

SEPTEMBER 2025

FCS NEWS & NOTES

MAIN TOPIC

September is Healthy Aging Month

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- **Move more, sit less.** Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.



- **Prioritize mental health.** Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.

- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer or get involved in your community

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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



KEHA

Announcements

Final area volunteer service reports due for KEHA

Kentucky Extension Homemakers Association (KEHA) reporting season concludes with area level reports due Sept. 15. Volunteer Service Unit (VSU) reports for July 1, 2024, through June 30, 2025, are due to the KEHA State Leadership Chairperson Cyndy Humble at HumbleC@msn.com. See <https://keha.ca.uky.edu/content/impacts> for details.

Reset online bookmarks and reprint paper copies of KEHA manual

The all-new KEHA Manual Handbook and Appendix are now available online at <https://keha.ca.uky.edu/content/keha-manual>. If you currently use a print copy, you should replace the entire document. If you have bookmarked specific documents or pages online, please reset your bookmarks.

Save the date for 2026 KEHA State Meeting

Next year's KEHA State Meeting will take place May 12-14, 2026, at the Hyatt Regency in Lexington. Watch for details, including room reservation information, at <https://keha.ca.uky.edu/content/state-meeting-information>. Proposals to present a workshop may be submitted to First Vice President Ann Porter at alport1941@gmail.com by Oct. 15.



KEHA cultural arts update

Our KEHA Cultural Arts and Heritage Programming offers multiple contests and inspiring ways to be involved in our Extension Homemakers Association. Check out the updated KEHA Manual, recently posted online, to learn more about what's happening. Additionally, the Cultural Arts and Heritage Educational Chairperson webpage, <https://keha.ca.uky.edu/content/cultural-arts-and-heritage>, is a great resource. If you ever have questions about our Cultural Arts and Heritage Programs, feel free to contact our state Cultural Arts and Heritage chairperson, Cindy Moore. Cindy's contact information is noted on the KEHA website.

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or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.

- **Boost financial wellness.** With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement

contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.

It is also important to schedule annual checkups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

Reference: Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



HEALTHY RECIPE

Easy Sheet Pan Chicken Bake

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons of olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced

1. Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
2. In a medium bowl, mix chili powder, paprika, garlic powder, salt, and pepper; set aside.
3. Place chicken and vegetables in a large bowl. Drizzle with olive oil; toss to evenly coat.
4. Lightly coat chicken slices, bell peppers, and onion in spice mix. Spread onto baking sheet.
5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20 to 25 minutes.

Servings: 4

Serving Size: 1 cup

Nutrition facts per serving: 270 calories; 13g total fat; 2g saturated fat; 0g trans fat; 85mg cholesterol; 380mg sodium; 11g carbohydrate; 2g fiber; 4g sugar; 0g added sugar; 27g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium

Source: Katie Shoultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

BIG BLUE BOOK CLUB

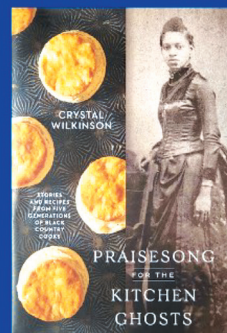
 Cooperative Extension Service
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**BIG BLUE
BOOK CLUB**

**SAVE
THE DATE**

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Big Blue Book Club is back in its original format via Zoom! Mark your calendars for Mondays, beginning Oct. 27 through Nov. 17. We will read “Praisesong for the Kitchen Ghosts” by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson is not only from Kentucky, but she is a former Kentucky Poet Laureate. And we heard you when you asked for another “cookbook” story book. This book is full of family recipes and family stories that just might resonate with your own.

“A keeper of her family’s stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century.”

**Registration for this series
opens September 2, 2025, at
ukfcs.net/BigBlueBookClub.**

*As always, the first 200 registered participants
will receive a free copy of the book.*

Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

Note: Job Club will be meeting by Zoom only.

September 9, 2025, 9-10 a.m.

Smart Job Search Strategies for Success

Looking for your next role? Join this informative session to guide you through effective strategies for building a targeted job search, networking with purpose, uncovering job leads, and understanding how to use LinkedIn. Take control of your search with clarity and confidence.

Presented by Kathleen Dohoney, Career Coach & Resume Writer, Celtic Resume & Coaching Services

September 23, 2025, 9-10 a.m.

7 Quick Fixes to Take Your Resume from Good to Great

Is your resume as good as it can be? In this session we'll identify 7 specific areas of your resume where a fast fix is likely to make a difference—and provide solutions, examples, and before-and-after comparisons that illustrate the fix-it strategies. By tweaking the areas that apply to you, you'll create a resume that conveys your value more clearly, quickly, and powerfully to your target audience.

Presented by Louise Kursmark, President, Best Impression Career Services



**FREE
and open
to the
public!**

**Register for the
Zoom webinars**



**UK Alumni
Association**

**UK Human
Resources**
Temporary Employment

LOCAL EVENTS

Casey County 4-H



Animal Welfare Outreach Meeting

Tuesday, September 9th at 5:00pm
at the Casey County Extension Ed Building

Are you concerned about stray cats
and dogs in the Casey County
community?

Join us as we work together to create
a plan for raising funds to help local
vets spay and neuter these animals.



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Connect with us!



FCS.uky.edu



Facebook.com/UKFCSExt



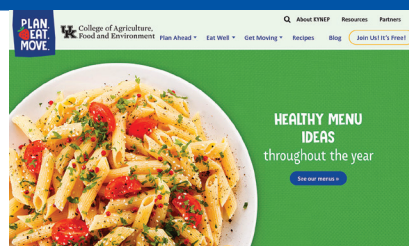
Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step
at a time.

We know, because that's what we've done -- and we're here to
show you how you can do it too. A step here, a step there and
soon you'll be eating well, planning good meals, and moving
more. Most of all, you'll be feeling good. So take a look at some
of our useful tips and maybe even take a free class for free tips.
You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county
to learn about free classes in your community!
Visit PlanEatMove.com/free-classes to learn more.

COME COOK WITH US!

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

After School Super Star Chef

September 15th, 16th & 17th

3:30pm to 5:30pm

at the Casey County Extension
Education Building

Participants will:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding, and whipping.
- Make homemade dishes like salsa, fruit & yogurt parfaits, pizza, carrot muffins, and MORE!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe".



OPEN TO
AGES 9-12

FREE
PROGRAM!

Registration required!

Call 606-787-7384 to sign up.

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Casey County

OUTDOOR ADVENTURE CLUB

MONDAY, SEPTEMBER 22ND - 5:00PM EST

IN THE CASEY COUNTY EXTENSION ED BUILDING

Join us as we
discuss and plan
our first adventure!



FUTURE ADVENTURES:

- Canoeing & Kayaking
- Backpacking
- Rock Climbing
- Hiking
- Camping
- and MORE!

**Open to all
ages!**



Adventure Awaits!

An Equal Education Opportunity



EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025

Taylor County Extension Office

1143 S Columbia Ave, Campbellsville

EASTERN TIME

9:30-10:00 a.m.	Registration
10:00 a.m.	Program Begins
1:30 p.m.	Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office
by September 10th**



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

