

# Nicholas County Family & Consumer Sciences Newsletter

Our fall schedule is in full swing, and we have several exciting opportunities coming up! Our Homemaker Clubs are starting back up for the program year! Now is a great time to get involved, reconnect with friends, and take advantage of the educational programs, lessons, and community service opportunities offered through Extension Homemakers. It's also a great time to reach out to friends and family to ask them to join the homemakers to share the benefits with them.

This month's Leader Lesson will focus on Blackstone Grilling. Participants will learn tips, techniques, and recipes for making the most of outdoor griddle cooking. From breakfast favorites to family meals, you'll leave with new skills to try at home. Remember, at least one representative from each club needs to attend the leader lesson, BUT ALL are welcome to attend the leader lesson day. I plan to have my blackstone in the office for us to utilize for this lesson, so it will be a great one!

Lastly, this month serves as a reminder of the importance of checking in on our loved ones, raising awareness, and sharing resources that can save lives. Mental health is just as important as physical health, and sometimes a simple conversation can make a difference. If you or someone you know is struggling, call or text 988, the Suicide & Crisis Lifeline, for immediate, confidential support. Together, we can help break the stigma and offer hope.



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# 988

## SUICIDE & CRISIS LIFELINE

### 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.



# Cooking Through

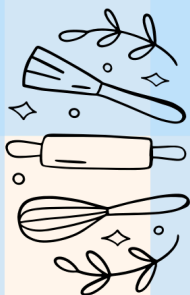
# the Calendar

## Chicken Burgers

September 25th at 11 a.m.

Nicholas County Extension Office

Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.



# Quilting

September 23rd at 10 a.m.

at the Office

All level welcome!

JOIN US!

## HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension Office  
Elizabethtown, KY

Quilts,  
Refreshments,  
Door Prizes

September 19, 2025 9:00 to 4:00  
September 20, 2025 9:00 to 4:00  
Admission: \$6.00

For Info:  
Deb Hancock  
276-206-5199

## Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

Hardin County Extension office  
111 Opportunity Way  
Elizabethtown, KY 42701

For Info email  
Deb Hancock at [htonamie@gmail.com](mailto:honamie@gmail.com)

If you are interested in a road trip to attend the Heartland of Kentucky Quilt Show on September 19<sup>th</sup>, please contact the office. If there is enough interest I will drive the van for us to visit this event.

## NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

# MEETINGS

Save the Date



AUGUST 28TH

OCTOBER 16TH

DECEMBER 11TH

FEBRUARY 25TH

APRIL 21ST

MAY 14TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING








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**Return forms to the office. Van will be available for anyone wanting to carpool.**

☐ Chicken Salad    ☐ Ham and Cheese



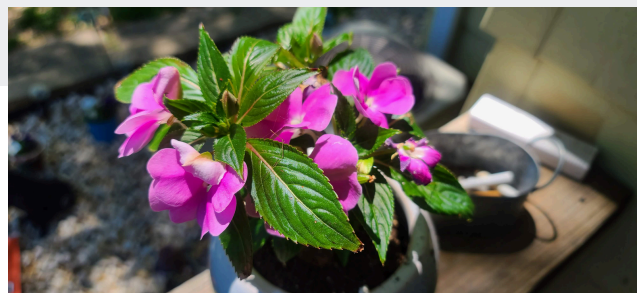


# SUMMER PLANT CARE TIPS FOR HEALTHIER, LONGER-LASTING BLOOMS

By mid-summer, many summer annuals have already produced plenty of flowers, and some may be starting to set seed. Once this happens, plants shift their energy toward maturing seeds instead of producing more blooms. You can encourage fresh flowers by “deadheading,” or removing the faded blossoms. Snip off the spent blooms, give the plant a boost with a liquid fertilizer following the label instructions, and keep it well-watered. This helps redirect energy back into growth and flowering instead of seed production.

Marigolds, zinnias, cosmos, verbena, geraniums and petunias all respond well to deadheading. That said, many modern hybrids of petunias, zinnias, and verbena are bred to keep blooming steadily without it. If your plant is vigorous, green and producing new flowers, you can skip the step.

Container plants often get overgrown or tired-looking by mid-summer. A good trim can spark fresh growth, but sometimes the best option is to replace them entirely. Swapping in new plants can instantly brighten an entryway or patio and give your outdoor spaces a refreshed look.



Regular watering is essential during the hottest months. Annual flowers and vegetable gardens often need water every few days. Deep watering every other day is better than a light sprinkle daily, as it encourages roots to grow deeper. If a good summer rain soaks the soil, you can safely skip your next watering.

If plants lose their rich green color or their growth slows, they may need feeding. Applying a liquid fertilizer as directed on the label can bring noticeable results in just a few days. For best results, water the soil first — feeding dry plants will have little effect.

Trees and shrubs usually require less attention in summer. Established woody plants are fairly drought-tolerant and can often go a week to 10 days without rain. If summer storms damage limbs, prune them back at any time. You can also remove spent flowers from shrubs now but save major pruning for late winter or early spring.

For more information on plant care tips, contact your local Nicholas County Extension office for more information on watering your plants.



# ADULT

# HEALTH BULLETIN



SEPTEMBER 2025

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

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## THIS MONTH'S TOPIC

## LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution.

The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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Disabilities  
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Lexington, KY 40506

During QPR training,

you'll learn how to see

warning signs of suicide,

how to start talking

with someone who might

be struggling, and how

to connect them

to life-saving help.

→ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhrc.org](http://kyqpr.ukhrc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

### REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhrc.org>

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**Stock images:** Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2025

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## THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

### MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at <https://ukfcs.net/ItFoD-FinancesAfter>.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

### SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (<https://ukfcs.net/RedCross>) or area churches may be able to provide temporary lodging. Contact your local

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Lexington, KY 40506

## IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety of Kentucky-specific resources for shelter and other assistance at <https://ukfcs.net/DIsAsst>.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit <https://ukfcs.net/FEMAInd>.

### OTHER BASIC NEEDS

**Food** – It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at <https://ukfcs.net/> or FAFoodBank. Your local health department or county FCS agent can also help you find food banks in your area.

**Clothing and Personal Care Items** – If clothing or personal care items were damaged,

consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

**Mental Health** – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

### When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. "Help" can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.







Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and Kelly May, Senior Extension Associate for Family Finance and Resource Management

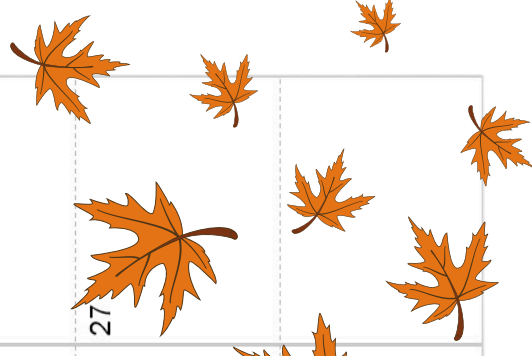
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# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1	2 Headquarters	3 Ashley at Senior Citizens with Wits Workout	4 Ellisville Domestic Divas Moorefield	5	6
7	8	9 Community Action Program	10	 11	12	13
14	 15	16	17 Ashley at Senior Citizens with Wits Workout	18	19 Hardin County Quilt Trip	20
21	22 Ashley at Senior Citizens with Wits Workout	23 Quilting Club at 10 a.m.	24	25 Leader Lesson- Blackstone Grilling Cooking Through the Calendar	26	27
28	 29 Ashley at Senior Citizens with Wits Workout	30				





# Broccoli Grape Pasta Salad

<b>¾ cup</b> diced pecans	<b>2 cups</b> seedless red grapes	<b>¾ cup</b> low-fat mayonnaise
<b>8 ounces</b> whole grain pasta (bow tie or other type)	<b>1 pound</b> fresh broccoli	<b>¼ cup</b> honey
<b>5 slices</b> turkey bacon		<b>½ cup</b> diced red onion
		<b>½ cup</b> red wine vinegar

**Preheat** oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

**Yield:** 16, ½ cup servings

**Nutritional Analysis:** 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

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



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