



Family and Consumer Sciences Newsletter

Greetings From your FCS Agent

UK Cooperative
Extension Service

Carter County
November 2024

Happy November and Happy Holidays! I will not be doing a December newsletter and don't expect your January/February newsletter until after the new year. It's hard to believe this is our last newsletter of 2024! Our office will be closed for the holidays and I will be taking additional time off to be with family. If you have any questions or need assistance, feel free to contact me during office hours 8:00-4:30 and if I'm not available, I will get back to you as soon as possible.

This past month was busy and fun at the Extension office! I had a total of over 30 kids at the Laugh and Learns, taught Selfcare to 55 ladies at Homemakers Night Out, launched a new homemaker club "Mom Group", taught all the Tygart Creek 1st graders about germs, taught two classes at ECHS how to measure ingredients, and helped our 4-H agent with Reality Store! (Check out the FCS Facebook page for pics) Three Homemaker members attended the Northeast Area Meeting in Louisa and congrats to our area cultural arts winners Rose Mary Fannin, Marcy Franks, Janice Prezioso, and Julie Lewis! Their items will compete at the state contest in May!

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Melanie Franks, Janice Prezioso, and Carol Ann Fraley at the NEAEH meeting!



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Family and Consumer Sciences
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Disabilities
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Mark your Calendars

- November 7- Big Blue Book Club. See flyer
- November 21- Mom Group. See flyer
- November 12- District Board Meeting 10am
- November 16- Holiday Craft Fair. See Flyer
- November 19- Homemaker Council Meeting 10am
- November 28-29 Extension Office Closed
- December 2-Homemakers Decorate Carter Caves Lodge 9am
- December 4-Interagency Council/ Pathways to Wellness 1pm
- December 7- Hometown Holidays Bake Off (contact Whitney for details)
- December 25-January 1 Extension Office Closed. Happy Holidays!
- January 25- Barn Quilt Class. See Flyer
- There are no Playdates in November and December due to the holidays. We will meet again in January.



T H A N K F U L

Homemaker News

- Our third annual Homemakers Night Out was fantastic! We filled Tres Hermanos to the brim with 55 people! We already can't wait until next year! We will do it at the office and get it catered, so we will have plenty of room!
- Thank you to the Gregoryville, Lindsey Pactolus, and Denton Willard clubs for your pumpkin and cake mix donations. If anyone else has taken donation for the thanksgiving baskets you can drop those off at the office.
- Dues are \$10 this year. Please send dues to Dian Ratcliff (address in handbook) by November 22nd. You can also mail or drop off in the office. Write Checks to Carter County Homemakers. **NO DUES WILL BE COLLECTED WITHOUT THE ENROLLMENT FORM!**
- All clubs are encouraged to participate in Coins for change. This is a statewide project to fund international programs. Collect change each month at your meetings through November and turn in your change with your dues!
- Craft Fair assignments will be the same as last year, unless you request a change. Carter Caves will be selling concession's again. We are not doing door prizes this year, so no need to send an item.

Admission Table (2 from each club)

9:00-11:00-Carter Caves and Hitchins

11:00-1:00 Lindsey Pactolus

1:00-3:00Denton Willard and Grayson Day

Pecan Table

9:00-11:00 Gregoryville

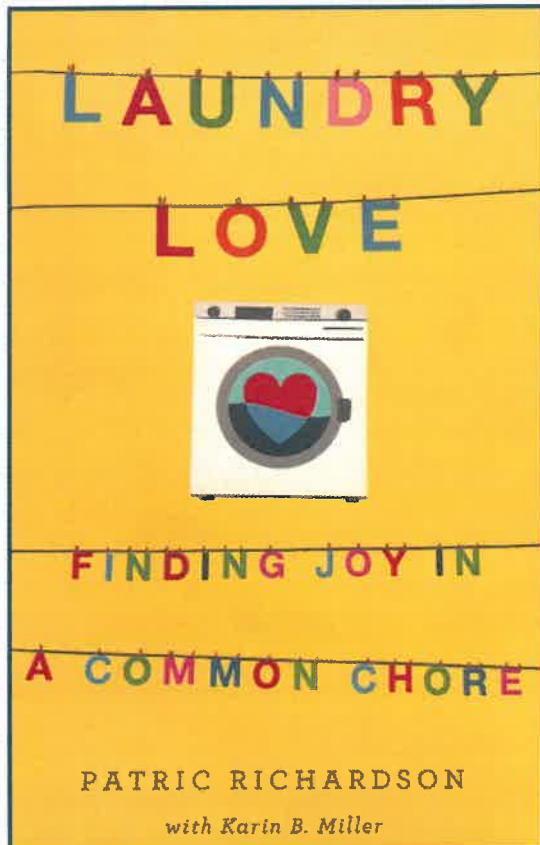
11:00-1:00 Upper Tygart

1:00-3:00 Mom Group/ Grahn School

Signs- Wilson Stinson Must pick up before 4:00 on Friday

- When pecans come in, you will be notified to pick up. You will have TWO WEEKS after delivery to send payment.
- We will decorate the caves on December 2nd. Please let Whitney know ASAP if your club is doing a tree. Bring your own ornaments and join us for a fun day of fellowship!
- Don't forget Sit and Sew is open to anyone on the 1st and 3rd Fridays of the Month
- Anyone interested in being a a part of Quilts for Veterans can come quilt every Monday.

Join us at the Extension office for a watch party! Since Patric is from Carter County, we are so excited about this opportunity! Call 474-6686 to register for the watch party, but also register online for your chance to get a free book.



BIG BLUE BOOK CLUB

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of *Laundry Love: Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of **Big Blue Book Club!**

DATE:

November 7, 2024

TIME:

7:00 pm Eastern/6:00 pm Central

REGISTRATION LINK:

<https://ukfcs.net/BBBClaundry>

The first 200 registered participants will receive a free copy of the book.

“ YOU DO LAUNDRY FOR THE PEOPLE YOU LOVE, INCLUDING YOU ”

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**40th Annual Carter County
Homemaker's
HOLIDAY
CRAFT FAIR**

HANDMADE PRODUCTS ONLY

NOVEMBER 16, 2024

EAST CARTER HIGH SCHOOL

GYMNASIUM

9AM-3PM

ADMISSION \$2

KIDS 12 AND UNDER FREE

Vendor booths \$30

For vendor information contact

Sue Tackett at 606-316-2271

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Calling
Moms of
young kids!



November 21st
10am
Carter County
Extension
Office

“Mom Group” Homemaker Club

- Talk to other adults while the kids play
- Find Support
- Learn and share new skills.
- Dues are just \$10 a year!

*This is going to be a day club geared toward SAHMs, because that has been requested. Anyone is welcome to organize an evening club as well!

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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Barn Quilt Paint Party

By: Liz's Barn Quilts

Saturday January 25, 2024

Carter County Extension Office

9am-3pm

Outdoor Signs: 2x2=\$130, 3x3=\$190

Prices Include:

- All supplies (board, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (Please let us know of any dietary needs)
- Please bring drink, hair dryer, and 94" Frog Tape

Call 474-6686 to register

Must be paid in full by Dec 20th

Sorry, No refunds on missed event-alternate arrangements will be available.



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Pathways to Wellness



Where People Live, Work, and Play

Health organizations and providers recognize that health is more than the absence of illness or disease. Yet, there is no universal definition for health. One holistic way of thinking about health includes eight dimensions of wellness (Table 1). Each dimension affects the other and influences the way in which a person thinks about health. This makes health a complex topic with personal meaning.

Health and wellness are a lifelong journey that can include many detours. Embracing health across the dimensions of wellness helps individuals cope with stress, learn self-management skills, and maintain relationships. Understanding that there may be varying degrees of health within the wellness dimensions helps people realize that health can fluctuate over time and that individuals can optimize health even when confronted with illness.

Table 1. Dimensions of Health and Wellness

Dimension of Wellness	Explanation
Emotional	Coping effectively with life and creating satisfying relationships
Spiritual	Expanding one's sense of purpose and meaning in life
Environmental	Enjoying good health by occupying pleasant, stimulating environments that support well-being
Financial	Satisfaction with current and future financial situations
Intellectual	Recognizing creative abilities and finding ways to expand knowledge and skills
Occupational	Personal satisfaction and enrichment from one's work
Physical	Recognizing the need for physical activity, healthy foods, and sleep
Social	Developing a sense of connection, belonging, and a well-developed support system

Source: Swarbrick, 2006

Lifestyle and Family Factors that Influence Health and Wellness

Low-risk lifestyle factors can promote health and wellness and help prevent and manage chronic disease. Low-risk lifestyle behaviors include eating a healthy diet, getting at least 150 minutes a week of moderate-intensity physical activity, using alcohol in moderation (if at all), and not smoking. Staying hydrated, managing stress, being social, and getting good sleep also contribute to overall health and well-being. Family health history and a variety of generational forces also contribute to health and well-being or the lack thereof. The genes with which people are born and the habits or choices learned as a child influence health across the life span.

Social Determinants of Health and Wellness

Many factors besides genes and lifestyle impact the health of an individual and even a community or country. The environments in which individuals live, learn, work, and play also affect overall health and wellness. Experts call these circumstances, which can have positive or negative effects, "social determinants of health." Social determinants fall into five categories:

1. Access to health care and the quality of available health care
2. Access to education from early childhood through high school, enrollment in higher education, and the quality of education and job training
3. Social and community context, meaning the values and work of a community to promote well-being of all its members
4. Economic stability, including employment, housing, poverty, and food insecurity
5. Neighborhood and built environment, including access to resources for daily needs, public safety, transportation options, and environmental conditions

Social determinants of health directly and indirectly influence health and behavior. The distribution of money, power, and resources influences the social determinants of health and can create barriers that prevent individuals or communities from reaching their full health potential. For example, people may be at a disadvantage because of racism, socioeconomic status, or the structural failures associated

Figure 1. The multiple levels of influence on health and wellness.



Adapted from Dahlgren and Whitehead, 1991

with certain geographic locations. As a result, the number of deaths attributable to social factors such as lack of education, racial segregation, discrimination, and poverty may be equal to deaths from the country's leading causes of death such as heart disease and cancer.

Figure 1 uses a rainbow to show the multiple levels of influence on a person's health, known as the social ecological model. It also highlights the connections between each of the levels. At the center of the rainbow is the person, complete with their genetic blueprint, family history, lifestyle habits, knowledge, attitudes, beliefs, and personality traits. The rainbow extends to include social networks, neighborhoods and built environment, and community and culture. Interacting layers of social determinants within the areas of living, learning, working, and playing surround the person and show how they influence health. This model highlights the importance of moving beyond a focus on personal behavior and promotes an understanding of the wide range of factors beyond an individual that influences health.

Focus on Social Determinants of Health

Regardless of a person's age, race, ethnicity, religion, education, political beliefs, economic, social, or living circumstances, a high standard of health is a basic right. To achieve this right, all people need access to health services when and where they need them, without suffering financial hardship, stigma, or discrimination. Addressing the social determinants of health like safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-

threatening toxins can help improve overall health and wellness.

In 1979, the Office of Disease Prevention and Health Promotion began a national program to reduce preventable death and injury and improve health and well-being in the United States. The effort is called Healthy People. Now in its fifth edition, Healthy People 2030 aims to:

- Attain healthy, thriving lives and well-being, free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining full potential for health and well-being for all.
- Promote healthy development, healthy behavior, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to act and design policies that improve the health and well-being of all.

All communities and individuals are encouraged to adopt the Healthy People 2030 goals to optimize health and decrease chronic disease. It will take personal effort as well as cooperation across agencies at the local, state, and national levels to make it easier and more accessible for all people to be healthy. Reach out to your local Cooperative Extension office to learn about resources available to support individuals and the community in working toward healthier conditions for all people to live, learn, work, and play.

Conclusion

Social determinants of health influence overall health and well-being across the life span. The rainbow social ecological model demonstrates the power of moving the focus from a person's behavior. The rainbow model also emphasizes how important it is to understand a wider range of social, environmental, and societal factors that affect health and well-being. Coordinated action from agencies, communities, and individuals are needed to change social, environmental, and societal factors in ways that support health for all people.

"Good health begins in the places where
we live, learn, work, and play."
- Robert Wood Johnson Foundation

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Issued 09-2022

Barn Quilt Paint Party Registration Form

Name _____

County _____

Phone Number _____

Email Address _____

Quilt Design # _____

Dietary Restrictions _____

Size 2x2 _____ or 3x3 _____

Cash or Check? _____

Write Checks to Elizabeth Curtis
Please mail or drop off with payment to
Carter County Extension Office
94 Fairground Drive
Grayson, KY 41143



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University of Kentucky
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94 Fairground Drive
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THANKSGIVING
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