

# Hello September

## Family and Consumer Sciences Newsletter Greetings From your FCS Agent

**UK** Cooperative  
Extension Service

Carter County  
September 2024

August was a busy month! I don't want summer to end, but September is one of my favorite times of year! It's a special month for my family and I hope you have a wonderful start to your fall season!

### In this Issue

Note from Agent 1 and  
Mark Your Calendars  
Homemaker News 2-3  
NEA Homemaker Meeting 4  
Laugh and Learn 5  
Field Day 6  
Understanding Suicide 7-10  
Homemaker Enrollment  
Form 11



Join us in welcoming, Elizabeth Johnson to our office team! She started August 12th as a Staff Assistant! Stop by and meet her if you haven't already!

## Mark Your Calendars

- September 4th 1:00 Interagency Meeting. All organizations and agencies are welcome. I will be presenting a presentation on Pathways to Wellness.
- September 17th-Farm and Family Field Day (See Flyer)
- September 20th-Laugh and Learn Olive Hill
- September 27th-Laugh and Learn Grayson

Every Monday-**Quilts for Veterans Sew Days**  
1st and 3rd Fridays-**Sit and Sew**

For more information or to register for any of these programs, please call 474-6686



*Whitney Morrow*

Whitney Morrow  
CEA for Family and  
Consumer Sciences  
Carter County  
94 Fairground Drive  
Grayson, KY 41143  
606)474-6686  
whitney.morrow@uky.edu

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Homemaker News

- Clubs, please make sure you let Whitney know meeting times so we can schedule visits!
- We had a great opening day and leader lesson training!
- County Chairman and Club presidents that weren't at opening day, please contact me to set up a time to go over the information.
- Congrats to our Cultural Arts winners, Janice Prezioso, Julie Lewis, Rose Mary Fannin, and Marcy Franks! Their entries will go on to the area meeting in Louisa on October 12th!
- Congrats to our Fair cultural/culinary arts homemaker member winners, Janice Prezioso and Delores Newman!
- If your club would like to collect canned pumpkin and white cake mix for the East Carter Youth Service Center Thanksgiving Baskets, you may do so and bring items to the office by November!
- Dues are \$10 this year. This is a change from last year! Please send dues to Dian Ratcliff (address in handbook) by November 22nd
- All clubs are encouraged to participate in Coins for change. Collect change each month at your meetings through November or put jars out in other locations!
- I have attached the Homemaker Program of work for the year. This is subject to change, but go ahead and mark the dates in your calendar.
- The lesson for September is Suicide Awareness. This is a tough, but important topic. Contact Whitney with any questions or for assistance. The publication is included in this issue, so you shouldn't need copies.
- Please join our Facebook group-Carter County Homemaker Members!
- Officers and Chairman
  - President- Carol Ann Fraley
  - Vice President- Janice Prezioso
  - Secretary - Sue Tackett
  - Treasurer- Dian Ratcliff
  - Cultural Arts and Heritage- Cloteen Henderson, Grayson Day Club
  - Environment, Housing, and Energy-Jeanne Adkins, Denton/Willard Club
  - Family and Individual Development-Becky Walker, Gregoryville Club
  - Food, Nutrition, and Health- Brenda Whittaker, Hitchins Club
  - 4-H and Youth Development-Sandy Stewart, Denton/Willard Club
  - International - Maria Hutchison and Herta Heine, Wilson Stinson Club
  - Leadership Development-Brenda McGlone, Carter Caves Club
  - Management and Safety-Leda Dean, Lindsey Pactolus Club

# CARTER COUNTY HOMEMAKERS 24-25

JULY	AUGUST	SEPTEMBER
Homemaker Reports	Leader Lessons 21st Opening Day 27th Cultural Arts Competition	Understanding Suicide Lesson Field Day 17th Relay for Life
OCTOBER	NOVEMBER	DECEMBER
Addiction 101 Lesson KEHA Week 13-19 Homemaker's Night Out 17th NEA Meeting Louisa 12th	Pathways To Wellness Lesson Council 19th Craft Fair 16th Decorate Carter Caves Club Dues due to county	Happy Holidays! Coins for Change Due Dues Due
JANUARY	FEBRUARY	MARCH
Mailout Lesson: Indoor Air Quality Barn Quilt Class 25th	Mailout Lesson: Move Your Way: Exercise for Everyone Council Spring Lesson Training	Using Your Air fryer Lesson State Award Applications Due International?
APRIL	MAY	JUNE
Getting Out of a Mealtime Rut Lesson Tour?	Inspiring Grandchildren to become Grand cooks lesson Council KEHA 6-8 County Scholarship and award applications due	Annual Meeting Compile Reports Longest Day of Play 20th



Northeast Area  
Homemakers

Registration must be received  
by September 12th.

Cost: \$25  
Please make checks payable to:  
Lawrence County Homemakers

# 2024 Annual Meeting

**Saturday, October 12, 2024**

**Registration: 10 AM**

**Meeting: 11 AM**

Please bring items for the silent auction.  
Proceeds go to Ovarian Cancer Research  
Cultural Arts check-in will be in the side  
room at the back of the main room, there  
will be signs.

For more information,  
please call the Lawrence County Extension Office  
(606) 673-9495

If you need transportation contact Whitney at 474-  
6686.

---

## Northeast Area Annual Meeting Registration Saturday, October, 12, 2024

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

County: \_\_\_\_\_

Please mail the form and \$25 check to:  
LC Extension Office  
249 Industrial Park Rd  
Louisa, KY 41230

**REGISTER  
NOW**



# Laugh and Learn Playdates

**Olive Hill Elementary  
Family Resource Center**

- 9/20/24
- 10/18/24
- 1/17/25
- 2/14/25
- 3/21/25
- 4/18/25
- 5/16/25

**Carter County Extension  
Office-Grayson**

- 9/27/24
- 10/25/24
- 1/24/25
- 2/28/25
- 3/28/25
- 4/25/25
- 5/23/25

**Schedule is subject to change  
and children must be accompanied by an adult.**

Free program includes craft, story,  
snack, and play! For toddlers and  
preschoolers 5 and under.

All meetings are at 10am-Noon.



**Phone Number**  
606-474-6686



**Website**  
<https://carter.ca.uky.edu/events>



**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



Tuesday, September 17th  
**FARM & FAMILY FIELD DAY 2024**



Don't forget  
your lawn chair

Bring your favorite  
dessert to accompany the  
meal and to enter in the  
dessert contest.  
Categories are: Cakes, Pies,  
Cookies, KY Proud,  
Youth & Other



## Rayburn's Blessed Acres

897 Buckler Lane Olive Hill, KY 41164

*If you're coming from Grayson*, you will take the 2nd Olive Hill exit. Turn right onto Route 2 heading toward Carter City.

You will travel 4 miles, turning left onto Buckler Lane. It is the first left after Bethel Christian Church.

Once you are on Buckler Lane, you will travel approximately one mile to where we'll be set up.

*If you're coming from Carter City*, you will turn left at JF Lewis's, toward the old Carter City Elementary.

You will travel approximately 6 miles, and Buckler Lane is on your right. If you get to Bethel Christian church, you've gone too far.

Once you are on Buckler Lane, you will travel approximately one mile to where we'll be set up.

**5:00PM**

**REGISTRATION BEGINS**

**BOOTHS OPEN**

**MEAL**

**Prepared by:**

Carter County FFA

**6:30PM**

**FARM TOUR BEGINS**

**After the Tour:**

**DOOR PRIZES**

## Farm Tour Topics:

Maximizing Hay Productivity

Dr. Ray Smith, UK Extension Forage Specialist

### Small Ruminant Herd Health

Dr. Phillip Prater, Retired MSU Veterinarian

### Available NRCS Practices & Programs

Melodie Bush, Soil Conservationist &

Ben Marcum, District Conservationist

### Watering Livestock

Rebecca Konopka, Carter County Extension Agent  
for Agriculture & Natural Resources

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Understanding Suicide

**Paul E. Norrod, DrPH RN and Laura Weddle**

*Family and Consumer Sciences Extension*

Suicide is a serious public concern and one of the most preventable types of death. Each year, about 46,000 people die by suicide meaning someone is dying every 11 minutes. Currently, suicide is the 11th leading cause of death and is the second leading cause of death for persons ages 10 to 34 years old. Generally speaking, males are more likely to die by suicide than females. However, the frequency of suicide for women increased by 49% since 2002. State-based suicide research shows the highest risk occurring in Western states like Colorado and Southeastern states like Kentucky. In Kentucky, the likelihood of suicide is about 21% higher than the national average, with certain rural counties experiencing a high number of suicides.

## Causes of suicide

There are many risks for suicide that include individual, community, and societal factors. Individual factors include age and sex in addition to untreated depression and anxiety symptoms, alcohol and substance use problems, and chronic stress. Other factors associated with suicide can include financial problems like job loss, homelessness, chronic or terminal health conditions such as cancer or dementia, or relationship problems like divorce or death of a significant other. Certain occupations are also linked to suicide, particularly for persons who work in construction, mining, farming, and health-care occupations. The job risks for suicide can include environmental hazards like certain chemicals, traumatic injuries, and chronic job stress. In addition to personal and job risks, knowing someone who died by suicide can increase your risk for suicide.

Access to lethal means, such as firearms, is shown to increase dying by suicide. Though having



access to lethal means is not a direct cause of suicide, the more lethal the means chosen the more likely an attempt will result in death. When men attempt suicide, they frequently choose firearms as a lethal means. Other forms of lethal means used to attempt suicide include poisoning from drugs or other chemicals, cutting, or suffocation. In contrast, women frequently choose poisoning; however, the use of firearms as a lethal means is on the rise among women.

Community factors associated with suicide include social and geographical isolation along with certain challenges associated with rural living. Research shows that rural residents experience more suicidal thoughts and behaviors because of multiple suicide risks. These risks can include living in an economically distressed county, insufficient access to health services, and fewer mental health specialists such as counselors and social workers. Higher levels of poverty along with food and housing insecurities are also shown to increase the risk of suicide. Cultural stigma about suicide can contribute to suicidal behavior because it can reduce willingness to seek support when someone feels hopeless or helpless.

Societal factors associated with suicide can include media portrayal of suicide and differences in investigation and reporting of suicide across counties. Media portrayal of suicide may provide unnecessary information about suicide sites or clusters in a particular county. Media may also overexemplify the cause of suicide, but not make connections to suicide prevention resources in the community. Under-reporting of suicide because of stigma is shown to reduce funding for resources to prevent suicide and its risk factors.

## Suicide misbeliefs and realities

• **Misbelief:** Once a person decides to die by suicide

there is no changing their mind.

• **Reality:** Most people thinking about suicide are experiencing intense and intolerable emotional pain and feel helpless and hopeless. In most cases, people do not want to die but rather want the pain to go away. Thoughts about suicide are often short term and situationally specific. With proper treatment, thoughts of suicide can resolve.

• **Misbelief:** Suicide only affects people with mental illness.

• **Reality:** There are more people diagnosed with a mental condition who do not die by suicide. Also, most people who die by suicide have never received a diagnose for a mental condition.

• **Misbelief:** Talking about suicide only encourages it.

• **Reality:** Most people and communities do not talk about suicide because of the misbeliefs and stigma associated with suicide. Talking about suicide can help decrease the misbeliefs and increase knowledge about suicide and how to prevent it. Decreasing stigma and increasing knowledge about suicide can help open the door for people to seek help if struggling with suicidal thoughts.

• **Misbelief:** Suicide deaths happen without any warning.

• **Reality:** People give verbal and nonverbal warning signs. In some cases, people may not show warning signs to the people closest to them, or those warning signs are unrecognized.

## Warning signs for suicide

### Verbal warning signs


Verbal warning signs may involve different statements a person makes about suicide, death, their future, or relationships. The verbal statements can be indicators of the hopelessness and emotional pain the person is experiencing and their inability to cope with it. When someone begins making verbal statements about their emotional pain and hopelessness, it is important to recognize that they may not see another way out of their pain except by suicide. Verbal warning signs can also include saying goodbye to loved ones and talking about putting life affairs in order. Some examples of verbal warning signs might include telling a friend or family member all their account passwords or how to access life insurance and bank accounts. Abnormal outbursts of anger and unexplained verbal hostility are also suicide warning signs and should not be ignored. Further examples of verbal warning signs include:

- I'm better off dead.
- You are better off without me.
- I hate my life.
- No one cares about me.
- I cannot go on like this.
- Things are just too difficult to handle.

### Behavioral warning signs

Behavioral warning signs are indicated by actions related to suicidal behavior. These actions may include verbal warning signs and may be accompanied by giving away prized possessions and visiting family or friends to say goodbye. Providing important paperwork for bank accounts, property, and life insurance should be questioned if there is not an underlying chronic or terminal illness. Other actions can include quitting or not showing up to work or socially withdrawing from family and friends. A loss of interest or lack of participation in normally enjoyable activities should be taken seriously and addressed. The gathering of lethal means such as a firearm, especially in the presence of verbal cues, is a significant indicator of suicidal behavior.





**Thoughts about suicide are often short term and situationally specific. With proper treatment, thoughts of suicide can resolve.**

## Preventing suicide

Preventing suicide does not require a college degree or professional license. One key to preventing suicide is acknowledging that suicide is a real problem that can affect anyone. Suicide can affect anyone no matter how much property they own, their job, the size of their family, or their number of friends. By acknowledging the reality of suicide, we can begin the process of destigmatizing it and looking for signs and symptoms of suicidal behavior. When we learn the facts and challenge the myths about suicide, we improve our ability to prevent suicides from occurring among our family, friends, and community.

Other key suicide prevention tools include informing yourself about the risks for suicide like mental health challenges. Educating yourself on how to help someone experiencing suicidal thoughts or behaviors is another key step toward preventing suicide. Below are some simple strategies for preventing suicide.

## Key steps to prevent suicide

- **Acknowledge** that suicide and mental health challenges are real and can affect anyone such as our family, friends, or neighbors.
- **Understand** the risks and warning signs for suicide.
- **Listen** without judgment to the expressions and statements of people who may be having thoughts of suicide.
- **Avoid** dismissing thoughts and feelings.  
DO NOT make statements like:
  - “That’s a permanent solution to a temporary problem.”
  - “We all have these thoughts; they’ll go away soon.”
  - “It can’t be that bad.”
  - “You just need to get over it and move on.”
- **Take** ALL verbal or nonverbal warning signs of suicide seriously. DO NOT dismiss ANY verbal or nonverbal warning signs.

- **Support** friends, family, neighbors, or community members if you notice that they are struggling with a suicide risk factor like stress or thoughts of suicide.
- **Seek** resources such as QPR (Question, Persuade, Refer) training or Mental Health First Aid for yourself. These are designed to provide tangible tools for helping family, friends, and communities who are dealing with suicide.
- **Recognize** that asking and talking about suicide is uncomfortable, but not as uncomfortable as the emotional pain the person is experiencing.
- **Ask** if they are thinking about suicide or killing themselves.
  - If so, be persistent in seeking help. Seeking help does not necessarily mean going to the ER, but it does mean seeking professional advice or resources.
- **Remove**, if possible, any lethal means by asking to temporarily store or remove those means. DO NOT attempt to forcefully take away any potential lethal means.

If you know someone who is experiencing signs of a mental health crisis, you can text, chat, or call 988 which is the Suicide and Crisis lifeline (<https://988lifeline.org>) to indicate that you are a Kentuckian or call the suicide crisis lifeline.

## References

- Bohnert, A. S. B., & Ilgen, M. A. (2019). Understanding links among opioid use, overdose, and suicide. *The New England Journal of Medicine*, 380(1), 71-79. <https://doi.org/10.1056/NEJMr1802148>
- Centers for Disease Control and Prevention (CDC). (2013). Suicide among adults aged 35-64 years—United States, 1999-2010. *MMWR. Morbidity and Mortality Weekly Report*, 62(17), 321-325. <https://www.ncbi.nlm.nih.gov/pubmed/23636024>
- Harp K., Borders T.F. (2019). Suicidal thoughts, plans, and attempts by non-metropolitan and metropolitan residence. *Rural and Underserved Health Research Center*.
- Hedegaard, H., Curtin, S. C., & Warner, M. (2021). *Suicide Mortality in the United States, 1999 - 2019* (NCHS Data Brief, Issue 398). C. f. D. C. a. Prevention. <https://www.cdc.gov/nchs/products/databriefs.htm>
- Isometsä, E. T., & Lönnqvist, J. K. (1998). Suicide attempts preceding completed suicide. *British Journal of Psychiatry*, 173(6), 531-535. <https://doi.org/10.1192/bjp.173.6.531>
- Metha, A., Weber, B., & Webb, L. D. (1998). Youth Suicide Prevention: A Survey and Analysis of Policies and Efforts in the 50 States. *Suicide and Life-Threatening Behavior*, 28(2), 150-164. [doi.org/10.1111/j.1943-278X.1998.tb00635.x](https://doi.org/10.1111/j.1943-278X.1998.tb00635.x)
- U.S. Department of Health and Human Services. (n.d.). *Suicide*. National Institute of Mental Health. Retrieved November 9, 2022, from [https://www.nimh.nih.gov/health/statistics/suicide#part\\_155137](https://www.nimh.nih.gov/health/statistics/suicide#part_155137)
- Rockett, I. R. H., Regier, M. D., Kapusta, N. D., Coben, J. H., Miller, T. R., Hanzlick, R. L., Todd, K. H., Sattin, R. W., Kennedy, L. W., Kleinig, J., & Smith, G. S. (2012). Leading causes of unintentional and intentional injury mortality: United States, 2000-2009. *American Journal of Public Health*, 102(11), e84. <https://doi.org/10.2105/AJPH.2012.300960>
- Shepard, D. S., Gurewich, D., Lwin, A. K., Reed, G. A., & Silverman, M. M. (2016). Suicide and Suicidal Attempts in the United States: Costs and Policy Implications. *Suicide & life-threatening behavior*, 46(3), 352-362. <https://doi.org/10.1111/sltb.12225>
- Substance Abuse and Mental Health Services Administration. (2019). *Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health (HHS Publication No. PEP19-5068, NSDUH Series H-54)*. S. A. a. M. H. S. Administration. <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>

Copyright © 2023 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Dues are \$10 and will not be accepted without this form! Please sent to Dian Ratcliff!

Date: \_\_\_\_\_

# Enrollment Form for

## Carter County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):      White      Black or African American  
   Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (Optional - circle one):      Hispanic      Non-Hispanic

Gender (Optional - circle one):      Female      Male

Total years of membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.*



Cooperative Extension Service

University of Kentucky

Carter County

94 Fairground Drive

Grayson, KY 41143

NONPROFIT ORG  
US POSTAGE PAID  
GRAYSON, KY  
PERMIT 94

RETURN SERVICE REQUESTED

