Announcements

The 2015 All-School Conference is scheduled for December 1, 2015 at the Embassy Suites Hotel on Newtown Pike. The conference agenda is attached and includes an evening program and reception at Fasig-Tipton. Held biennially, the All-School Conference brings together faculty and professional staff from the School of Human Environmental Sciences, Family and Consumer Sciences (FCS) Extension agents and assistants, and nutrition education program assistants for a day of professional development, networking and recognition. This year, colleagues from the College of Social Work will join the conference. The focus of the conference will be the changing demographics of America and how these changes will impact our work through the three-part land grant mission of instruction, research and outreach. The keynote speaker will be Paul Taylor, author of *The Next America: Boomers, Millennials and the Looming Generational Showdown*. The evening program will include a panel of presenters and will focus on The Next Kentucky. The details were included in an email dated October 19 and are also available on our website at: [http://hes.ca.uky.edu/ASC2015](http://hes.ca.uky.edu/ASC2015). Please feel free to contact me if you have questions or need additional information.

Making Healthy Lifestyle Choices

The American Cleaning Institute® (ACI) invites you to save the date for our next free Get to Know ACI webinar on **November 12, 2015 from 6:30 PM to 7:00 PM**. The webinar will be useful for existing partners and other organizations that are interested in learning more about ACI’s health, hygiene and home safety educational materials as well our national awards programs. During the Webinar you will learn how you can make a difference from signing the KEY Pledge, to keeping children safe and keeping liquid laundry packets out of their reach and out of their sight, to sharing our free publications that can support your educational efforts!

**kynect** - The OPEN ENROLLMENT PERIOD IS COMING SOON - NOVEMBER 1, 2015 TO JANUARY 31, 2016. However, people who qualify for Medicaid or KCHIP can register at any time. People who have had an event or change in their lives, such as marriage or the loss of health coverage can now request special enrollment if within 60 days of the event. Currently, over 500,000 Kentuckians who thought they couldn’t afford health insurance now
have it by using kynect. If someone in your community needs assistance, they can find a kynector nearby by calling 1-855-4kynect (459-6328).

National Diabetes Month – Ingrid Adams
November is National Diabetes Month and November 14 is World Diabetes Day (WDD)! Please use the resources and ideas from the American Diabetes Association (ADA), National Diabetes Education Program (NDEP) and International Diabetes Federation to plans activities in your community.

World Diabetes Day (WDD) takes place on November 14th every year and is an official United Nations World Day and seeks to raise global awareness of diabetes - its escalating rates around the world and how to prevent the illness in many cases. It was started by the International Diabetes Federation (IDF) and the World Health Organization to mark the birthday of Frederick Banting who, along with Charles Best, was instrumental in the discovery of insulin in 1922, a life-saving treatment for diabetes patients. In 2015, World Diabetes Day has become a yearlong campaign to reflect the realities of people living with diabetes. The campaign has a focus on healthy eating as a key factor in the fight against diabetes and as a cornerstone of global health and sustainable development. Visit http://www.idf.org/worlddiabetesday for more information and promotional ideas/materials including a campaign guide, WDD infographic and a press kit.

Some easy ideas to get involved:
- Provide a link to the NDEP or ADA website on your County website.
- Post NDEP web buttons to your county’s website and encourage your partners to do this too.
- Use an NDEP ready-to-use article on your website, in your county newsletter or local newspaper.
- Use social media activities like Facebook, Twitter and YouTube.
- In support of WDD, turn your webpage blue or partner with someone in your community to sponsor a blue lighted building.
- On the WDD website, you can even get information on forming a flash mob to raise awareness of diabetes!

Resources:
American Diabetes Association (ADA)
The ADA theme this year for American Diabetes Month® is Eat Well, America! As the ADA celebrates its 75th anniversary, they want to share a timeless message - that eating well is one of life’s greatest pleasures, and enjoying delicious, healthy food helps with diabetes management. Visit http://www.diabetes.org/in-my-community/american-diabetes-month.html for more information and promotional materials.

Nurturing Families
National Diabetes Education Program (NDEP)
The NDEP theme this year “Diabetes Education and Support: Everyone Has a Role. What’s Yours?” highlights need for ongoing diabetes education and support among people with diabetes and those who care for them. As in previous years, the NDEP has a special Diabetes Month web page where you can find promotional resources, messages, and materials that support this theme and your diabetes awareness outreach efforts. Please check out the NDEP website at http://ndep.nih.gov/partners-community-organization/national-diabetes-month/promo-tools.aspx

Family & Consumer Sciences Day—“Dining In”
Now is the time to Commit/Promote December 3, 2015 as Family & Consumer Sciences Day. The American Association of Family & Consumer Sciences (AAFCS) is asking families and friends to prepare and eat a healthy meal together on December 3. The date was
selected in honor of AAFCS founder Ellen Swallow Richards on her birthday, she was the first woman to ever graduate from MIT and a pioneer in the field of FCS work. Research has shown that the **whole family benefits from family mealtime** by having better nutrition, improving family communication, fostering family traditions, and teaching life skills, such as meal planning, budgeting, and food preparation. Last year over 100,000 committed to the dining in and the goal is to double that number this year. Please go to [www.aafcs.org/FCSday](http://www.aafcs.org/FCSday) and complete the sign up form. Please encourage FCS councils, boards, homemakers to also commit and register. Last year Kentucky ranked top in the nation of those participating and we want to continue our support.

The “Wally Cat Wants you to Be Healthy!” posters and print outs have been updated with correct college logo for your use: Find the posters under the Resource Links tab of the MHLC website.

Kentucky Voices for Health has a great infographic about kyneect and insurance coverage with County by county numbers with Medicaid Expansion Enrollment. See infographic here: [https://gallery.mailchimp.com/a4c247a98254d1c059c850555/files/Enrollment_Infographic_2015_FINAL_01.pdf](https://gallery.mailchimp.com/a4c247a98254d1c059c850555/files/Enrollment_Infographic_2015_FINAL_01.pdf)

**Securing Financial Stability**

**Medicare Part D: Changes for 2016** -Robert H. Flashman

The Henry J. Kaiser Family Foundation has announced an overview of changes for Medicare Part D in the coming year. “During the Medicare open enrollment period, which runs from October 15 to December 7 each year, beneficiaries have the opportunity to enroll in a plan that provides Part D prescription drug coverage, either a stand-alone prescription drug plan (PDP) as a supplement to traditional Medicare, or a Medicare Advantage drug plan (MA-PD), which provides all Medicare-covered benefits including prescription drugs.”

“Many will see higher premiums and deductibles if they remain in their current plan. As in the past, Part D enrollees need to consider that their plan may require coinsurance, rather than flat copayments, for brand-name and specialty drugs, and differential cost sharing for prescriptions depending on their choice of pharmacy. These factors, as well as which drugs are included on a plan’s formulary, may affect out-of-pocket costs as much as premiums.”


**Reference:**


**Is Your Credit Score Affecting Your Relationship or Marriage?** - Robert H. Flashman

A recent Federal Reserve study tested whether credit scores play an important role in a committed relationship or marriage. They wanted to know whether credit scores have anything to do with relationship stability.

They studied 12 million U.S. consumers selected at random. Data was analyzed by algorithm. The study found that those with higher credit scores were more likely to form and maintain a stable committed relationship. Credit scores were found to be an accurate measure of trustworthiness. They also found that credit scores could predict the outcome of a relationship; if both partners’ scores were high, the relationship was more likely to last. And mismatches in credit scores were found to mean that partners were mismatched, as well. The study found that creditworthiness is an important skill to develop for success in relationships.
You may find the complete study at https://www.federalreserve.gov/econresdata/feds/2015/files/2015081pap.pdf.


KY SAVES Youth Piggy Bank Design Contest - Kentucky Saves will be promoted during the month of the February. Last year there was tremendous participation in the MITT Youth Piggy Bank Design Contest as part of Kentucky Saves. We now have a guaranteed spot at the Capitol for the month of February! Two winners from each district are expected to be selected for display at the Capitol. Each district should conduct their own contest and set their own timeline to determine district winners. Remember, all district winners must be submitted to me, NO LATER THAN JANUARY 11, 2016. This is a youth only contest. District winners will receive a certificate and letter from the Governor acknowledging their accomplishment. District winners will also be invited to a recognition ceremony at the Capitol building. The recognition ceremony will be scheduled during KY SAVES week, which is February 22nd – 27th. I do realize this is a conflict with the FCS agent training week and will most likely prevent FCS agents from being able to attend. Hopefully, you will still encourage winning youth and their families to attend. The schedule is based on several factors that are not within my control. The 2016 Piggy Bank Design Contest flyer was distributed via email. Please let me know if you need a copy. You can enter deadlines specific to your county project on the flyer.

Accessing Nutritious Foods

The Kentucky Nutrition Education Program Welcomes Two New Team Members - Renee Fox and Martha Yount, Regional Specialist for Food & Nutrition, will provide leadership for all program areas in SNAP-Ed Policy, System and Environment (PSE) initiatives with an emphasis in the southeast section of Kentucky, but is available to all counties. She has been with UK Cooperative Extension Service for 27 years as an FCS Agent in Breathitt County. Yount received a Master’s of Science in Vocational Education from the University of Kentucky and a Bachelor’s of Science in Economics from Berea College.

Amy Singleton, KYNEP Area Agent, will work with Cooperative Extension Service Agents and Nutrition Assistants on hiring processes, training, and program oversight in southeast and south central Kentucky. In addition, she will work with all program areas on SNAP-Ed PSE efforts. Prior to this position, Singleton served as FCS and 4-H Agent in McCreary County. She received a Bachelor’s of Science from the University of Kentucky in Dietetics and is a Registered Dietitian.

Nutrition Education Program Presents “Working with Extension” to Librarians - Jackie Walters
Brooke Jenkins-Howard and Jackie Walters provided a presentation to librarians at their annual conference on October 12. The presentation covered partnering with Cooperative Extension and provided an overview of the Extension system and contact information at the county level. The LEAP program was presented as an example of an Extension program that many libraries access through their Extension offices. Agents and assistants may get inquiries from their local libraries.

Holiday Food Safety - Jackie Walters
As the holidays approach, questions about food safety come pouring in! Comprehensive information about food safety can be found in the Nutrition Education Program publications, NEP-211, NEP-211a, NEP-211B and NEP-211c. These are
available on the internal FCS web site. Another good source for information is the Holiday Food Safety web site, HolidayFoodSafety.org. This web site is sponsored through a partnership of agencies, including USDA, and offers downloadable brochures, recipes for leftovers, and safety tips. Don’t forget the USDA Meat and Poultry hotline, 1-888-MPHOTLINE, open 10:00 a.m. to 4:00 p.m. Monday through Friday, and 8:00 a.m. to 2:00 p.m. Thanksgiving Day.

**Spanish Language Food Safety Resources - Debbie Clouthier**

If you work with Spanish-speaking clients, check out the Spanish language food safety resources at [http://espanol.foodsafety.gov/index.html](http://espanol.foodsafety.gov/index.html). They cover the four basic steps to food safety (Clean, Separate, Cook and Chill or Limpiar, Separar, Cocinar y Refrigerar), safe minimum cooking temperatures, and other useful information on the causes and prevention of foodborne illness.

**2016 Homebased Microprocessor (HBM) Workshops – Debbie Clouthier**

The Homebased Processor and Homebased Microprocessor program allows Kentucky farmers to process certain value-added products in their home kitchens for sale at registered farmers markets, certified roadside stands, or from the farm. Low-risk products such as fruit jams, jellies, baked goods, and dried fruit, vegetables, nuts or herbs may be sold by Homebased Processors following annual registration with the Kentucky Food Safety Branch. Higher-risk products such as pickles, salsa, pepper or herb jellies, canned tomatoes, and pressure-canned vegetables require farmers to be certified as Homebased Microprocessors. The first step toward certification as a Homebased Microprocessor is completion of the Homebased Microprocessor (HBM) workshop. Completion of the workshop is also recommended for any agent who would like to host a future HBM video workshop in their own county.

We are now setting up the 2016 HBM workshop schedule. As of September 15, 2015, video workshops have been scheduled for the following counties for winter/spring 2016.

<table>
<thead>
<tr>
<th>District</th>
<th>County</th>
<th>Date</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Morgan</td>
<td>2/3/16</td>
<td>West Liberty</td>
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<tr>
<td>2</td>
<td>Knox</td>
<td>3/23/16</td>
<td>Barbourville</td>
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<tr>
<td>3</td>
<td>Carroll</td>
<td>3/8/16</td>
<td>Carrollton</td>
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<td>4</td>
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<tr>
<td>5</td>
<td>Hardin</td>
<td>4/4/16</td>
<td>Elizabethtown</td>
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<tr>
<td>6</td>
<td>Barren</td>
<td>3/4/16</td>
<td>Glasgow</td>
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<tr>
<td>7</td>
<td>McLean</td>
<td>3/10/16</td>
<td>Calhoun</td>
</tr>
<tr>
<td>8</td>
<td>Logan</td>
<td>3/24/16</td>
<td>Russellville</td>
</tr>
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Several other counties have expressed interest in hosting workshops, but have not yet requested dates. We would like to schedule 2-3 video workshops in each district, if possible, from February through April 2016. If you are interested in hosting a video workshop in your county, or for more information about the Homebased Processor and Microprocessor program, please contact Debbie Clouthier at [debbie.clouthier@uky.edu](mailto:debbie.clouthier@uky.edu) or 859-257-1812.

**National Farm to School Month - Jackie Walters**

National Farm to School Month is underway. Here are some ways to celebrate:

1. **Spread the word**: Share your farm to school stories with friends and neighbors; use the hashtags #farmtoschool and #F2SMonth on social media; alert local media to what’s happening in your area. Farm to school has grown from a few schools in the 1990s to more than 40,000 today because of people like you educating their communities and policymakers.

2. **Enter the Farm to School sweepstakes**: During October, the National Farm to School Network is giving away four scholarships to the 8th [National Farm to Cafeteria Conference](http://www.farmtoschool.org/conference), to be held June 2-4, 2016, in Madison, Wis. This biennial conference convenes a diverse group of stakeholders who are working to source local food for institutional cafeterias and foster a culture of food and agricultural literacy across America. [Enter now for your chance to win!](http://www.farmtoschool.org/conference/scholarship.html)
Empowering Community Leaders

KEHA Updates – Kim Henken, State Advisor

- Master Farm Homemakers Guild - Districts 1, 2, 3 and 4 - Now is the time for KEHA farm homemakers to submit materials for consideration for the Kentucky Master Farm Homemakers Guild. A few changes to the requirements could mean that individuals who were not eligible in the past are now eligible. A document detailing the nomination and selection process is available on the FCS Internal Resources webpage in the “KEHA” section. A sample newsletter article is also available in this same location, along with a brochure about the Kentucky Master Farm Homemakers Guild. County nominees should complete and submit the County Information form by November 15, 2015.

- KEHA Dues Deadline - **Encourage members to pay KEHA dues by December 1 in preparation for mailing the county remittance to the state treasurer by December 15.** REMEMBER: The remittance now requests the gender, race and ethnicity summary for the county membership.

- Filing Deadline for 501(c)(3) Organizations - For KEHA clubs and counties with 501(c)(3) tax exempt status – The 990N e-postcard returns or 990 tax returns are due by November 15th if your group’s fiscal year ended June 30th. Please remind clubs and counties that a copy of the return is to be submitted to the Extension office along with a budget, financial report and audit report.

- KEHA Membership Database - The KEHA database is continuing with the online application [https://www.ca.uky.edu/hes/keha/database/securelogin.php](https://www.ca.uky.edu/hes/keha/database/securelogin.php). Counties should add new members, update member records as needed, and delete any members who are not continuing. The email, daytime phone, fax number, date dues paid and date when joined fields are not required for state purposes and are provided for your use as desired. If you have any questions about the database, please contact Kim Henken (khenken@uky.edu) or Brian Fitzpatrick (brian.fitzpatrick@uky.edu). Instructions for the KEHA database application are available on the FCS Internal webpage under “KEHA” section.

- KEHA Chorus – **Please promote in your county** – A KEHA chorus is being formed for 2016. Any interested KEHA member is invited to join the chorus. Wendy Hood, KEHA member from Mercer County will serve as the chorus director. Interested members should send a $10 check made payable to Wendy to: Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330-1616. The funds will be used to cover the cost of copying and mailing sheet music and a rehearsal disk to the chorus members. The music will be provided in February 2016. A rehearsal will be held on Monday, April 18 and the chorus will perform during the 2016 KEHA State Meeting.

Upcoming Events

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Nov 2-5</td>
<td>NEAFCS, Greenbrier Resort, WV</td>
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<tr>
<td>Nov. 20</td>
<td>C3 Webinar – Jackie Walters and NEP</td>
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<tr>
<td>Dec. 1</td>
<td>HES All-School Conference – Embassy Suites, Lexington</td>
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<tr>
<td>Dec. 2-3</td>
<td>KEAFCS Annual Meeting – Hilton, Lexington</td>
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2016 Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan 11</td>
<td>Deadline for submitting district piggy bank contest winners</td>
</tr>
<tr>
<td>Jan. 15</td>
<td>C3 Webinar – Jennifer Hunter and Nicole Peritore</td>
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<tr>
<td>Feb 22-26</td>
<td>FCS Agent Training Week</td>
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<tr>
<td>Mar. 18</td>
<td>C3 Webinar – Plan of Work</td>
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<tr>
<td>May 20</td>
<td>C3 Webinar – Angelica Reina and Bob Flashman</td>
</tr>
<tr>
<td>July 15</td>
<td>C3 Webinar – Ingrid Adams</td>
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