

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

NOVEMBER 2024

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

 facebook.com/perrycountykyextension

 perry.ca.uky.edu

 perry.ext@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.

NOVEMBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Kentucky Maple School in Berea, KY	2 Kentucky Maple School in Berea, KY
3	4 Charity Sewing 9 a.m. Homemaker Meeting 12 p.m.	5 Election Day Office Closed 	6	7 Bingocize 10 a.m. Cooking Through the Calendar 11:30 a.m. FCS Council Meeting 1 p.m.	8 Open Sewing 9 a.m. - 12 p.m.	9
10	11 Bingocize 10 a.m. Wits Workout 1 p.m.	12	13	14 Holiday Roadshow 10 a.m.	15	16
17	18 Season's "Eatings"	19 "Sew" Simple 9 a.m.	20	21	22	23
24	25 Bingocize 10 a.m. Wits Workout 1 p.m.	26 Cultural Passport Program 1 p.m. Mountain Cattleman's Association Meeting 6 p.m. @ RCARS	27	28 Thanksgiving Holiday Office Closed 	29 Thanksgiving Holiday Office Closed 	30

Meet Our New Staff Members!

My name is Jacob Singleton, and I am thrilled to introduce myself as your new 4-H Agent! I received my bachelor's degree in Agriculture from Morehead State University in 2021, and for the past three years, I have had the privilege of working as the Program Assistant for 4-H Youth Development in Breathitt County. I hope to help all youth discover their passions and build the lifelong skills they need to succeed in both college and their future careers.

I look forward to collaborating with all of you to create meaningful experiences for students in Perry County. Let's "Make the Best Better" together!



Hello, my name is Morgan Goble and I am thrilled to be joining the Perry County community as your All-Programs Assistant! I have nearly three years of experience in extension work, previously serving as an Agricultural and Natural Resources Program Assistant in Johnson County. Originally from Magoffin County, I have recently relocated to the beautiful mountains of Leslie County with my two beloved horses, Blaze and Ezmae. I am eager to connect with all of you across our various program areas and am excited for the opportunities that lie ahead. Let's make a positive impact together!

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- KENTUCKY MAPLE SCHOOL
- MOUNTAIN CATTLEMEN'S ASSOCIATION MEETING
- CARBON CREDITS FOR WOODLAND OWNERS
- NOVEMBER TO-DO LIST: PREPARING YOUR HOMESTEAD FOR WINTER

Welcome to November and the start of the Holiday Season.

If you've ever thought about making maple syrup, there's an upcoming school in Berea, KY—details are in the enclosed flyer. For those in the hay testing program, the awards event will be held at the UK Robinson Center in Quicksand, KY, alongside the Mountain Cattlemen Association meeting. Also, mark your calendars for an upcoming Carbon Credits for Woodland Owners Workshop at the Breathitt County Extension Office. Be sure to check out this month's exclusive on preparing your homestead for winter, and don't hesitate to reach out if you have questions!

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu



UPCOMING EVENTS:

Maple Syrup Making

If you've ever considered learning how to make maple syrup, there's an upcoming Maple Syrup School in Berea, KY on November 1st and 2nd. Go to kymaplesyrup.com to register.

Mountain Cattleman's Association & Hay Testing

If you had your hay tested for the annual hay testing program and contest, we will be having an awards program on **Tuesday, November 26, 2024**, beginning at **6:00P.M.** This event will be held in conjunction with the fall Mountain Cattlemen Association Meeting. It will be held at the **UK Robinson Center** at Quicksand, KY. We will be having a meal at the event, so you need to register. To register call **606-666-8812**.

For the Hay testing contest, 1st, 2nd & 3rd place ribbons will be awarded in eleven categories, Alfalfa, Alfalfa Grass, Mixed Hay, Grass and Summer Annual, Alfalfa silage, Alfalfa/grass silage, Mixed grass/legume silage, grass silage, small grain silage and summer annual silage. If you had your hay tested and cannot attend this event, your results will be mailed to you.

Carbon Credits for Woodland Owners

We will be having another Carbon Credits for Woodland Owners workshop on **Tuesday December 3, 2024**. It will be held at the **Breathitt County Extension Service Office** and will begin at **5:30PM**. Some things on Carbon Credits have changed since the last meeting and it appears that these credits are more profitable for Woodland Owners now. Call **606-666-8812** to register.

**Dive into
Deliciousness!**

 **KENTUCKY
MAPLE SCHOOL**

November 1-2, 2024 | Berea, KY

**REGISTER:
KYMAPLESYRUP.COM**

November To-Do List: Preparing Your Homestead for Winter

With the arrival of November, Winter is on it's way. Here are some things that need to be done around the old homestead this month.

Lawns need an annual application of fall nitrogen. Fertilizing your lawn in the fall will help it grow stronger, thicker and greener. Cool-season grasses should be fertilized with nitrogen in late October and again in four to six weeks. Use either farm fertilizers such as ammonium nitrate, if you can find it or urea, or use specialty fertilizers found in garden centers. The normal rate is 1 to 1.5 pounds of nitrogen per 1,000 square feet of lawn. This would be equal to applying 3 to 4 ½ pounds of ammonium nitrate per 1000 square feet of lawn. Remember to spread it evenly over your lawn.

Ammonium Nitrate is almost impossible to find these days so you may have to use urea or some other fertilizer that has nitrogen in it. Just be sure you apply the correct amount for what formulation you are using. The percent nitrogen that's in the bag is the first number in the blend. Urea has more nitrogen 46% (46-0-0) compared to 34% nitrogen (34-0-0) for ammonium nitrate. You don't need to apply as much urea. 2 or 3 pounds of urea per 1000 square feet of lawn compared to the rate for ammonium nitrate. If you need assistance figuring out how much to apply, give me a call.

If broadleaf weeds such as clover, dandelion, plantain, ground ivy and chickweed are growing in your lawn, fall is the best time of year to get them under control. Almost all broadleaf weeds can be controlled selectively in turfgrass by applying a three-way mix of 2, 4-D, MCPP and Dicamba. This mix is sold in many garden centers under a variety of trade names. There are also other mixes on the market but generally are not as effective. For the best results, apply the mix on any relatively warm day in October or November.

Remember to continue mowing your lawn as long as the grass is growing. You might want to lower the height in the fall to 1.5 to 2 inches. This tends to keep the grass greener longer in the winter and will help the lawn to green up earlier next spring. It might even help increase turf density. Once you are finished with your mowing, winterize your lawn mower and lawn equipment. Empty the fuel tank or add a fuel stabilizer. Change the oil, replace belts, spark plugs, and air filter as needed. Sharpen the blades, tune the engine and clean off soil and matted grass. Then store the equipment in a dry area.

Mulch your strawberry bed with clean wheat straw once plant growth has ceased after a week of 20 to 40 F temperatures, but before temperatures plunge to 5 to 10 F. Use a bale of straw for each 40 feet of row.

Continue to water shrubs, trees and especially evergreens until the soil freezes. Plants need to go into winter with moisture around their roots. The dry weather we have been having makes this especially important this year.

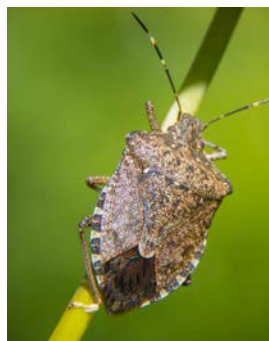
AGRICULTURE & NATURAL RESOURCES

Be sure to pick bagworm cases from evergreens and destroy them. They contain eggs for a new generation of pest next year.

Move your houseplants to the sunniest window. South or West exposures are usually best. Low light results in poor growth, leaf drop and increased susceptibility to over watering. Too much fertilizer and water and too little light are the main causes of poor houseplant performance in the winter.

As temperatures go down this fall, you may notice more insects around your home. Insects often retreat indoors to escape the cooler temperatures as a part of their overwintering strategy.

As pests mistake your home for a heated pile of rocks, you may see hundreds, even thousands, of insects around your home this fall and winter. The most common autumn home invaders you may see are multicolored Asian ladybeetles and the brown marmorated stink bug. Brown marmorated stink bugs tend to be the first invader with the multicolored Asian lady beetle following about a month later. The lady beetle is sometimes called the Halloween beetle for its coloration and the fact that people usually start to notice them in October.



Brown Marmorated
Stink Bug



Asian Lady Beetle

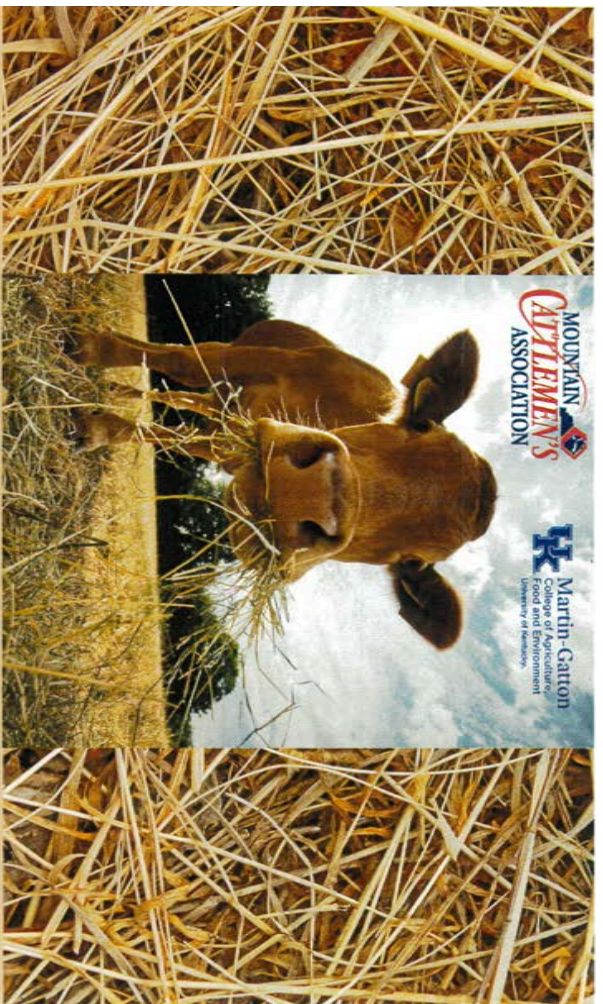
While cooler temperatures have begun, you still have ways to pest-proof your home before pests make their mass exodus to warmer hideaways. Inspect the exterior of the property and look for gaps in windows and doors, holes in screens, openings in caulk or other sealants and fix them. Without these easy entry points, insects have a tougher time coming inside.

Pesticide applications on the outside of the home may also provide some relief but timing is crucial. When using pesticides, focus on doors, windows, utility openings and banding around the foundation. Make sure to check the label of the pesticide to make sure you can apply it to the necessary areas.

Since the primetime for pesticide application has passed, if you see clusters of pests on the exterior of your home, you may also spray them with soapy water to kill them before they start squeezing their way inside.

Once the pests have come into your home, it is best to manage them simply by vacuuming or sweeping them up for disposal. Interior pesticide applications are usually unnecessary, especially “bug bomb” type applications which usually don’t reach the hiding spots of overwintering pests.

Wishing you and your family a safe and Happy Thanksgiving!



Mountain Cattlemen's Association

Fall Meeting

NOVEMBER 26, 2024

5:30 PM

Distinguished Speakers:

Dr. Jeff Lehnkuhler

Dr. Jimmy Henning

DINNER PROVIDED
MUST REGISTER

HTTPS://WWW.EVENTBRITE.COM/E/MOUNTAIN-CATTELEMENS-ASSOCIATION-FALL-MEETING-TICKETS-1037862614077AFF-0DDTDTCREATOR

OR CALL 606-666-8812



Scan
to
register

Cooperative
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Family and Consumer Sciences
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Additional personnel at each Cooperative Extension office are highly qualified in various areas of expertise and will be available to answer questions, provide information, and assist with the registration process. Please contact your local Extension office for more information. For a complete list of Extension offices, visit www.uk.edu/extension.
Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky
Lexington, KY 40506



DECEMBER 3RD
5:30PM AT THE BREATHITT COUNTY
EXTENSION OFFICE

DINNER PROVIDED

CARBON CREDITS FOR WOODLAND OWNERS

Please call your local
extension office to
register:



Jordan M. Shockley, Ph.D.
Associate Extension Professor -
University of Kentucky
Topics to be covered:
*What is driving carbon markets
*Structure of carbon markets
*Current carbon programs
*How much I will get paid
*Concerns from an economist

- Breathitt
- Knott
- Lee
- Morgan
- Owsley
- Perry
- Wolfe



Jacob J. Muller, Ph.D.
Assistant Professor of
Hardwood Silviculture and
Forest Operations Extension

Topics to be covered:
*Why we are concerned about carbon
*How carbon is stored in our woodlands
*What wood landowners can do to increase their
carbon-storing potential
*And working with a forester



SCAN QR CODE ABOVE TO REGISTER OR CALL 606-666-8812.

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FAMILY & CONSUMER SCIENCE



Welcome to November!

As we step into November, we're excited to bring you a full lineup of programs and important updates! We have a lot of great programs lined up this month, so read ahead for more details on upcoming workshops and events. Looking ahead, we have some December events in the works, so be sure to save the dates. If you're ready, you can call to register early and secure your spot.

This month's Moneywise Bulletin will feature budget-friendly tips for pet owners, helping you manage your furry friends' needs without breaking the bank.

A quick reminder: Homemaker Applications need to be turned into the office as soon as possible. Please note that you must re-register each year to stay involved in this wonderful program.

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

NOVEMBER 2024

- Upcoming Events
- Homemaker Applications
- New Recipe
- Health Bulletin
- Money Wise



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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

This Month's Events

Charity Sewing -

First Monday of the Month

The next date is November 4th upstairs in the Perry County Extension Service office building at 9 a.m.

Perry County Homemakers Meeting - **First Monday of the Month**

The next Homemaker Meeting will be Monday, November 4th at 12 p.m. I will provide turkey and dressing for a traditional Thanksgiving meal. Please bring sides, desserts, or drinks. *Call the office at 606-436-2044 by November 1st to register and let us know what you are bringing.*

Cooking Through the Calendar - **Once a Month**

Cooking Through the Calendar explores new recipes each month. This month's class will be November 7th at 11:30 a.m., and we'll make and sample a Hearty Harvest Bowl. *Please register by November 4th.*

FCS Council Meeting

Family and Consumer Science Council Members, please be on the lookout for a letter concerning our upcoming Fall meeting on November 12th at 1 p.m. We will be discussing our Plan of Work and electing new officers. Lunch will be provided.

Open Sewing Day -

Second Friday of the Month

Feel free to catch up on quilt blocks or personal projects. This is open to anyone! November 8th from 9 a.m. to 12 p.m.

"Sew" Simple -

Third Tuesday of the Month

Join Master Clothing Volunteer, Nancy Pratt, as she teaches us how to use our scraps to make a quilt. This class will be held on November 19th beginning at 9 a.m. *You must register by November 13th!*

Bingocize -

Dates Vary Month to Month

Want to start an easy exercise routine and have fun playing Bingo at the same time? Join us at the Perry County Senior Center for Bingocize! Come to 16 or more sessions and receive a prize pack upon completion. Check the calendar for upcoming dates and times!

Cultural Passport Program -

Once a Month

Join us on as we explore different holidays, cultures, and countries. This month we will take a closer look at India! This class will be on November 26th at 1 p.m. *Please register by November 22nd!*

ATTENTION HOMEMAKERS!

Homemaker applications are due to the office as soon as possible!
Remember, you MUST re-register every year to stay on as an active member!

This Month's Events

Quicksand Area Annual

Holiday Roadshow

Join us at the Perry County Extension Office for the Quicksand Area Annual Holiday Roadshow on November 14th beginning at 10 a.m. This is a day filled with wonderful holiday craft projects and recipes to sample. *Please register by November 8th!*

Wits Workout - Twice a Month

Join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month, with this month's dates being November 11th and 25th at 1 p.m. in the Annex building. Please call our office to sign up.

Live Greenery Wreath Workshop

Join us Thursday, December 5th or Friday, December 6th at 1 p.m. for a wreath making workshop! All material for the wreath will be provided as well as bow material. There will be a \$10 fee as these wreaths will be larger than last year. Payment is due at the time of registration. *You must pre-register by November 25th!*

Summer Sausage Workshop

We will be offering a Summer Sausage Workshop in partnership with Breathitt County ANR Agent Reed Graham on December 10th. You have the option to choose between the 10 a.m. class and 2 p.m. class. During the class we will not only be creating our own summer sausage, but we will be going over how to add that sausage to your holiday charcuterie board! Snacks will be provided. There is a \$10 fee and spots are limited. Payment is due at the time of registration. *You must pre-register by December 4th!*

Holiday Entertaining on a Budget: Make & Take Decorations and Sweets

Join us for "Holiday Entertaining on a Budget" on December 16th at 10 a.m.! Discover creative ways to craft festive decorations and delicious sweets without breaking the bank, and take home your handmade creations to elevate your holiday celebrations. *Please register by December 11th!*

Season's "Eatings"

Join us Monday, November 18th as we explore a variety of mouthwatering dinner recipes to complete your perfect holiday feast. From traditional favorites to unique festive dishes, you'll learn techniques to elevate your holiday meal and impress your guests *You must pre-register by November 14th!*

Cooperative
Extension Service

SEASON'S "EATINGS"

Join us as we explore a variety of mouthwatering
dinner recipes to complete your perfect holiday feast.

NOVEMBER 18, 2024

PERRY COUNTY EXTENSION OFFICE



Cooperative
Extension Service

JOIN US FOR A

HOLIDAY'S ON A BUDGET

DECEMBER 16, 2024
STARTING AT 10 A.M.

933 Perry Park Road, Hazard, KY, 41701

Discover creative ways to craft
festive decorations and delicious
sweets without breaking the
bank, and take home your
handmade creations to elevate
your holiday celebrations.



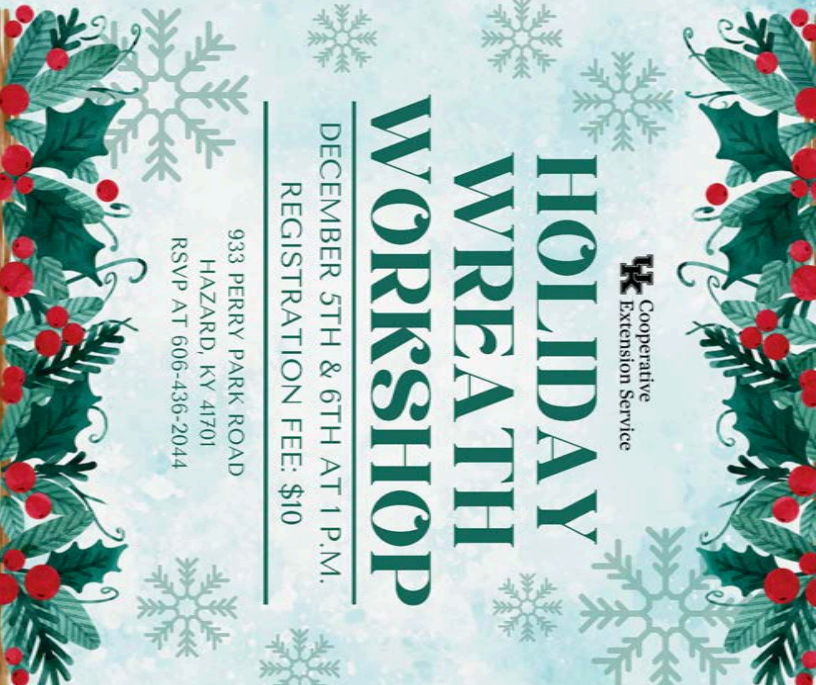
Cooperative
Extension Service

HOLIDAY WREATH WORKSHOP

DECEMBER 5TH & 6TH AT 1 P.M.

REGISTRATION FEE: \$10

933 PERRY PARK ROAD
HAZARD, KY 41701
RSVP AT 606-436-2044

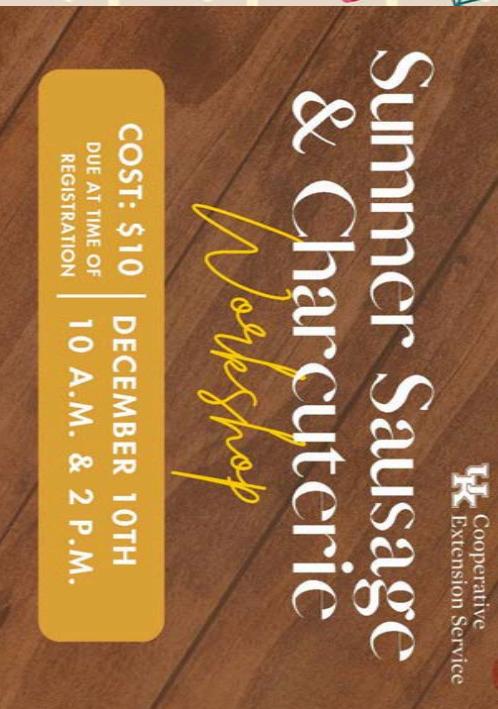


Cooperative
Extension Service

Summer Sausage & Charcuterie

Workshop

COST: \$10 | DECEMBER 10TH
DUE AT TIME OF REGISTRATION | 10 A.M. & 2 P.M.



NOVEMBER'S CULTURAL PASSPORT PROGRAM:

India

THIS MONTH WE'LL EXPLORE THE
CULTURES AND TRADITIONS OF INDIA

NOVEMBER 26TH @ 1 P.M.

Cooperative
Extension Service

JOIN US FOR OUR

HOLIDAY ROADSHOW

THURSDAY, NOVEMBER 14TH
STARTING AT 10 A.M.

933 Perry Park Road
Hazard, KY 41701

Join us for the Quicksand Area Annual
Holiday Roadshow! This is a day filled with
wonderful holiday craft projects and recipes
to sample.

Call 606-436-2044 register by November 8th!



Date: _____

Enrollment Form for

 Perry 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

Date joined: _____

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.

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Appendix 11
June 2022

Annual Dues: \$10

Make checks payable to Perry County Homemakers



Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
 - 1/8 teaspoon salt
 - 1/8 teaspoon ground black pepper
 - 2 tablespoons lemon juice
 - 3/4 teaspoon dried oregano
 - 1/4 teaspoon garlic powder
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
 4. Cook rice according to package directions.
 5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Don't overcrowd the pan or the veggies will steam instead of roast.

6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$7.71

Cost per serving: \$1.29

Nutrition facts

per serving:
460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

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HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fes-hesca.uky.edu/content/health-bulletins>

NAME County
Extension Office
000 Street Road
City, KY
ZIP
(000) 000-0000

THIS MONTH'S TOPIC

HONOR A CHILD CAREGIVER



According to the American Association of Caregiving Youth, approximately 5.4 million children, under the age of 18, care for a parent, grandparent, and/or sibling or other relative who is sick or has a disability. This is a responsibility most young kids do not have to face but some are forced to if their family cannot afford or find care.

Before and after school, young caregivers cook, clean, manage medications, and provide physical care and emotional support to not just one, but in some cases multiple loved ones who need help. As stress takes its toll, young caregivers are at increased risk for health problems including headaches and digestive

Continued on the next page →



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Disabilities accommodated with prior notification.

If you know a young caregiver, create an opportunity for rest by offering to make a meal or help with physical care so the child can have some time to complete homework, be with friends, play a sport, or just breathe.



Continued from the previous page →

issues. These kids go to school with anxiety, worry, and in some cases depression. As a result, their participation in school suffers.

Young caregivers are at increased risk for:

- Inability to focus
- Earning poor grades
- Getting in trouble
- Inability to relate to peers
- Failure to participate or fully engage in extracurricular activities

Connie Siskowski, a nurse and researcher who founded the American Association of Caregiving Youth (AACY), is concerned that young caregivers are going unnoticed. One of her studies showed that 22% of youths dropped out of school to care for a family member.

To help ease the burden of care on young people, and help kids be kids as well as caregivers, Siskowski believes they need more financial and emotional support. These kids also need a break. If you know a young caregiver, create an opportunity for rest by offering to make a meal or help with physical care so the child can have some time to complete homework, be with friends, play a sport, or just breathe.



Proper services for young caregivers demonstrate positive impacts on caregiving youth, including purpose, joy, empathy, and time management. The National Alliance on Caregiving recommends the following resources for young caregivers:

- **American Association of Caregiving Youth:** <https://aacg.org>
- **Kesem, support for children whose parents have cancer:** <https://www.kesem.org>
- **Lorenz's House — support for children whose parents have early-onset dementia:** <https://lorenzshouse.org>
- **National Alliance for Caregiving:** <https://www.caregiving.org>

REFERENCES:

- American Association of Caregiving Youth <https://aacg.org>
- American Heart Association. (2021). A Growing Phenomenon: Youth Caregivers Need Recognition. Support. Retrieved July 15, 2024 from <https://www.heart.org/en/news/2021/11/09/a-growing-phenomenon-youth-caregivers-need-recognition-support>

FAMILY CAREGIVER HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

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THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.



DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,

crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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Disabilities
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with prior notification.

HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Agers 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Agers 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

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Newsletter

November 2024



Hey Perry County!

I'm excited to share that we're kicking off a busy and fun-filled season of programming, and I'm looking forward to getting into the schools to bring 4-H activities directly to the students. If there's a program you'd like to see at your child's school, don't hesitate to reach out to me or your child's FRYSC contact - we'd love to hear your ideas!

Also, big news! The dates for 4-H Camp have been released, so be sure to mark your calendars and start preparing for another unforgettable camp experience.

And don't miss this month's exclusive feature on Shooting Sports! Check it out for all the details on how your child can get involved in this exciting program.

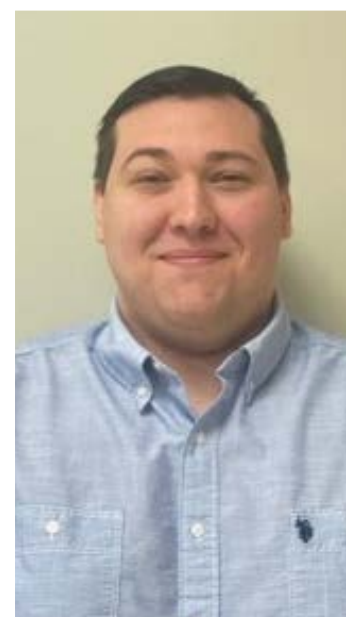
Let's make November an awesome month with 4-H!

Jacob Singleton

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THIS MONTH:

- Program Updates
- 4-H Camp Save the Date!
- 4-H Exclusive: Shooting Sports Hit the Mark for Positive Youth Development





SAVE THE DATE

4-H CAMP

2025

JULY 22-25, 2025



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4-H Youth & Community Development

4-H Exclusive:

4-H Shooting Sports Hit the Mark for Positive Youth Development

Young people across the Commonwealth are invited to sharpen their shooting skills while engaging in healthy competition, service, leadership and education through the Kentucky 4-H Shooting Sports program.

The nationally recognized program, which is open to all youth in Kentucky aged 9 to 18, focuses on fostering life skills and positive youth development through a variety of shooting disciplines, including:

- Archery
- Muzzleloading
- Pistol
- Rifle
- Shotgun



Each discipline is taught by a certified instructor, ensuring that participants receive high-quality education and training. Through club activities, and with guidance from knowledgeable adults, youth participants not only learn firearm/archery safety and marksmanship but also develop skills such as teamwork, self-confidence, personal discipline and responsibility.

The 4-H Shooting Sports program provides participants with a safe environment to explore their sparks, share a sense of belonging, and form healthy relationships with caring adult mentors. In the 2023-2024 program year, more than 5,000 Kentucky youth members took part, engaging with over 1,000 certified instructors across the state.

Enrolled youth have opportunities to participate through competitions and teen leadership roles at not only the county level but also statewide and nationally. The Kentucky program's annual statewide competition provides a culminating event for youth to strive for each year. Kentucky teens can also hone their leadership skills by serving as Shooting Sports Ambassadors or becoming certified apprentice-level instructors.

Since 2022, Kentucky has also taken part in the National 4-H Shooting Sports Championships, hosted yearly in Grand Island, Nebraska. Two teams (muzzleloading and shotgun) have represented the Bluegrass state in the national competition, and Kentucky plans to expand its participation to four teams (muzzleloading, shotgun, compound archery and recurve archery) in the summer of 2025.

Through participation in the Kentucky 4-H Shooting Sports program, young people can equip themselves with the tools they need to succeed—both on and off the range.

To learn more about the program and how to participate in your community, contact the Perry office of the University of Kentucky Cooperative Extension Service.



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