Announcements

2017 Kentucky State Fair - Kim Henken

Thank you to everyone who assisted in staffing the exhibit at the 2017 Kentucky State Fair. We are blessed with a great group of professionals who join together as colleagues to share our work. Volunteers sacrificed time away from the office, early mornings, nights and weekends to join in a collaborative effort to promote FCS Extension during the 11-day Kentucky State Fair. In total, we tallied 13,012 visitors to our exhibit. We shared information with Kentuckians unfamiliar with the Cooperative Extension Service and enjoyed hearing stories and memories from those very familiar with our services. We distributed more than 31,000 recipe cards and 9,700 bottles of hand sanitizer. Our contacts included Kentucky residents from across the state as well as visitors from neighboring states. We even had a bit of excitement to end the fair with the disappearance of Wally Cat sometime overnight on Saturday night. All of this was achieved because many of you volunteered to work one (or more shifts) and share information about our work. I feel blessed to work with such a supportive network of colleagues!

Nurturing Families

Keeping Your Ghouls and Goblins Safe on Halloween – David Weisenhorn

Halloween is such an exciting time with all of the fun costumes and sugary treats; it is easy to forget that there are some potential dangers. So here are some tips to make sure the evening is full of treats rather than tricks.

Costume Safety

- Make sure your child’s costume can be seen by passing cars. Choosing a bright and reflective costume is highly suggested, however if your costume is on the darker side, adding strips of reflective tape can be just the trick.
- Avoid costumes that drag the ground or can become easily tangled around your feet that could cause your child to trip and fall.
- Avoid masks that restrict vision or interfere with breathing.
- Dress for the weather, which may mean adding layers to a costume if the temperature drops.

Preparing for Visitors

- Make sure your outdoor lighting is in good working order. Replace bulbs if necessary.
- Remove any hazards in your yard that may cause a trick-or-treater to fall such as lawn equipment, toys, bikes, or gardening equipment.
- Restrain pets or remove them from the entry way. Even friendly pets can become nervous or frightened by visiting goblins.

Trick-or-Treating

- Children should never trick-or-treat alone. Children under 12 years of age should be accompanied by an adult, and older children should travel in groups.
- Preplan the route your children will take so everyone is clear about which homes you have selected to visit.
- Stay on paths and sidewalks. If there are no sidewalks, walk on the left side of the road,
facing traffic, so motorists are more likely to see you.

- Ensure each child has a flashlight to help them avoid trips and falls in the dark.
- Avoid unfamiliar animals, especially dogs.
- Avoid houses that are not well-lit. Only accept treats at the door; never enter a stranger's home.

Securing Financial Stability

Please find information below regarding the October 2017 MONEYWise newsletter, as well as additional information regarding the 2018 KY SAVES Piggy Bank Design Contest, Information on Freezing Your Credit, Money Habitudes Spanish Card Sorts, and seasonally specific archived newsletters that you could use as newspaper articles. We would also like to extend a welcome to our new Extension Associate for Family Resource Management, within the Department of Family Sciences, Alex Elswick.

MITT MONEYWise Monthly Newsletter - You can download the October edition of the MITT MONEYWISE newsletter. The theme for October is Things to Consider Before Hiring a Contractor. Below is a brief paragraph that you can use to promote the newsletter. As a reminder there is a fillable box in the upper right-hand corner for county-specific information. If you are linking directly from the MONEYWISE website (and not entering your own contact information), please use this version available at http://www2.ca.uky.edu/moneywise/newsletters/2017/2017-10-MoneyWise-newsletter-JH.pdf. The MONEYWISE newsletter will now be archived at Newsletter Archives. This website also has the non-dated or volume/issue version of the newsletter.

Newsletter Promotion: The marketplace is shifting from brick and mortar type stores to online buying and selling. The U.S. Census Bureau reported nearly $395 billion in e-commerce sales in 2016. Many consumers enjoy the convenience of online shopping. However, have you considered using online marketplaces to sell your unwanted or extra household items? The October edition of the MONEYWISE newsletter contains suggestions to help you become a savvy online seller.

Information on Freezing Your Credit - Many of you may be receiving questions about how to freeze your credit following the Equifax data breach. Dr. Barb O’Neil has compiled a digital fact sheet, which may be helpful both personally and professionally. The digital link is available at https://www.slideshare.net/BarbaraONeill/credit-freeze-contact-information.

Freezing your credit certainly adds to your identity protection; however, it is important that we help clientele understand that after placing a credit freeze, if they need to access for credit (new credit card application, car loan, home loan, etc.) that they will need to thaw their credit to be able to access it.

New Extension Associate - I am very excited to welcome Alex Elswick to our Extension team. Alex will be joining the Department of Family Sciences as an Extension Associate for Family Resource Management on October 16. Alex has worked with Family Finance and Resource Management Extension for over two years as a Graduate Assistant. Alex received his undergraduate degree from Centre College and recently completed his MS in Family Sciences with an emphasis in Couple and Family Therapy at the University of Kentucky. He entered the Family Sciences’ PhD program this fall. Alex is a Lexington native who brings a broad skill set to the position. In addition to his work with family finance and resource management, Alex co-founded a non-profit organization called Voices of Hope-Lexington, which mobilizes community resources to support people in recovery from substance use disorders. He also helped create a Collegiate Recovery Community on UK’s campus, which supports college students in recovery. We are excited to combine Alex’s experiences in his new role to help develop personal finance and resource management programming for individuals in substance use recovery. Please join me in welcoming Alex to Family Consumer Sciences Extension and the Department of Family Sciences. Alex will be located in 319A Funkhouser Building. He can be reached at alex.elswick@uky.edu or 859-257-3290.

KY SAVES Youth Piggy Bank Design Contest - The entry form for the 2018 Piggy Bank Design Contest is now available, please contact Jennifer for a copy, jhunter@uky.edu. Kentucky Saves will be promoted during the month of the February.
The entry form contains blanks to enter county specific deadlines and information. Please complete the form prior to distributing. Last year there was tremendous participation in the Youth Piggy Bank Design Contest as part of Kentucky Saves.

As in past years, we plan to display the piggy banks at the Capitol for the month of February! Two winners from each district can be selected for display at the Capitol. Each district should conduct their own contest and set their own timeline to determine district winners.

All district winners must be submitted to Alex Elswick, NO LATER THAN JANUARY 16, 2018. 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. Last year we had an excellent turnout of youth participating in the Capitol event. The recognition ceremony will be scheduled at the Capitol building on Thursday, March 1st, 2018.

**Money Habitudes Spanish Card Sorts** – We now have 30 sets of Spanish Money Habitudes card sorts in the lending library. The Spanish version of Money Habitudes cards help people talk about money, understand spending habits and learn about their money personality type. The fun conversation starters and money management games can be used by individuals, couples, or in groups. If you can utilize the Spanish Money Habitudes card sorts, we can ship them out via Ag Distribution for lending.

**Newspaper/Newsletter Article Archives** - I know many of you are often searching for financial tidbits for your newsletter or newspaper articles. I did a quick search to pull out ideas that may be useful to you over the next several weeks, as we financially prepare for fall! If you click on the title below, it will take you directly to the archived article.

- **Family Money Savings Tips While on the Go**
- **Preparing Your Home for Cold Weather**
- **More Holiday Enjoyment for Less**

If you have any questions or suggestions, please let me know.

**Accessing Nutritious Foods**

**Smarter Lunchrooms: Healthy Lunches in a Hurry!**  - Martha Yount

The NEP Program has been working with Jackson Independent Schools in eastern Kentucky to find a way to encourage high school students to choose a healthy school lunch. Many high school students decide to just skip lunch rather than stand in a long line, and this small school did not have space to add an additional food service line. Using Smarter Lunchroom Concepts, NEP Specialists worked with cafeteria staff to identify a low cost way to speed up the line. Menus for 4 different pre-plated Grab and Go Meals were created, using commodity foods where possible to manage costs. In addition to a traditional chef salad, the cafeteria offers 3 meals with an international flavor. Fajita Fiesta, Pasta Pizazz and a Japanese Bento lunch complete with chopsticks give students several options without the wait. All the Grab and Go meals meet the requirements for a reimbursable meal for the National School Lunch Program, which is an additional advantage for this CEP school where all students receive school meals free of charge.

NEP arranged for the cafeteria staff to tour UK’s Food Connection. They were thrilled to be able to attend a class taught by Chef Tanya Whitehouse on safe and efficient knife skills needed to process fresh fruits and vegetables. Many small, rural schools do not have the necessary resources to provide training for their kitchen staff on even basic skills, so this opportunity was greatly appreciated. A local patron donated cutting boards and chef’s knives to the cafeteria so that the staff would be able to use their new skills while preparing the Grab and Go meals.

On the first trial run, the kitchen staff had prepared 25 Grab and Go meals. Available to high school students and adult staff (about 100 total in this small school,) the meals sold out quickly. Fifty meals were prepared the next time, then 75, then 80, selling out quickly each time. Comments on
social media share that the students and teachers alike are enjoying the convenient meals filled with fresh fruits and vegetables, whole grains, meat, and a milk. The meals even made the school news page in the local paper!

Smarter Lunchrooms Concepts are a collection of low and no-cost strategies to “nudge” students to select and consume healthier food options. We all are aware that just because healthy food is available, does not mean that students will actually eat it. According to the Kentucky Department of Education, 69 percent of Kentucky's students qualify for free or reduced-price meals. In recent years, the United States Department of Agriculture (USDA) has worked with schools to encourage the use of the Community Eligibility Provision, a cost-sharing agreement that allows high-poverty schools to serve both breakfast and lunch each school day at no cost to all students. Currently, 137 Kentucky school districts take advantage of the Community Eligibility Provision in one or more schools in the district. (2016 data)

School foodservice is a prime opportunity to influence positive change at the Policy, Systems and Environment level in Kentucky’s communities, where many of our greatest risk students receive 2 or more meals daily. The knowledge and skills possessed by Cooperative Extension can fill a need in many of our limited resource communities. To learn more about Smarter Lunchrooms Concepts, contact Martha Yount, myount@uky.edu, or visit www.smarterlunchrooms.org.

Leslie's Chef Salad

Fajita Fiesta

Japanese Bento Lunch

Training Opportunities - Sarah Brandl - Do not overlook these important upcoming training opportunities:

October 4 – NEP Performance Evaluation Process Training for Supervising Agents – Via Zoom – 9:30 am to 11 am Eastern Time - Sign up in KERS 10003730

Fall NEP Training Dates – Required for NEP Assistants

Regional Training- Healthy Choices Curriculum Revision, Performance Evaluation, Facebook Guidelines

- October 5 – Bowling Green, KY- Sloan Convention Center, Holiday Inn, 9:00 am to 4:30 pm Central time
- October 10 – Lexington, KY- Embassy Suites, 9:00 am to 4:30 pm Eastern time

NEP State Training- November 28 – All School Conference, Hyatt Regency, Lexington

November 29 and 30 – NEP Training – Embassy Suites

OCTOBER 11- KERS: SNAP-Ed Full Integration into the Service Log-Via Zoom - 9:30 – 10:30 Eastern Time- Register in KERS

Learn how to login your SNAP-Ed hours and contacts using the new KERS Service Log. The KERS SNAP-Ed button has been fully integrated into the KERS Service Log. Agents can now report all efforts in one reporting system.

Join us for a live demonstration and get answers to all your questions.

Zoom Webinar link will be emailed a few days before training.

Empowering Community Leaders

KEHA Updates – Kim Henken, KEHA State Advisor

KEHA Week – October 8-14, 2017 - Counties are encouraged to celebrate KEHA Week October 8-14, 2017! A new page has been added to the KEHA website with suggestions and a sample proclamation. Find the new page at www.keha.org in the “Quick Links” section. In addition, agents received an exclusive from Katie Pratt on
September 7 and Mindy McCulley will include social media posts in her October resources.

2018 KEHA State Meeting – Learning Session Proposals – Learning session proposals for the 2018 KEHA State Meeting are due by October 15 to Sharon Wood, KEHA 1st Vice President, 11 Cindy Ann Avenue, Campbellsville, KY 42718. The form is in the KEHA Manual Appendix. KEHA members are encouraged to consider presenting a learning session at the state meeting next year!

KEHA Membership, Officer and Anniversary Pins
For many years, KEHA pins have been available for purchase through the Harry Klitzner Company. The company has closed its doors and no new orders accepted. At this time, a new vendor has not been identified. Please be aware that there will be a window of time without a vendor. As soon as updates are available, the information will be shared.

Nominations Sought for Kentucky Master Farm Homemakers Guild - The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension districts. A person recognized as a Kentucky Master Farm Homemaker:
• is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
• is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
• derives a percentage of the family income from the farm operation.
• is knowledgeable and supportive of the Cooperative Extension Service;
• gives unselfish service to her family, community, state and nation; and
• is nominated from the club, county and/or district where KEHA membership is held.

A document detailing the nomination and selection process is available on the FCS Internal Resources web page 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, 2017.

2018 KEHA State Meeting – Mark your calendars for the 2018 KEHA State Meeting to be held May 7-9 at the Crowne Plaza Hotel in Louisville. The lodging room block is open for reservations. The room rate is $109 per night + tax for standard rooms and $129 + tax for suites. To reserve by phone, call 1-888-233-9527 and request the KEHA rate. Reservations can be made online, and the link it posted on the KEHA website under the “State Meeting” tab.

Dates to Remember
• October 8-14 – KEHA Week
• October 15 – Deadline for 2018 KEHA State Meeting Learning Session Proposals
• October 31 – Due date to send Area KEHA Officer Directors to the KEHA President and State Advisor

Planning Notes to Consider
• Publicize KEHA Week (October 8-14, 2017) and any local activities for the observance.
• Following the area meeting, recognize any area officers and contest winners from your county.
• Promote the Master Farm Homemaker Guild recognition and the nomination deadline.
• Discuss potential Extension District Board nominees.
### 2017-18 Upcoming Events

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<td>November 29-30, 2017</td>
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<td>February 19-23, 2018</td>
<td>FCS Training Week - Clark and Daviess Counties</td>
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<td>May 7-9, 2018</td>
<td>KEHA and FCS Statewide Meeting - Crown Plaza Hotel, Louisville, KY</td>
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<td>June 23-26, 2019</td>
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