

Family and Consumer Sciences News



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Cooperative
Extension Service
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March
2023



Greetings From your FCS Agent

I hope you all had a Happy Valentines day full of love of friends and family. Thirty-five people came and celebrated with us by making edible fruit arrangements! Everyone seemed to have so much fun while learning ways to make an affordable gift for any occasion!

Other highlights from February included our Homemaker Council meeting where some exciting plans were made! We had 13 in attendance at the Lunch and Learn: Making the Most of Meals While Traveling.

4-H hosted the Reality Store with 8th grade students. Special thanks to all of the volunteers! There we seven Homemakers that volunteered and we appreciate your support so much!

I feel like this month has flown by, but I'm not complaining because it means we are that much closer to spring! We've got big plans for spring and I hope each of you will take advantage of the fun and educational opportunities.

As always, I love to hear ideas and feedback. I'm just a phone call away!

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Whitney Morrow

Whitney Morrow
CEA for Family and
Consumer Sciences
Carter County

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Mark Your Calendars

- March 1st 10am- Mom's Group
- March 2nd 1pm-Hike and Learn Carter Caves
- March 2nd 6pm- Foster Parent Support Group
- March 3- Come and Create Sew Day
- March 7th Noon-Lunch and Learn: Managing Stress Eating
- March 14th 10am-District Board
- March 17th- Come and Create Sew Day
- February 23rd 1pm -Keys to Aging: Social Activity Chapel House
- February 23rd 11am and 5pm-Make and Take: Embroidery FREE
- February 24th-10am Laugh and Learn Playdate

If there is no school in Carter County due to weather, Family and Consumer Sciences programs will be cancelled.



Homemaker News

- The Homemaker Council voted to take a spring day trip to Morehead to do a downtown historical tour, possibly visit campus, shop, and have lunch! We will take the two extension vans and carpool. Final plans of cost and details will be to come. Look on the Homemaker Facebook Group and your April newsletter for more details. I'm looking at Friday, April 21st with our backup day of Friday, May 5th. Please hold those dates!
- Save the Date for the Annual Meeting! It will be **June 17th** at the Tea Room located in the Olive Hill Arts and Education Center (Old High School). Registration will be available next month. The theme will be " We've Got you Covered". Our guest speakers will be talking about the covered bridges in our area! It should be a great time with a wonderful lunch! Make sure you make plans to attend.




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Embroidery Make & Take

MARCH 23, 2023
 11:00 AM OR 5:00 PM

CARTER COUNTY EXTENSION ED
 BUILDING

MUST CALL 474-6686 TO REGISTER
 (YOU MAY ONLY ATTEND ONE OF
 THE TWO SESSIONS)

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FOSTERING
POSSIBILITIES



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Foster Parent Support Group

THURSDAY
MARCH 2, 2023
6 - 7:30 PM

CARTER CO. EXTENSION OFFICE
94 FAIRGROUND DRIVE
GRAYSON, KY 41143

Come be encouraged, meet
 other foster parents, and receive
 educational resources.

Open to grandparents, relatives,
 and other guardians.

Refreshments and childcare
 provided.

Scan to register
 or call 474-6686



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First Thursday of the Month

March 2nd @ 1:00 PM

**Carter Caves State Resort Park
Cascade Cave Flashlight Tour**

*Meet in the Cascade Cave Parking Lot.

*Flashlights will be provided.

*Wear closed-toe shoes and bring your own
snacks & drinks.

Walking Distance & Difficulty: 3/4 mile with 225
steps, some stooping

Duration: ~75 minutes

Temperature: 50-60 degrees

Highlights: large passageways, grandeur
formations, 30+ foot underground waterfall

Next Month's Hike: April 6th @ 1:00 PM

Carter Caves Natural Bridge & Stream Stomp

Sign up to receive Hike & Learn reminders,
updates, and cancellation
notifications by scanning this
code. All Hike & Learn
activities are free.



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2023 Hike & Learn Schedule

March 2nd @ 1:00 PM—Carter
Caves State Resort Park—Cascade
Cave Flashlight Tour

April 6th @ 1:00 PM—Carter Caves
State Resort Park—Natural Bridge
Trail & Aquatic Insect Stream
Stomp

May 4th @ 1:00 PM—Laurel Gorge
Cultural Heritage Center

June 1st @ 9:00 AM—TBD

July 6th @ 9:00 AM—TBD

August 3rd @ 9:00 AM—TBD

September 7th @ 1:00 PM—TBD

October 5th @ 1:00 PM—Grayson
Lake State Park Campground

Hikes may be cancelled due to bad
weather or trail conditions.

Cancelled hikes will not be
rescheduled.

All activities are FREE!



It's Sew Fine Sewing Seminar

April 13-14, 2023

Join us for classes on:
-clothing accessories
-garment construction
-quilting
-home decoration

Full-day and half-day classes.

View schedule & details online:
tinyurl.com/3fvpb5vx



Register &
pay online!

Held at Boyle County Extension Office
99 Corporate Drive, Danville, KY



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For questions, contact:
Mercer County Extension Office
859-734-4378 tara.duty@uky.edu

**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

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ADULT HEALTH BULLETIN



MARCH 2023

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

THIS MONTH'S TOPIC:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

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Keep medications in a secured area out of the reach of children.

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would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like "Caution," "Warning," "Danger," or "Poison." If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

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