDAY
NOVEMBER
7
2024

VIA
ZOOM

7:00 PM
EASTERN /
6:00 PM
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

UK Cooperative Extension Service | Family and Consumer Sciences

DECEMBER
LAUGH & LEARN

GRAB BAG

BOOK: WHOSE HAT IS THIS?
BY SHARON KATZ AND AMY BAILEY MUEHLENHARDT

**BUILDING
SNACK WITH MUSIC
OOBLECK**

**& MORE ACTIVITIES FOR
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