ANNOUNCEMENTS

Our most recent Family and Consumer Sciences Agents attend New FCS Agent Orientation - Connee Wheeler, Extension Associate

We were pleased to host seven new Family and Consumer Sciences Agents for new FCS Agent orientation on July 26. Pictured are: (First row) Amy Singleton, McCreary County and Brittany Young, Warren County; (Second row) Rachel Abney, Nicholas County, Laura White, Rowan County and Dayna Parrett, Nelson County; (Third row) Lizzie Spalding, Marion County, Laura Stephenson, Assistant Director for Family and Consumer Sciences Field Programs, and Amanda Hamilton, Menifee County

Dayna Parrett is a 2010 Family Science graduate of the University of Kentucky in the School of Human Environmental Sciences. She comes to Cooperative Extension with lots of experience having been a
2010 Extension 4-H summer intern in Meade County and a 2011 FCS summer intern in Nelson County. She was a FFA and 4-H member for 12 years. During her college years, she worked in the Early Childhood Lab and as a tutor for the Center for Academic and Tutorial Services. Dayna also served as a UK College of Agriculture Ambassador and on the College Student Council. She has a research interest related to the impact of family dinners on children. Dayna began her work in Nelson County on November 1, 2011.

Laura White began her work as Rowan County Extension Agent for Family and Consumer Sciences on January 23, 2012. She was born and raised in Rowan County and is now glad to be working there. Laura holds a May 2011, degree in Health Promotion from Morehead State University. She worked in the Rowan County Extension office as a SNAP-Ed Program Assistant before being hired as FCS agent. Laura has a history of volunteer and community involvement. She is a member of the Gateway Area Development District Policy Council and the Gateway Inter-Agency Council. She is a member of the Morehead Chamber of Commerce and an active community member.

Brittany Young has been County Extension Agent for Family and Consumer Sciences in Warren County since February 5, 2012. She however is not a stranger to that Extension office having worked as a SNAP-Ed assistant there for more than a year. Before that she worked in the Warren County Office as a FCS intern where she planned a Second Sunday health and wellness fair and participated in the “Plate It Up Kentucky” recipe process. She has worked with the Warren County Extension Homemakers Association and, for a new agent, has extensive media experience. While a student at Western Kentucky University, Brittany majored in Family and Consumer Science with a concentration in Family Studies. She is currently working on a Master of Arts in Leadership Dynamics. In her off time, Brittany loves spending time with her golden doodle puppy, Howard, and hiking with her husband.

Amanda Hamilton is the new Menifee County Extension Agent for Family and Consumer Sciences; she also has 4-H responsibilities in this two agent county. She began work there on March 1, 2012. Amanda has a Bachelor Degree in Family and Consumer Sciences with emphasis in Child and Family Studies from Eastern Kentucky University. She previously worked as a FCS summer intern in the Nicholas County Extension Office. Amanda has also worked with Big Brothers Big Sisters and was chapter president of her college sorority. She is a member of Phi Upsilon Omicron.

Amy Singleton is an August 2010, graduate of the University of Kentucky with a BS in Dietetics, Nutrition and Food Science – Coordinated Program. She is a Registered Dietitian and a Licensed Dietitian. She began her work as County Extension Agent for Family and Consumer Sciences and 4-H/ Youth Development in McCreary County on March 1. Amy completed her dietetic internship at the Lincoln Trail District Health Department and at the Hardin Memorial Hospital, both in Elizabethtown. She previously worked at the Lake Cumberland Regional Hospital as a clinical dietitian and for Dietary Consultants, Inc. as a Registered Dietitian and dietary consultant.
Rachel Abney began her position as Nicholas County Extension Agent for Family and Consumer Sciences on June 1, 2012. She is a graduate of Eastern Kentucky University where she received a B.S. in Family and Consumer Sciences Education in December 2010. While at EKU she received the President’s Award three times. Her previous experiences included working for the Bourbon County school system as Title One teacher and substitute teacher. She also worked for Kinder Care Daycare in Lexington.

Lizzie Spalding is the new County Extension Agent for Family and Consumer Sciences in Marion County. She began her position there on July 1, 2012, after graduating from Eastern Kentucky University with a Bachelor of Science in Family and Consumer Sciences with emphasis in Family Studies. There she was a three-time recipient of the President’s Award. She completed an internship at the Marion County Youth Service Center. She is a member of Phi Upsilon Omicron. Lizzie is mother to one daughter.

PROGRAM INFORMATION

Making Healthy Lifestyle Choices

Get ready for two agent in-service training in diabetes and nutrition, Ingrid Adams, NFS Extension Faculty

The diabetes training will cover aspects of implementing the curriculum and will focus on carbohydrate counting, the exchange list, glycemic index and diabetes, and the diabetes plate. Forming successful partnerships, marketing, building sustainability for the program, and lessons learned from implementing the curriculum will be addressed. This training provides a good foundation for new agents, agents who have not completed the training, and for agents who need additional training in the areas mentioned above.

The nutrition training will include the “Making Beneficial Lifestyle Choices” and the “Got Vegetable” curriculum. These are new programs and will enhance your efforts to improve the health of individuals’ in your county.

The Making Beneficial Lifestyle Choices curriculum consists of four units: Focus on nutrient-dense foods and beverages; Myplate the Kentucky Way; Making Healthy Beverage Choices; and Mindful Eating. These lessons help individuals think about their behavior and provide tools of empowerment, problems solving, goal setting, and reflection to encourage behavior change. The Got Vegetable curriculum uses critical thinking strategies to increase vegetables and physical activity in young children and families.

Please see evidence of the success of this approach:

Training dates:
November 1: Diabetes training --- Princeton, Research and Education Center
November 2: Nutrition training --- Princeton, Research and Education Center
November 8: Diabetes training – Lexington, Good Barn
November 9: Nutrition training—Lexington, Good Barn
Save the Date for Growing Healthy Kids in Kentucky conference, Ingrid Adams, NFS Extension Faculty

The Growing Healthy Kids in Kentucky conference on Tuesday and Wednesday, October 30 & 31, 2012 at the Clarion Hotel in Lexington. The theme of this year’s conference is: The Weight of Kentucky’s Children: Empowering parents, caregivers, and communities. Each participant will receive continental breakfast, lunch, and afternoon snack and tools, materials, information, and statistics to take back to their communities.

The American Diabetes Association’s Step Out Walk to Stop Diabetes, Ingrid Adams, NFS Extension Faculty

This walk will be held Saturday, October 20, 2012 at Waterfront Park in Downtown Louisville. Registration begins at 9:00 am and the 1 mile/5 K (3 mile) Walk/Run begins at 10:00 am. Join Honorary Step Out to Stop Diabetes Chair Darrell Griffith and WHAS-11’s Doug Profitt by visiting www.diabetes.org/louisvillestepout The Walk is generously sponsored by Kroger, Kindred Healthcare and WHAS-11. Enjoy free food and drinks, music, aerobics, children’s crafts and play area, a Health and Wellness Festival with complimentary blood glucose testing and healthy living information sponsored by Anthem Blue Cross Blue Shield of Kentucky. The American Diabetes Association’s mission is to prevent and cure diabetes and improve the lives of all people affected by diabetes. Diabetes actually kills more Americans each year than breast cancer and AIDS combined. Call (502)452-6072 for more information. Volunteers for day of event are also needed. Get involved and help the ADA STOP DIABETES…one step at a time!

2S, Nicole Peritore, HEEL Program Coordinator

Counties should have received 50 beach balls and 100 stickers will be arriving soon for 2S events. A flyer that offers suggestions for games with the beach balls is available on the 2S website. Access to that information as well as much more at the following website: www.2ndsundayky.com/marketing-resources/

Nurturing Families

New resource for grandparents and relatives parenting infants and toddlers, Carole Gnatuk, Child Development Senior Specialist

The grandparenting resource series, "On Your Lap, In Your Heart," is now live on Zero To Three’s website http://www.zerotothree.org/child-development/grandparents. On this page, users can access a range of resources designed specifically for grandparents. The topics of the resources are below:

- Play activities for grandchildren from birth to three
- Tips for building better communication with their adult children
- Typical developmental milestones for children aged birth to three
- What to do if there are concerns about a grandchild's development
- Sharing traditions with their grandchildren
- Supporting their grandchild through a divorce
- Strategies for setting limits with young grandchildren
- Safe sleep practices for infants
- The impact of trauma on infants and toddlers
- Caring for a grandchild with Fetal Alcohol Spectrum Disorder (FASD).
World Breastfeeding Week Resources Action Kit. Carole Gnatuk, Child Development Senior Specialist
In honor of World Breastfeeding Week (August 1-7), the federal Department of Health and Human Services (HHS) Office on Women’s Health and General Services Administration (GSA) Federal Citizen Information Center have created the FREE Breastfeeding Resources Action Kit (http://promotions.usa.gov/breastfeeding.html). With it, you can:

- Learn the physical and psychological benefits of breastfeeding for babies and moms.
- Discover the financial benefits of breastfeeding for families, employers, and communities.
- Find out how to support breastfeeding in your community.
- Confidently use breastfeeding tips, and much more.

You can read, download, or print the publications, or order FREE printed information.


Embracing Life as We Age

Fall field trip to The Universal Design Living Laboratory in Columbus during NEAFCS, Amy Hosier, Family Sciences Extension Faculty
If you are interested and have not already done so, please let Amy Hosier know if you would like to tour The Universal Design Living Laboratory in Columbus during NEAFCS by August 10th. Please email amy.hosier@uky.edu or call (859) 257-1763.

About the facility: Dr. Rosemarie Rossetti uses her experience as a person with a disability to educate others about the positive impact of home accessibility and environmental design. She and her husband built a national demonstration home and garden called The Universal Design Living Laboratory. For more information or to subscribe to her website, visit: www.UDLL.com.

For a fee, Dr. Rossetti is also happy to come to you to speak about her experience and expertise in universal design and green building. For more information, visit her website: www.RosemarieSpeaks.com.

Through FCS, let’s help make KY a no falls state. September 22 is National Fall Prevention Day, Amy Hosier, Family Sciences Extension Faculty
National Fall Prevention Day is September 22nd. Start planning now to promote and increase public awareness about preventing and reducing falls. Stand Up To Falling Featured Program materials can be found: http://www.ca.uky.edu/hes/internal/falling.php. The National Council on Aging also has great fall prevention planning ideas: http://www.healthyagingprograms.org/content.asp?sectionid=149. Don’t forget to get Stand Up to Falling night lights as giveaways for participants. Contact Amy Hosier for night lights. amy.hosier@uky.edu or 859.257.1763.

Thank you, Sara Bogle, for your terrific Stand Up to Falling impact statement and for letting us share it as an example:
Fall-related hospitalizations in 2003 – 2010, involving residents of Carlisle County age 65 and over resulted in 62.9% discharged to a skilled nursing facility. In 2010 the total hospital charges for fall-related hospitalizations involving residents of Carlisle County age 65 and over averaged $28,255, according to the Kentucky Safety and Prevention Alignment Network. Carlisle County Extension Service, in partnership with the Carlisle County Senior Citizens Center, presented *Stand Up to Falling*, a fall prevention program, to 28 participants, age 55 and up. Emphasis areas included reducing the risk of falling, how to safely get up from a fall, and how to move toward healthy, independent, quality aging. As a result of the program, 71% of participants reported that they better understood ways in which they could reduce the risk of falling; 60% reported that they will get their eyes checked by a doctor at least once a year; 64% will make changes to their home environment to reduce the risk of falling; 64% will review their medications with their doctor or pharmacist; 64% will become more physically active to help reduce the risk of falling; and 67% reported that they learned how to safely get up from a fall. With 28 total individuals participating in the fall prevention program, *Stand Up to Falling*, FCS Cooperative Extension potentially saved Carlisle County $504,000 in medical costs.

**FYI: September is Healthy Aging Month, Amy Hosier, Family Sciences Extension Faculty**
Throughout September, encourage your communities to take personal responsibility for their physical, social, mental and financial health. 12 keys to healthy aging, based on the upcoming FCS program Keys to Embracing Aging, include:

1. Positive attitude
2. Maintain a healthy diet
3. Keep an active brain
4. Be Social
5. Stay safe
6. Tune-in to the times
7. Seek physically activity and exercise
8. Manage your stress
9. Catch your zzzzz’s
10. Plan financially
11. Know your numbers (BMI, waist, cholesterol, etc.)
12. Take time for yourself

**Matter of Balance Training, Nicole Peritore, HEEL Program Coordinator**
There will be a Matter of Balance Training for agents and community members at the Muhlenberg County Office on November 7, 2012. The training is from 9am – 4pm. Please contact Nicole at Nicole.peritore@uky.edu if you have any questions.

**Securing Financial Stability**
**Building Money Management Skills In-Service Training, Jennifer Hunter, Family Sciences Extension Faculty**
Hold the date: March 19th, 2013 at Fayette County Extension Office. In March 2012, the MITT team offered the “Building Money Management Skills” In-Service training. The March 2013 will be a REPEAT session if you were unable to attend the first training. Participants will receive two financial curriculums “Watch Your Money Work” and “Where Does Your Money Go.” Registration is available on the KERS website. For more information contact Jennifer Hunter (jhunter@uky.edu) or Katie Keith (katie.keith@uky.edu)

Kentucky Saves 2013, Jennifer Hunter, Family Sciences Extension Faculty
Kentucky Saves Week 2013 will be February 24th – March 2nd. Last year we had 219 savers pledge a total monthly savings of $22,022. Our goal is to continue to build on the momentum developed last year. We will be hosting the 3rd Annual Piggy Bank Design Contest. Contest Rules, entry forms, and other information will be available by August 15th. We are very excited to be able to offer statewide awards and recognition this year (look for an email later in August with additional details.) For more information regarding Kentucky Saves 2013 contact Jennifer Hunter (jhunter@uky.edu).

Promoting Healthy Homes and Communities

Don’t Let Bed Bugs Ruin Your Vacation, Ashley Osborne, Extension Associate
Blake Newton, Jennifer Gordon, and Ashley Osborne discuss bed bugs on the WKYT Noon Show.
http://youtu.be/WI9F7gXDWNU

School Integrated Pest Management (IPM) YouTube Channel, Ashley Osborne, Extension Associate
Short video clips provide advice on how to properly place traps, seal doors, etc.
http://www.youtube.com/schoolipm

Cleaning Matters E-Newsletter, Ashley Osborne, Extension Associate
The American Cleaning Institute has a bi-monthly e-newsletter that offers tips and trends in regards to cleaning your homes, hands, clothes, dishes and surfaces. To subscribe visit http://tinyurl.com/862w7vb.

Upcoming Events: (visit http://www.ca.uky.edu/gogreen/upcomingevents.php) , Ashley Osborne, Extension Associate
Rain Garden Workshops (Register via CATPAWS):
September 7th, McCracken County
September 18th, Henderson
September 19th, Boyd County
September 21st, Mason County
September 28th, Warren County
Southeast Environmental Education Conference in conjunction with KY Association of Environmental Education Conference, Ashley Osborne, Extension Associate

Accessing Nutritious Foods

Farm to School, Jackie Walters, Nutrition Education Program Specialist
The new Kentucky Farm to School (KF2S) Curriculum provides opportunities for FCS, ANR, HORT, 4-H, and FA agents to engage 9th through 12th grade students within the classroom, 4-H camps, summer camps, special interest clubs, and other venues. KF2S helps students understand the positive relationships between increased consumption of locally grown foods, better health, higher direct farm sales per capita, sustainable local food systems, and improved local economies. The eight units were developed to be implemented as interdisciplinary lessons adaptable for the various grade levels. Consider bringing your county team of Extension professionals to this interactive and fun program that will help high school students see their food choices in a whole new light. Of course KF2S work with limited resource children and families will count toward Agent SNAP-Ed commitments.

We are offering five Kentucky Farm 2 School Curriculum training options across the state. Training in each location will be conducted from 9:30 to 3:30, local time. Trainings are listed in the Catpaws Upcoming Training Catalog:

- September 10, 2012 - R082 - Ohio County CES Office
- September 13, 2012 - R083 - Bath County CES Office
- September 14, 2012 - R084 - Franklin County CES Office
- October 12, 2012 - R085 - Princeton Research and Education Center
- October 16, 2012 - R086 - Laurel County CES Office

The Kentucky Farm to School Handbook is completed and should be in the counties or arriving soon. This manual is designed to be a practical tool for school food service directors, farmers and community members interested in feeding Kentucky food to Kentucky kids in Kentucky schools. It is chock full of realistic advice and helpful tools.

You can also locate the handbook and curriculum on the web at the following links;

Empowering Community Leaders

KEHA Updates, Kim Henken, KEHA State Advisor

- KEHA 80th Anniversary prints are available! See the KEHA website (www.kea.org) for a photo of the print and to access the order form.
- KEHA Program of Work reports are due as listed below. Please see the KEHA website to access the 2011-12 report forms.
- August 15\textsuperscript{th} – county reports due to area chairmen
- September 15\textsuperscript{th} – area reports due to state educational chairmen

**Checklist for August Newsletter Action Items:**

- Complete featured program and priority indicator reports.
- Remind KEHA county chairs and officers to submit reports to state educational chairs.