ANNOUNCEMENTS

FCS Trends materials for use with Plan of Work

The materials for the FCS trends can be found at http://www.ca.uky.edu/hes/internal/trends2011.php You will find an archived version of the adobe session, PowerPoint, discussion questions, and background information. If you would like to share ideas and discuss how to use the materials with your stakeholders join me on a Lync call on October 3 at noon- 1 pm CT/1:00 - 2 pm ET. You should receive an invitation – just accept or decline the invitation. If you accept it will be added to your Outlook calendar as a reminder.

Add your county web pages to our list of HES social media

To add county Facebook sites, webpages, twitter, blogs, etc. contact Brian Fitzpatrick. He will add you to the HES join us page at http://www.ca.uky.edu/hes/joinus/

Web Resources for FCS Extension noted by UK Library

Jo Staggs-Neel, COA Librarian, has populated a page of resources available for our use at http://libguides.uky.edu/FCS She has compiled a list of new books and resources that might be of interest to you. She asked that if you have suggestions for resources to
Child Care Provider Training Credential

During the next few months we will walk through the Child Care Provider Training Credential for those who are interested. We were thrilled with the interest expressed by many of you in pursuing this opportunity. There are three possibilities for us in Extension: To be a 1.) level 4 trainer (BS in Child Development or related field); 2.) level 5 trainer (Master’s in Child Development or related field; or 3). Specialty trainer (train in specialty area only, i.e. Nutrition).

In order to start the process you must complete two trainings: a) the 2 ½ day: Fundamentals of Effective Training (FET) and b) 2 hour module: Introduction to Resources in Kentucky for Early Childhood trainer’s. Once these trainings are complete you then submit an application for the credential.

If you are interested in the FET training there will be trainings in October 2011, January 2012, and April 2012. Spots are limited and are on first come, first serve. If you are interested, the October dates are Oct 26-28 at Blue Licks State Park and cost is $85. To register go to https://univkentucky-web.ungerboeck.com/coe/coe_p1_all.aspx?oc=10&cc=TIPP January and April dates have not been released.

Have questions about the credential program? Interested but want to understand more about the process and the potential for your county? Join us for a Lync call on November 10 at 9-10 am CT/10 -11 am ET to learn more and answer your questions.

Program Information

Making Healthy Lifestyle Choices

MyPlate webinar – Ingrid Adams, NFS Extension Faculty
Do you have questions concerning MyPlate? Here is an opportunity to have your questions answered. The Center for Nutrition Policy and Promotion (CNPP) and USDA will be offering a 90 minutes webinar:

Title: Answering Your MyPlate Questions, Implementing MyPlate and the DGA Consumer Communications Campaign

Speakers: Robert Post, PhD, MEd, MSc, Deputy Director of the USDA Center for Nutrition Policy and Promotion and and Jackie Haven, MS, RD, Director of the CNPP Nutrition Marketing and Communications Division
**Date and times:** Sept. 19, 2011 – times: **1 – 2:30 Eastern time; 12 – 1:30 Central time;**
11 AM – 12:30 Mountain time; 10 AM – 11:30 AM Pacific time and; 8 AM – 9:30 AM Hawaii

**Please complete the registration form** using the link below to let us know how many lines we will need for this free webinar. A separate registration form is needed for each additional computer line needed.

[https://docs.google.com/spreadsheet/viewform?formkey=dF9RZExoX0wyWlZiQUt5YmV0czNTRXc6MQ](https://docs.google.com/spreadsheet/viewform?formkey=dF9RZExoX0wyWlZiQUt5YmV0czNTRXc6MQ)

**Featured Program Report Results – Ingrid Adams, NFS Extension Faculty**

**Taking Ownership of Your Diabetes Curriculum:** CATPAWS reports showed that **958 individuals participated in joint or individuals programs.** Of these individuals, **over 400** were seen by their health professional as a means of managing their diabetes; had their A1C checked; and took part in physical activity for 30 or more minutes on five or more days of the week. **Over 300** hundred checked their blood glucose 1 or more times a day; utilized a meal plan; and set and accomplished goals for themselves. In addition, **over 200** individuals mentioned that they moved into Action and Maintenance stages.

Several studies indicate that education is a cost-effective element for effective disease management and affords opportunity to avoid expensive medical treatments and potential comorbidities. Let us keep up the good work.

**Physical Activity: Ingrid Adams, NFS Extension Faculty**

A BodyWorks training will be offered in November. The main BodyWorks messages are: Healthy teens become strong adults; parents play a critical role in shaping their children’s eating and activity habits; behavior change takes time – begin by taking small steps for lasting changes. The target audiences are: girls and boys between the ages of 9 and 14 and their parents. **More information will be sent via e-mail.**

**Second Sunday almost here: Nicole Peritore, Program Coordinator**

**Get ready for 2S.** Kentucky is ranked the 6th highest state for inactivity. However, we have an opportunity to collectively make a difference. Make plans to participate in 2S and to target a group that you have not focused on previously. For additional information regarding 2S contact Nicole Peritore.

**Nurturing Families**

**Nurturing Families Resources - Carole Gnatuk, Senior Specialist for Child Development**

Agents, here is a news release from MarketWatch that reports some of the highlights contained in the new national KIDS COUNT Data Book, published by the Annie E. Casey
Foundation (www.aecf.org). The essay within the publication discusses the strong connections between economic well-being and children’s overall development. It is well worth reading.

**Child poverty soars over decade: study**

*12:30 pm ET 08/17/2011 - MarketWatch Pulse News Bullet*

CHICAGO (MarketWatch) -- Child poverty has soared during the last decade, with 31 million youngsters now living below the poverty line, according to data released Wednesday. The study, by the Annie E. Casey Foundation, said that the official child poverty rate jumped 18% between 2000 and 2009, "essentially returning to the same level as the early 1990s." The same study also revealed that 11% of children in 2010 had at least one unemployed parent while 4% percent have been affected by foreclosure. "The recent recession has wiped out many of the economic gains for children that occurred in the late 1990s," said Laura Speer, associate director for policy reform and data at the Foundation. "The news about the number of children who were affected by foreclosure in the United States is also very troubling because these economic challenges greatly hinder the well-being of families and the nation." The group's "Kids Count Data Book" also ranks states based on "10 indicators of child well-being" with New Hampshire, Minnesota, and Massachusetts ranking the highest and Alabama, Louisiana, and Mississippi the worst.

*Agents, please note that Kentucky ranks 41 overall, which has been fairly consistent over the last few years.* Below are very helpful data links. The Kentucky Youth Advocates website has the links to the KIDS COUNT Data Books, both national and state: www.kyyouth.org.

State data links


*Military Families Programming: County Success Story – Jody Paver, Wayne County FCS Agent*

I attended the in-service training in Hazard on Working with Military Families. It was a great opportunity to obtain a better understanding of the Military and the needs of their families. I felt a real desire to locate the 54 children who are military children in Wayne County. I designed a form and sent it out to all students in the local schools and in daycares. We were able to locate some of their families whose parent(s) were directly military and also children who had other family members in the military. I also met with Sgt. Meaders at the local National Guard Armory and I asked about the needs that soldiers and their families have. While we were talking, his wife and three small children came in. She was excited to hear about the Extension programs and our desire to reach out to Military families. Sgt. Meaders put me in contact with
Louise Firkins, head of the Family Readiness Groups (FRG). She and I talked about programing and we obtained permission for me to speak to the soldiers and the FRG during Sunday afternoon of the June Drill weekend. I felt this was a great time to explain what Extension is, what are programs that we offer, and to highlight the UK Extension county websites and the new Upcoming Events tab to connect soldiers and families across the state with their home county Extension Office and their programs. After my presentation I met with the FRG to plan the Fun Family Day in August. Our soldiers have been told they will be deploying on a mission before October of next year. I worked with a variety of community representatives to plan fun carnival style games to be held, Second Sunday Style, at the Park. Unfortunately with the upcoming deployment, training schedules were ramped up and the soldiers were to report to Fort Knox during the August Drill Weekend and the Family Day had to be canceled. I will be working with the FRG to help plan a holiday family program. I have notified the military families and invited them to my local programs. Some of the military families are now regular participants in my programs and are joining the newly formed 4-H Cloverbuds. I have sent the Small Steps Online Challenge information to all soldiers and families and invited them to attend the Coupon Bootcamp scheduled at my office and encouraged those who are farther away to connect with their FCS Agent to get couponing information and ask about their local programs. I am looking forward to continuing to build relationships, educate individuals and families, and to help support the men, women, and their families who defend our freedoms.

**Embracing Life as We Age**

**Stand up to Falling In-service – Amy Hosier, Family Sciences Extension Faculty**

October 27th, 2011 from 10am-11:30am: Stand Up to Falling Featured Program Training (Adobe Connect). Please plan to attend. Nicole Peritore, Ashley Osborne and Amy Hosier will talk about the falls program, its flexibility, how it supplements A Matter of Balance, and the way in which it incorporates components of the Embracing Life As We Age, Making Beneficial Lifestyle Choices and Healthy Homes and Communities FCS Initiatives. We will also talk about evaluation, participation, and participant incentives (Stand Up To Falling night lights—they’re here and look terrific!)

**Important Dates to remember and celebrate! - Amy Hosier, Family Sciences Extension Faculty**

- September is Healthy Aging Month
  - Healthyaging.net: [http://www.healthyaging.net/events.htm](http://www.healthyaging.net/events.htm)
- September 11th is National Grandparents Day!
- Grandparents.com: It’s Great to be Grand
  [http://www.grandparents.com/gp/topics/national-grandparents-day.html](http://www.grandparents.com/gp/topics/national-grandparents-day.html)
- September 22 is Falls Prevention Awareness Day. The following resources can help you plan activities:
  - FCS Stand Up To Falling Featured Program: [http://www.ca.uky.edu/hes/internal/Featured.php](http://www.ca.uky.edu/hes/internal/Featured.php)
- Coming up:
  - October 6\(^{th}\): National Depression Screening Day: [http://www.healthyaging.net/events.htm](http://www.healthyaging.net/events.htm)

**Securing Financial Stability**

**2012 Kentucky Saves Piggy Bank Design Contest - Jennifer Hunter, Family Sciences Extension Faculty**

It’s time to get creative and start saving. Youth can have their chance to go “Hog Wild” and celebrate the 2\(^{nd}\) Annual Kentucky Saves Piggy Bank Design Contest! Youth are encouraged to use their creativity to make a piggy bank and to save their change. Guidelines for the Piggy Bank Design Contest are listed below. Two (2) winning entries per district will be placed on display in the State Capitol Building during the month of February.

**Guidelines**
- The bank should not exceed 12 inches x 12 inches x 12 inches (1 foot square).
- Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- Piggy banks must be created or decorated by the youth contestant.
- Plastic or ceramic piggy banks may be used, but must be personally decorated.
- Piggy banks **DO NOT** have to be in the shape of a pig. Get creative! Use or repurpose other containers.
- Piggy banks must be judged through their local Cooperative Extension Office. A County Winner will be selected no later than December 15, 2011. Contestants will be notified. Each Extension District will pick their top 2 winning entries no later than January 13, 2012. County agents must make arrangements for delivery to Lexington by January 27, 2012.
The Economics of Purchasing of More Fuel Efficient Vehicle - Jennifer Hunter, Family Sciences Extension Faculty

As fuel prices continue to rise, many people may be considering trading their current vehicle for a newer, more fuel efficient vehicle. However, often the savings on fuel will not outweigh the additional costs. A new extension publication is available comparing the costs of purchasing a new more fuel efficient vehicle versus maintaining your current vehicle. http://www.ca.uky.edu/agc/pubs/fcs5/fcs5444/fcs5444.PDF

Television Segments – Pam Sigler, Extension Curriculum Specialist

Small Steps Challenge on WTVQ/ ABC 36 – Katie Keith and an agent will be appearing to promote the on-line Small Steps to Health and Wealth challenge on Thursday, September 26th at 12:40. You will be able to download the YouTube video later that day at http://www.youtube.com/abc36noonnews.

Money Management for Teens Resources - Bob Flashman, Family Sciences Extension Faculty

Money Talks for Teens Series- developed by California Extension Service http://moneytalks4teens.ucdavis.edu/index.cfm
Interactive website for 14-18 year old teens, easy-to-follow leader’s guides, videos, and games all designed to appeal to teens. Materials are available in both English and Spanish.

Videos
  Short video focused on how high school students can save money as well as the obstacles to saving young people face.
- Taking the Road to Good Credit http://moneytalks4teens.ucdavis.edu/videos.cfm?vid=1
  Short video offering tips and suggestions to young adults on how to establish credit and maintain good credit.

Teen Guides
  This guide provides insight into your money personality by providing a money value survey and discussion about individual values and beliefs about money.
  This guide offers a number of simple strategies and tricks that teens can use to save money. Additional information is offered on setting goals and developing budgets and a chart that demonstrates how monthly savings earning interest grow over time.
Provides insight into personal shopping styles through examination of personal shopping habits and offers suggestions for becoming a savvy shopper, defined as one who gets the best deals and the most for their money.

- **Car Costs**
  This guide provides information related to the costs associated with owning a car such as monthly car payments, gas, and insurance as well as unexpected costs such as repairs, accidents, tickets, and depreciation. Suggestions are given for selecting the type of car that best suits your needs, warranties, and carrying appropriate calories.

- **Hunger Attack! Feed Your Appetite – Protect Your Wallet**
  This guide provides information on healthy and lower cost alternatives for satisfy hunger pains in on-the-go situations such as stopping at a convenience store for a snack, eating out at the food court, using vending machines, and buying snacks at the movie theatre.

- **Savings Account Strategies**
  This guide provides strategies for selecting the best type of savings account through the use of a savings account survey as well as a list of questions to ask when researching different financial institutions and types of savings account. Additional information is given on how to use a savings account.

- **Taking Charge of Your Own Checking Account**
  This guide provides information on setting up and using checking accounts. Topics covered include: choosing a financial institution, opening your checking account, making deposits and withdrawals, stop payments, bounced checks, reading bank statements, service fees, and using a debit card.

- **The E-Banking Experience**
  This guide provides information on electronic banking (E-banking) and gives an overview of the many services offered such as the use of ATMs, debit cards, banking by phone and internet, pre-authorized payments, and direct deposit.

- **Keys to Credit**
  This guide provides information on facts and fictions concerning credit, how to obtain credit, how to read the credit contract, maintaining good credit and what to do if you are denied credit.

- **Dealing the Cards of Credit**
This guide provides information on how to choose which card is right for your personal situation, choosing the best offer, tips for protecting your credit in cases of lost or stolen credit cards, and protecting yourself from credit scams.

Games
The following interactive games that offer opportunities for assessment and learning. Topics include:

- Food Cost Quiz - Ways to save money at the grocery store. [Link](http://www.moneytalks.ucr.edu/english/games/game_food_cost_quiz.html)
- Money Values Game – Provides insight into spending habits and values. [Link](http://www.moneytalks.ucr.edu/english/games/game_values.html)
- Expense Station Game – Provides practice in making financial decisions. [Link](http://www.moneytalks.ucr.edu/english/games/game_stations.html)
- Common Money Beliefs – Examines common beliefs about money. [Link](http://www.moneytalks.ucr.edu/english/games/game_beliefs.html)
- Savvy Shopping Quiz – Provides a quiz to examine shopping skills. [Link](http://www.moneytalks.ucr.edu/english/games/game_savvy_shop.html)
- Gassing Up – Provides an example and calculator to determine the monthly cost of gasoline. [Link](http://www.moneytalks.ucr.edu/english/games/game_gassingup.html)
- What Will a Car Accident Cost? A case study problem educating players on auto insurance coverage and the cost of accidents. [Link](http://www.moneytalks.ucr.edu/english/games/game_accident.html)
- What's Your Financial I.Q.? Provides a quiz allowing players to test their financial knowledge. [Link](http://www.moneytalks.ucr.edu/english/games/games_home.html)
- Bricks & Bucks Banking – “Jeopardy” style game that test players’ knowledge about financial institutions and services. [Link](http://www.moneytalks.ucr.edu/english/games/game_bricksbucks.html)
- Credit Match Up – A matching game used to illustrate the advantages of paying down debt as quickly as possible to avoid paying interest. [Link](http://www.moneytalks.ucr.edu/english/games/game_credit_match.html)
- Credit Terms – Matching terms with definitions to aid in becoming more familiar with credit terms. [Link](http://www.moneytalks.ucr.edu/english/games/game_credit_terms.html)
- Which Card is Right for Me? – A survey designed to help determine which type of credit card is right for the player. [Link](http://www.moneytalks.ucr.edu/english/games/game_which_card.html)
Promoting Healthy Homes and Communities

Healthy Homes Resources – Ashley Osborne, Extension Associate

The Promoting Healthy Homes Partnership website has a list of resources related to home safety, radon, mold, urban pests, etc. from multiple states including Kentucky. [http://www.healthyhomespartnership.net/resources/default.aspx](http://www.healthyhomespartnership.net/resources/default.aspx)

October is Children’s Health Month. A calendar, radio script, and exclusive/media article have been created to help you promote this event in your communities. Feel free to use and adapt the materials to meet your county’s needs. Materials can be downloaded and printed at [http://www.ca.uky.edu/enri/ceh_month11.php](http://www.ca.uky.edu/enri/ceh_month11.php).

Ongoing Events related to healthy homes and communities:
A list of ongoing events is provided. These events are excellent ways to incorporate and promote issues related to healthy home and communities. If you know of an event that is not list please email ashley.osborne@uky.edu.

- March (Exact dates for 2012 TBA): National Groundwater Awareness Week
- April: Earth Month; Children and Nature Awareness Month; National Garden Month
- April 22: Earth Day
- April 30 – May 6 (2012): Screen-Free Week
- May: KY Water Awareness Month; American Wetlands Month;
- May (Exact dates for 2012 TBA): Drinking Water Week
- June: Great Outdoors Month
- October: Children’s Health Month
- November 15: America Recycles Day

Residential Rain Garden Design for Homeowners In-Service, October 26 - Ashley Osborne, Extension Associate

As homeowners and property managers become more aware of the issues of storm water management many of them are choosing to manage the runoff from their homes and businesses with rain gardens. Rain gardens are shallow depressions and serve as landscape features that can effectively collect and treat storm water and reduce localized flooding. Rain gardens can be integrated into the existing landscape as a retrofit or be included in the initial landscaping plan. To effectively manage storm water, rain gardens must be accurately sized and properly constructed. This 1-day workshop on October 26 will present a method for sizing and designing rain gardens and detail proper construction techniques. Workshop participants will be installing a rain garden. As a result of this training you will:
- Understand why storm water needs to be managed,
- Understand the principles of rain garden location, design, construction and maintenance,
- Be able to select appropriate vegetation, and
- Design, build and plant a small rain garden.
Registration fee of $15 is required. Lunch is provided. Please register via CATPAWS. Contact ashley.osborne@uky.edu for more information.

**Accessing Nutritious Foods**

**Farm to School - Jackie Walters, Nutrition Education Programs Extension Specialist**

*October 9th – 15th has been designated Farm to School week.* It is also National School Lunch Week. Tina Garland, Kentucky Farm to School Coordinator, has initiated an effort among the Department of Agriculture, Department of Education and community partners to organize a blitz across the state that includes the community, classroom and cafeteria promoting improved nutrition through use of locally grown foods in schools. The campaign title will be “Let’s Grow Healthy with Kentucky Proud.” Each participating school will serve at least one local food during the week and provide nutrition education about it. A poster contest about Farm to School will be sponsored, with winners from each school posted on the Kentucky Department of Agriculture web site. Community members will be encouraged to visit the web site to vote for their favorite posters. Opportunities to participate in this first-of-its-kind collaboration include sponsoring poster competitions, helping to identify local food products, providing nutrition education, and other creative approaches.

**Farm To School Outreach:** Louisville Farm to Table and the Kentucky Department of Agriculture are sponsoring a free event, “Breaking Down Barriers: Putting Farm to School into Practice,” on October 3rd at Elkhorn Crossing School, 2001 Frankfort Pike, Georgetown. The event targets food service providers and supportive agencies who want to use local food in breakfast, lunch and snack programs. Interested parties may register using the following link: [http://www.planetreg.com/E9281157217](http://www.planetreg.com/E9281157217).

**Breastfeeding Promotion - Jackie Walters, Nutrition Education Programs Extension Specialist**

“Helping Kentuckians to Access Nutritious Foods through Breastfeeding Promotion” will be offered via Centra Net on September 29th (9:00-11:00) October 5th (9:00-11:00) and October 6th (9:00 – 11:00.) This presentation will cover how breastfeeding rates impact the health of Kentuckians, recent state legislation to support breastfeeding, national efforts to support breastfeeding, Kentucky’s state plan for breastfeeding promotion, and state organizations that address breastfeeding promotion. Participants will have the opportunity to provide feedback about ideas for materials and partnering with other organizations to promote breastfeeding. Register on Catpaws.

**Television Segments – Pam Sigler, Extension Curriculum Specialist**

*Breast Feeding* – Jackie Walters will appear on WTVQ/ ABC36 on September 2nd at 12:20. She will discuss information shared at the trends training about the health and
economic benefits for mother and child. You will be able to download the YouTube video later that day at [http://www.youtube.com/abc36noonnews](http://www.youtube.com/abc36noonnews)

**Strictly Pumpkins** – Donna Fryman will be presenting a segment on WTVQ/ ABC 36 on September 26th at 12:40. She will talk about the accessing, storing, preparing, serving, and decorating with pumpkin. You will be able to download Donna’s segment later that day at [http://www.youtube.com/abc36noonnews](http://www.youtube.com/abc36noonnews)

**Empowering Community Leaders**

*Master Clothing Volunteers – Marjorie Baker, Extension Associate*

Master Volunteer in Clothing Construction Program: September is National Home Sewing Month. Lincoln Trail Master Clothing Volunteers will present a Fall Sewing Potpourri on September 17 at the Hardin County Extension Office in Elizabethtown. Classes are being taught for a quilted purse, a sewing tool caddy, and chenille scarves. Call 270-765-4121 to register before September 9. Registration fee includes lunch.

*Television Segments – Pam Sigler, Extension Curriculum Specialist*

4-H Opportunities – Stephanie Blevins will appear on WKYT (CBS affiliate) on September 15th at 12:40 to talk about 4-H clubs forming and opportunities, especially as it relates to horse industry. She will share a recipe for horse treats, too.

*KEH A – Kim Henken, KEHA Advisor*

KEHA News and Notes –

- September is always a busy month, and I am sure your KEHA clubs are returning to regular schedules and more frequent activities. This is often the time that membership drives are in high gear. Please remember that we are asking everyone to use the enrollment form included in the KEHA Manual Appendix this year. This form provides a means to collect the demographic data needed for Extension records. The treasurer’s remittance has been revised to provide a chart for compilation of this data this year.
- September 15th is the due date for areas to submit the 2010-2011 program of work report to Nancy Broughton, KEHA 1st Vice-President. The form is accessible via the KEHA website (see the white box titled 2010-2011 KEHA Program of Work Report).
- The program planning cycle is always moving forward and later this month we will send out the list of state supported lessons for July 2012 through June 2013. This list will include lessons directly related to each KEHA educational chairmen program of work, along with other lessons state staff will have ready for use by July 1, 2012.
• As you plan for October, please remember that October 9-15 is Kentucky Extension Homemakers Week. Encourage your leaders to celebrate this week and use this time to promote the organization.
• The KEHA Handbook for Professional Staff was updated in early August. It is accessible on the FCS internal webpage under the organizational tool/resources - KEHA section.

**Checklist for September Newsletter Action Items:**

- Review the many in-service training offerings in the newsletter and register via CatPaws if interested.
- Remind KEHA County officers that members should complete the enrollment forms for demographic information to be submitted with dues this year.
- Review information about the Piggy Bank Contest for Kentucky Saves to be aware of deadlines and guidelines for county involvement.