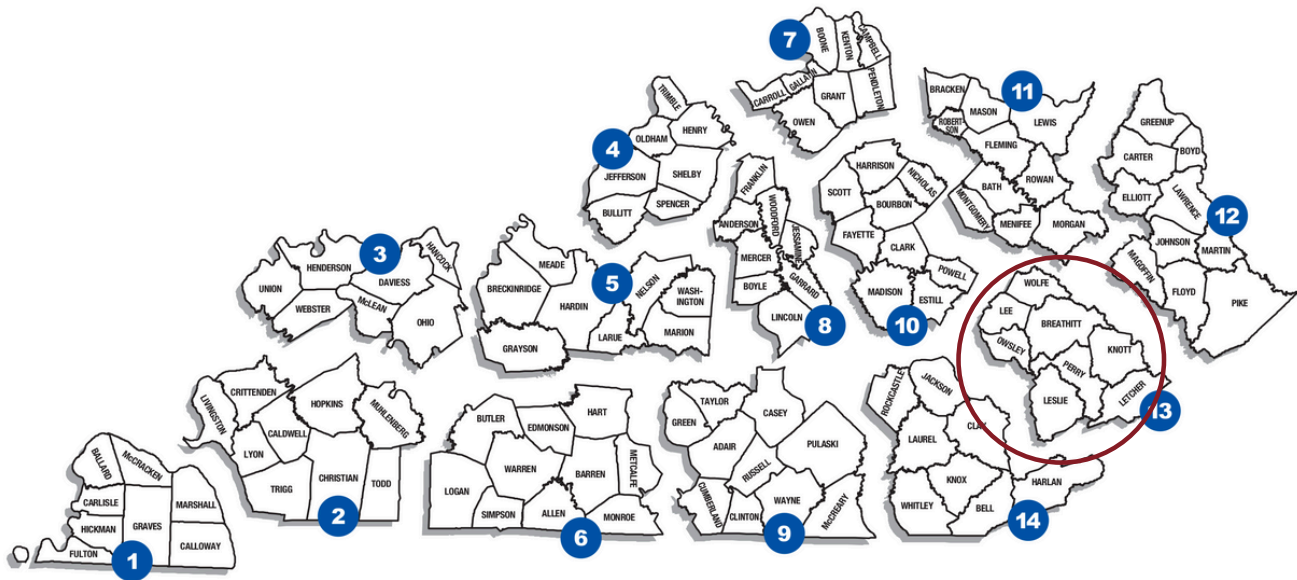


Newsletter



ISSUE ONE | SEPT, OCT, NOV 2024

- 1 Quicksand Area-Wide Programs
- 2 Quicksand Area Highlights
- 3 Individual County News
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Contents

Welcome!

Dear Quicksand Area,

Welcome to the first edition of the Quicksand Area Family and Consumer Science Newsletter! We are thrilled to keep you informed and connected with all the exciting happenings in our area. If you are receiving this newsletter, thank you for being a valued member of such wonderful and vibrant communities. Your dedication and participation make our organization thrive.

In this issue, we have a plethora of updates and announcements to share with you. From upcoming events and workshops to highlights of recent activities, there is something for everyone to look forward to. Additionally, we have included some handy tips and recipes to inspire your culinary adventures and household projects. Stay tuned for more exciting updates in the months ahead. We encourage you to actively participate in our events and share your ideas and feedback to make our area even better. Together, we can continue to foster supportive and enriching communities for all our members. Thank you once again for being an integral part of the Quicksand Area. Happy reading, and we hope to see you at our next events!

Warm regards,
Quicksand Area Family and Consumer Science Agents Team



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

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Quicksand Area-Wide Programs



QUICKSAND AREA
Homemaker meeting

October 24
Registration 10:30
606-633-2362

Pre-register and Pre-pay by October 10 for catered meal

Silent auction all proceeds going toward Ovarian Cancer screenings

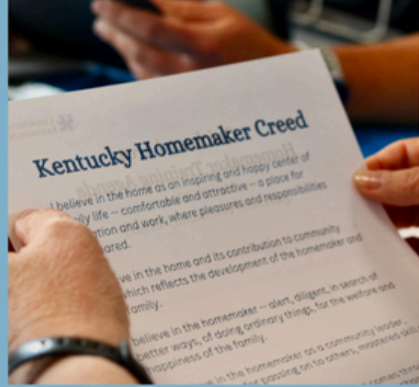


SAVE THE DATE

HOLIDAY ROADSHOW 2024

SCHEDULE

• WOLFE	NOVEMBER 6TH	10AM
• BREATHITT	NOVEMBER 6TH	1PM @ RCARS
• LEE	NOVEMBER 8TH	10AM
• OWSLEY	NOVEMBER 8TH	1PM
• PERRY	NOVEMBER 14TH	10AM
• LESLIE	NOVEMBER 14TH	1PM
• KNOTT	NOVEMBER 15TH	10AM
• LETCHER	NOVEMBER 15TH	1PM



QUICKSAND AREA HIGHLIGHTS



During the KEHA State meeting participating homemakers learned new skills and information. We are also thrilled to have witnessed our very own Henrietta Sheffel (Breathitt Co.) elected as the KEHA President-elect. This is a significant achievement for her and our area, and we couldn't be more proud of Henrietta. Congratulations!



The first annual Quicksand Area Homemaker Training took place in May. During the training Homemaker officers and members had a refresher of Robert's Rules of Order, a lesson on communication skills, phone etiquette, Homemaker Bingo and completed the day with a painting project.



KRADD Senior Games took place at the Knott County Sportsplex. Seniors Citizens from Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, and Wolfe counties participated in a wide range of competitions and activities. Individual and group prizes were awarded. Everyone had a wonderful time.



Come Sew with Us took place in Knott & Breathitt Counties this year. Participants enjoyed creating three sewing projects. Each station was lead by county Master Clothing Volunteers.



BREATHITT COUNTY NEWS



Stacy Trent
 County Extension Agent for
 Family & Consumer Sciences
 Email: stacy.johnson3@uky.edu
 Phone: 606-666-8812

Harvesting Harmony

JUL 28	PRESSURE CANNING & GARDENING 101 Produce Best Practice & Basic Livestock
SEPT 23	WATERBATH CANNING & SUMMER SAUSAGE Meat Regulations & Food Safety
NOV 11	MUSHROOMS & COMPOSTING Farm Record Keeping & Brain Health
APRIL 7	FOOD PRESERVATION & ANIMAL CARE Raised Beds & Dehydration

For more information: 606 - 666 - 8812

Cooperative Extension Service
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 Community and Economic Development
 Lexington, KY 40546

LET'S TACO BOUT JR. HOMEMAKERS CLUB

Cooperative Extension Service

Middle & High Schoolers

Enjoy a taco bar and learn what Junior Homemakers Club is all about!

October 7th
 3:30-4:30 pm
 Breathitt Co. Extension Office
 Call to register @ 606-666-8812

Cooperative Extension Service
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 Community and Economic Development
 Lexington, KY 40546

SUMMER SAUSAGE & CHARCUTERIE BOARD WORKSHOP

Cooperative Extension Service

October 28th
 2 PM | 5 PM

Breathitt Co
 Extension Office

\$10 per person Limited Spots
 Call 606-666-8812 to register

Cooperative Extension Service
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 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40546

HOLIDAY BAKING

Cooperative Extension Service

YOU ARE INVITED TO

December 2nd December 5th
 10 AM or 2 PM 5 PM

Breathitt Co. Extension Office
 Call to register for 1 class
 606-666-8812

Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 Agricultural and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40546

Breathitt County LUNCH & LEARNS

Creating Welcoming Communities
 Taught by Stacy Trent-Breathitt Co. FCS Agent
 Friday, September 13th @ 10 am

Communication Essentials
 Taught by Kelsey Sebastian-Perry Co. FCS Agent
 Thursday, October 10th @ NOON

KNOTT COUNTY NEWS



Lorie Adams
County Extension Agent for
Family & Consumer Sciences
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Phone: 606-785-5329

Cooperative Extension Service

BINGOCIZE

IMMUNE SUPPORT & WELLNESS WORKSHOP

JOIN THE FUN!
BINGO + EXERCISE = BINGOCIZE

FREE PRIZES!

SCHEDULED CLASSES

SEPTEMBER:
9th, 12th, 16th, 19th, & 23rd

OCTOBER:
3rd, 7th, 11th, 21st, 25th, 28th & 31st

TO REGISTER CALL: (606) 785-5329

A 6-Week Health Promotion Program That Combines Exercise With Inclusive Exercise!

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Knott County

LUNCH & LEARNS

Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 11th @ 1 pm

Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 17th @ 10 am

COOKING THROUGH THE Cooperative Extension Service

Calendar 2024

AUGUST	SEPTEMBER	OCTOBER
PEANUT BUTTER OATMEAL BITES	RAMEN SKILLET DINNER	SWEET POTATO HASH
August 15 th 2:00 PM Knott County Extension	September 26 th 2:00 PM Knott County Extension	October 22 nd 2:00 PM Knott County Extension

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:
Knott County Extension Service
149 Parks Branch, Hindman, KY 41822
(606) 785-5329 | FB: KnottCES | <https://knott.ca.uky.edu>

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

COME JAM WITH US AT THE Knott County **AUTUMN HARVEST** Homemaker Rush

BINGO | DELICIOUS FOOD | SOCIALIZING

10TH OCTOBER 2024 11:00 am
149 PARKS ROAD HINDMAN, KY
Knott County Extension Service

For anyone interested in joining the Knott County Homemakers in 2025!

REGISTER BY OCTOBER 4TH!
(606) 785-5329

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

COOK TOGETHER, EAT TOGETHER Cooperative Extension Service

COUPLES EDITION

This is a cooking class for couples. A couple could be any two friends or loved ones. You will be fixing different kinds of snacks for 2.

PIZZA NIGHT

• @ 5:30 PM
12TH SEPTEMBER 2024

KNOTT COUNTY EXTENSION SERVICE
149 PARKS BR., HINDMAN, KY 41822

CALL (606) 785-5329 TO REGISTER

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

LEE COUNTY NEWS



Laken Campbell
 County Extension Agent for
 Family & Consumer Sciences
 Email: laken.campbell@uky.edu
 Phone: 606-464-2759

Laugh & Learn Playdate

DATE: SEPTEMBER 5TH
TIME: 3:30 P.M.
FOR: AGES 5 & UNDER
LOCATION: LEE EXTENSION OFFICE

FREE

Join our 12-month Laugh and Learn program that targets school readiness. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities and free play. *All children must be accompanied by an adult.

Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

WITS WORKOUT

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

When:
 August 20th, 2024
 September 10th, 2024
 October 1st, 2024
Time: 4:30 PM
Where: Lee County Extension Office
Register: Call 606-464-2759

Wits Workout is a program developed by University of Illinois Extension

WALKING SERIES

REGISTER NOW FOR OUR HEART-POUNING WALKING SERIES

Are you ready to pound the pavement and conquer new fitness goals? Join us for a 6 week walking series that promises excitement, community, and a whole lot of fun! Each week you will log your daily walking.

Free

Tuesday
 August 20th, 2024
 September 10th, 2024
 October 1st, 2024

Time: 4:00 pm

Lee County Extension Office
 259 Industrial Park Rd, Beattyville, KY

REGISTER NOW

Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

COOKING TOGETHER

Family Cooking Series

FREE Take Home Meal Kit!!!

Come as a family to cook and enjoy a meal together!
 -Step by Step Lesson
 -Family-Friendly Recipes
 -Chance to win Doorprizes!

August 22nd @ Lee Co. Elementary School
 Session 1 @ 4:00pm
 Session 2 @ 5:00pm
 September 26th @ Lee Co. Extension Office
 5:00pm
 October 17th @ Lee Co. Extension Office
 5:00pm

MUST PRE-REGISTER!!!
ONLY 25 SPOTS AVAILABLE!
 Call (606) 464-2492 to register

WellCare
MERCY HEALTH
Diabetes Coalition
Cooperative Extension Service

Lee County LUNCH & LEARNS

Creating Welcoming Communities
 Taught by Stacy Trent-Breathitt Co. FCS Agent
 September 26th @ 10 am

Communication Essentials
 Taught by Kelsey Sebastian-Perry Co. FCS Agent
 October 11th @ 10 am

SELF DEFENSE

Join us for a comprehensive self-defense class designed to teach you the skills and confidence to protect yourself in any situation. Whether you're a beginner or have some experience, this class is for everyone.

What to Bring:

- Comfortable clothing
- Water bottle
- An open mind and a positive attitude!

Who Should Attend:

- Women, men, and teens (ages 13+)
- Anyone interested in learning self-defense
- No prior experience required

FREE!!!

606-464-2759
 Lee County Extension Office
 September 25, 2024
 5 P.M.

Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

LESLIE COUNTY NEWS



Vicki Boggs

County Extension Agent for
Family & Consumer Sciences
Email: vicki.boggs@uky.edu
Phone: 606-672-2154

Leslie Co. Extension KEHA Cultural Arts Exhibits with Mary Breckinridge Festival October 3rd, 4th, & 5th

COOKING THROUGH THE CALENDAR



- September 24th @ NOON**
Ramon Skillet Dinner
- October 22nd @ NOON**
Sweet Potato Hash
- November 12th @ NOON**
Hearty Harvest Bowl

Leslie County Extension Office
Space is limited
Register Call 606-672-2154

DIABETES SUPPORT GROUP

2024 Join with us to discuss: **Last Thursday of each month**



JAN 25 Carb Counting
FEB 29 Disaster Preparedness
MAR 28 Neurology - Coping with the Pain
APR 25 Medications - What's New
MAY 30 Why Protect Our Kidneys
JUN 27 Eye Disease
JUL 25 How to Handle Diabetic Emergencies

AUG 29 Staying Hydrated
SEP 26 Diabetes Prevention - Prevention for Families
OCT 31 Holiday Eating
NOV 21 *Trivia* The meeting is off our regular schedule.

10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetes

FOR INFO ABOUT THESE AND MORE DIABETES SUPPORT OPTIONS:

- arh.org/diabetes
- 606.789.3511 ext. 1229
- arhdiabetes@arh.org



Leslie County LUNCH & LEARNS



- Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 12th @ NOON
- Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 15th @ 11am

LETCHER COUNTY NEWS



Nanette Banks

County Extension Agent for
Family & Consumer Sciences
Email: nsbank2@uky.edu
Phone: 606-633-2362

Letcher County
LUNCH & LEARNS

Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 5th @ NOON

Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 17th @ NOON

Hiking for Health

- October 1st @ 8:30 am
- October 7th @ 8:30 am
- October 17th @ 8:30 am
- October 25th @ 8:30 am

Letcher County Extension Office
Call 606-633-2362 for more information

WITS WORKOUT

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

Sept. 5th @ 1pm
Oct. 10th @ 1pm
Oct. 17th @ 1 pm
Oct. 25th during travel to hike
Nov. 19th @ 1 pm

Where: Letcher County Extension Office

Register:
Call 606-633-2362

Cooperative Extension Service

Wits Workout is a program developed by University of Illinois Extension

Cooking Thru the Calendar

September 26th @ 11:30 am
Ramen Skillet Dinner

October 10th @ Noon
Sweet Potato Hash

November 19th TBA
Hearty Harvest Bowl

Letcher County Extension Office
Register: Call 606-633-2362

OWSLEY COUNTY NEWS



Rosa Smith
County Extension Agent for
Family & Consumer Sciences
Email: rosa.smith@uky.edu
Phone: 606-593-5109

LAUGH & LEARN

AUG 20 @ PUBLIC LIBRARY

SEP 23 @ PUBLIC LIBRARY

OCT 21 @ PUBLIC LIBRARY

NOV 18 @ PUBLIC LIBRARY

All events occur at 3:30 PM

Owsley County

LUNCH & LEARNS

Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 26th @ NOON

Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 11th @ NOON

Jr Homemaker's
Sept. 18th @ 3:30 pm
Oct. 16th @ 3:30 pm
Nov. 20th @ 3:30 pm
Dec. 18th @ 3:30 pm

Cooperative Extension Service

FREE

SWEET FREEZE!
STRAWBERRY JAM-MAKING CLASS

This hands-on class invites participants to dive into the delightful world of strawberry freezer jam. Under expert guidance from Mrs. Oneida McIntosh you'll assist in crafting your very own batch of sweet, delicious freezer jam. Learn essential techniques and tips on how to prep and store your creations to maintain their fresh, fruity flavor. At the end of the workshop, take home a sample of your homemade strawberry freezer jam to enjoy and share. Don't miss this opportunity to preserve the taste of summer in every jar!

**SPOTS ARE LIMITED
CALL TO REGISTER
606-593-5109**

**WHERE: OWSLEY COUNTY EXTENSION OFFICE
DATE: SEPTEMBER 5, 2024
TIME: 5:00PM**

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Owsley County

BOOK CLUB

Sept. 26th @ 5 pm
Oct. 21st @ 5 pm
Nov. 18th @ 5 pm
Dec. 16th @ 5 pm

★★★★★

Health Fair @ Owsley County Life Center November 7th 3-6 pm

Homemaker County Meeting (Christmas Event) December 12th @ Noon

Homemaker Council Meeting September 26th @ 1pm

PERRY COUNTY NEWS



Kelsey Sebastian

County Extension Agent for
Family & Consumer Sciences
Email: kelsey.sebastian@uky.edu
Phone: 606-436-2044

Perry County

LUNCH & LEARNS

Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 12th @ 10 am

Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 7th @ NOON

COOKING THROUGH THE CALENDAR
Ramen Skillet Dinner

Join us on Thursday, September 5th at 10 a.m. As always, this class will be held at the Perry County Extension Office, and is free of charge. To register, call the office at 606-436-2044.

Cooperative Extension Service

An Equal Opportunity Organization.

Cooperative Extension Service

PERRY COUNTY Homemaker MEETING

A catered meal will be provided, but please bring a dessert to contribute!

Call to register at 606.436.2044

September 9, 2024 @ 12:00 p.m.

933 Perry Park Road, Hazard

An Equal Opportunity Organization.

WOLFE COUNTY NEWS



Darian Creech

County Extension Agent for
Family & Consumer Sciences
Email: darian.creech@uky.edu
Phone: 606-668-3712

Sit & Sew
BRING YOUR OWN PROJECTS TO COMPLETE

2nd and 4th Thursdays
September 12th & 26th,
2:00-5:00 PM

Join Master Clothing Volunteers,
Rita Rogers & Carole Dunhuber
to work on your projects!

Cooperative Extension Service
COOKING THROUGH THE Calendar

September 4th
11:00 AM
Wolfe County Extension Office

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Wolfe County Extension Office
20 N Washington St.
Campton, KY 41301
(606) 668-3712

EFNEP SNAP

Cooperative Extension Service
MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

one point Safety possible from

FARM & HOME SAFETY FIELD DAY

October 1, 2024
5:30 PM

Hazel Green Park
202 Pet Lane
Hazel Green, KY 41332

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe County Farm Bureau

Cooperative Extension Service
MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Wolfe County

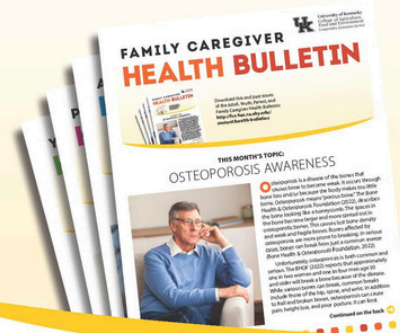
LUNCH & LEARNS

Creating Welcoming Communities
Taught by Stacy Trent-Breathitt Co. FCS Agent
September 13th @ 10 am

Communication Essentials
Taught by Kelsey Sebastian-Perry Co. FCS Agent
October 10th @ 10am

FAMILY CAREGIVER

HEALTH BULLETIN



SEPTEMBER 2024

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

STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are a some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

Continued on the next page 



Cooperative Extension Service

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After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

→ Continued from the previous page

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

REFERENCES:

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FAMILY CAREGIVER HEALTH BULLETIN

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Adult Development and Aging
Edited by: Alyssa Simms
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Adobe Stock

