

Perry County Cooperative Extension Newsletter

SEPTEMBER 2025

 Cooperative Extension Service

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

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Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

SEPTEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Cultural Arts Projects due by 4PM		Building a Better Smoothie 1PM		
7	8	9	10	11	12	13
	Charity Sewing 9 A.M.. Homemaker Meeting 12P.M.		Lunch & Learn 10AM		Open Sewing 9 A.M.. Hiking for Health Kingdom Come State Park	
14	15	16	17	18	19	20
		Quilting 101 9 A.M.. Diamond Art Class 1PM			Hiking for Health Bad Branch Falls	
		Cooking Through the Calendar 12PM		Beekeepers Association Meeting 6 P.M.		
21	22	23	24	25	26	27
		Book Club 12PM or 5:30PM		Diabetes Connections 5:30 P.M.	Hiking for Health Robinson Forrest Fire Tower	
28	29	30				
		Cultural Passport- Kentucky Edition 1 P.M.				

JULY 2025

AGRICULTURE & NATURAL RESOURCES

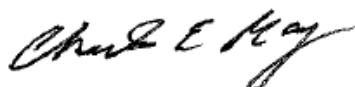
THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- PERRY COUNTY FARMER'S MARKET
- HIKING FOR HEALTH
- CAIP GRANT

Welcome to September and Happy Labor Day. Here's a couple things before we get into the newsletter.

If you plan to reseed or renovate a hay/pasture field that had flood damage or any field that needs to be renovated, now is the time to do that and we have an almost new no-till seed drill that can be rented. Using a no-till drill greatly improves your chance of being successful. The UK Extension Service has an excellent publication on Renovating Hay and Pasture Fields. Give me a call if you would like to have a copy.

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



AGRICULTURE & NATURAL RESOURCES

UPCOMING EVENTS:



Perry County Beekeepers

Association-

Meets on the third Thursday of each month at the Perry County Extension Service Annex Building. The meetings begin at **6:00PM**. The next meeting will be on **September 18th, 2025**. The topic will be combining and building strong hives for winter

Hiking For Health

Join us as we hike for health during September! We will meet at the Perry County Extension at **8:30AM** and travel to our destination. **September 12th** we will hike at Kingdom Come State Park, **September 19th** we will go to Bad Branch Falls and lastly on September 26th we will hike the Robison Forrest Fire Tower. Stay tuned for dates and locations for October!

Perry County Farmer's Market

Opened in June. The market will be open on **Thursday evenings** and **Saturday mornings**. If you are interested in becoming a vendor, you can contact the market manager, Addie Curran, at (541) 912-6718 or email to perrycountyfarmersmarket@gmail.com

AGRICULTURE & NATURAL RESOURCES

The UK Cooperative Extension Service is once again providing free hay testing. Samples must be collected by an Extension Agent and collected before Tuesday, October 7, 2025. To schedule a time to have your hay tested, give me a call at the Perry County Extension Office.

Hay testing is an excellent management tool. You can use the information from the test to determine supplementation needs for your livestock.

You can also enter your hay sample (s) into the annual Hay Contest if you choose. 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.

Results will be returned sometime in November. There will also be an awards ceremony in November. Location and date TBA.

Applications for the **CAIP Grant** should be ready for pick up in late September. You can pick up applications at the Perry County Conservation District Office on Morton Blvd. Be sure to call first to make sure they are ready for pick up, 435-1725. Applications will be available for two weeks once they are released. If approved for funding, you will have one year to complete your project.

If you are not familiar with this grant, it is a cost-share grant to assist landowners and farmers to improve and invest in their operations. It can be used for animal, equipment, and infrastructure purchases. Just about anything pertaining to farming will qualify. There are certain requirements you need to meet to be eligible to apply for funding. If you would like to know more about this grant, just give me a call at the Perry County Extension office. I will be happy to walk you through the process. You can also go to the Kentucky Department of Agriculture web page at www.kyagr.com. At the top of the page, click on AG Policy, then click on Applicants, then click on 2025 Program / Project Guidelines. From there scroll down until you see CAIP Guidelines. You can see all funding areas and what qualifies.

It's been a so/so summer. We had a lot of rain, then heat and humidity, then some dry conditions. which has been rough on our lawns. If yours is in rough shape, September is an excellent time to renovate or re-seed it. October 1st is about as late as you want to wait.



AGRICULTURE & NATURAL RESOURCES

It is a good idea to lightly till, disc or use a dethatching machine or dethatching rake to the lawn before seeding for better seed to ground contact. The best choice for reseeding would be using a slit-seeder, if you have access to one. These machines actually plant the grass seed to the recommended depth for you. Before renovating or seeding, it would be good to have the soil tested, especially if you haven't had your soil tested in a couple of years. A soil test will determine how much fertilizer and lime is needed. The Perry County Extension Office sponsors free soil testing during the months of March, September, and October of each year. To learn how to take a soil test correctly, you can look on the Perry County webpage under the AG and Natural Resource link, we have a publication posted there or call our office and we can send you the publication. Of course you can always just drop by and pick one up.

The fall is the best time to fertilize lawns in Kentucky. Fall fertilization is usually done in October or November, however if your lawn needs lime, it's a good idea to get it on as early as possible.



As far as selecting a grass to seed, this becomes an individual preference. It also depends on how much maintenance and work you're prepared to do. Bluegrass lawns take a great deal of maintenance and establish slowly. They also need irrigated in the summer. My personal preference is a Tall Fescue variety. Tall Fescue lawns usually need very little maintenance and stand up well under heavy traffic and are somewhat drought tolerant. The newer Tall Fescue varieties that are out resemble Bluegrass in texture.

If your lawn is shaded, you will need to select a shade tolerant variety, such as perennial ryegrass.

Tall Fescue varieties need to be seeded at a rate of 6 pounds of grass seed per 1000 square feet of lawn.

If broadleaf weeds are a problem in the lawn, October to early November is a good time to get control. Most broadleaf weeds can be controlled using 2,4-D or Bevel or a combination of the two. If you have re-seeded your lawn you need to wait at least two weeks after the seeds have germinated before spraying for weeds. Always read and follow the label on any Pesticide that you use.

I have publications on renovating lawns, selecting the right kind of grass and weed control. If you would like one of these publications, give me a call at the Perry County Cooperative Extension Service Office.

Hiking for Health at Kingdom Come State Park

Join us as we embark on your hike to health!

SEPTEMBER
12TH, 2025

PRE-REGISTER NOW
BY CALLING THE
PERRY COUNTY
EXTENSION OFFICE

☎ (606) 436-2044



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HIKING FOR HEALTH

BAD BRANCH FALLS

SEPTEMBER
19TH, 2025



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HIKING FOR HEALTH ROBINSON FORREST FIRE TOWER

SEPTEMBER 26TH, 2025



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PERRY COUNTY BEEKEEPER'S ASSOCIATION CALENDAR



Meetings for our association will be in the 3rd Thursday of each month at 6:00 P.M. at the Perry County Cooperative Extension Office, 933 Perry Park Road, Hazard KY 41701. Everyone from prospective beekeepers, beginners and seasoned beekeepers are welcome to attend!

JULY 17, 2025

Nutrition for Fall and Winter
Feeding Speaker Larry Young

AUGUST 21, 2025

Varroa Mite Treatments
and Practices

SEPTEMBER 18, 2025

Combining and Building
Strong Hives for Winter

OCTOBER 16, 2025

Winter Prep and Making Winter
Feeding Blocks

NOVEMBER 20, 2025

Thanksgiving Pot Luck
Supper Honey Swap/ Testing

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FAMILY & CONSUMER SCIENCE



SEPTEMBER 2025

- Upcoming

Events

- Monthly Recipe
- Health Bulletin
- Money Wi\$e



As the new Perry County Extension Agent for Family and Consumer Sciences, I am excited to introduce myself to each of you. My name is Lorie Adams, and I am originally from Versailles, Kentucky. I graduated with my bachelor's degree from the University of Kentucky in Home Economics Education. I started with Extension after graduating and worked as an FCS Agent in Leslie County. I have also worked in several High Schools including Perry Central, where I taught Culinary and other FCS classes. I came back to Extension in 2022 as the Knott County Extension Agent for FCS. And I happy to be back and working in Perry County This makes my tenth year working in Extension.

September starts the fall season, and we have lots of great programs for all. This month we will be starting an Extension book club that will meet monthly. We will have a noon club and an evening club. We will continue the Cultural Passport class, but we will now be learning more about Kentucky. We also will have a fun smoothie class where you can make and taste several different smoothies.

Our County Homemaker's club is working hard on planning the Quicksand Area Homemakers Annual Meeting. The meeting will be held at Buckhorn State Park in the conference center. We need as many homemakers' that can to come and attend. See inside for more details.

I can't wait to meet each of you!

Lorie Adams

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This Month's Events

Charity Sewing - First Monday of the Month

The next date is **Monday, September 8th** in the Perry County Extension Service office building at **9 a.m.** We will work on favors for the Homemaker Area Meeting in October!

Perry County Homemakers Meeting -

The Perry County Homemaker Meeting will be held on **Monday, September 8th at noon.** This will be a potluck meal, so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Build a Better Smoothie-

Join us as we create different, healthy smoothies you can make! You will learn the basic steps to make a better smoothie, common ingredients and ways to spice up your variety with fruits, veggies and fiber sources! This program will take place on **September 4th, 2025 at 1PM.** Call our office to register! (606) 436-2044.

Quilting 101 -

Third Tuesday of the Month

Here is your reminder for Quilting 101 in September!

This class is full and has no additional space to accept any new participation. See you **September 16th at 9AM!**

Cooking Through the Calendar

Let's continue our year with healthy meals and our Cooking Through the Calendar Program. The July class will be on **Tuesday September 16th, 2025 at 12:00 p.m.,** upstairs in the main building. This month, we will make grits, greens and egg bowl! Call our office to register!

Diamond Art Club

Join us **September 15th, 2025 at 1:00 PM** for Diamond Art Class! Begin learning the specialty of diamond art by creating a key chain or coaster! It can help reduce stress and anxiety, & can also spark an interest that becomes more than just a hobby! Call our office today to register!

Robinson Center Field Day-

Robinson Center in Jackson, KY are hosting a field day in which you will get to tour their farm/pavilion along with their new facilities as well as take a dive into woodworking when building a bird house! You must register by **September 15th, 2025!!** This event will take place on **October 2nd, 2025 4PM-7PM.** Call our office to register!

This Month's Events

Diabetes Connections

Join us for the 2025 Healthy Habits Challenge in our Diabetes Connections meetings! This program is in partnership with ARH and will be held in the Annex Building at the Perry County Extension Office **September 28th, 2025 at 5:30 p.m.** This program is designed to encourage our members to adopt healthier lifestyle choices through weight loss and wellness goals, fostering long-term benefits for diabetes management. Each month we will have diabetes-related topics, education, and recipe testing. We will be incorporating monthly accountability checks with Diabetes Connections notebooks, log sheets, weigh-ins, and free health screenings. Please see the flyer with upcoming dates and we hope you will join us.

Perry County Extension Book Club

Join us **September 23rd, 2025 at 12PM or 5:30 PM** for book club! We will begin reading "The Tenant." Call our office to register!

Open Sewing Day -

Second Friday of the Month

Do you want to work on quilt blocks to send to the State Homemaker Meeting? Opening Sewing is a great time to get started. Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines are available on-site for our **September 12th from 9 a.m.-1 p.m. class.**

Cultural Passport Program KY Edition

Join us **September 30th, 2025 at 1:00 PM** at the Perry County Extension Office. How familiar are you with the state of Kentucky? Join us each month to discover something new! Call our office to register! (606) 436-2044.

Leader Lesson-

Join Kelsey Sebastian with "Sharing your KEHA Message" September 10th, 2025 at 10:00 AM. At the Perry County Extension Office, Call (606) 436-2044 to register!

QUICKSAND AREA Homemaker MEETING

HOSTED BY THE PERRY
COUNTY HOMEMAKERS

"Get a Grip With Homemakers"

OCT. 16, 2025

Buckhorn Lodge Conference Center

\$20 per person

Lunch will consist of the state park buffet

Register and pay your registration fee at your
local County Extension Office by October 1st!

Registration 10:00 AM

Meeting 11:00 AM

Silent Auction will be held



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Robison Center Field Day

OCTOBER 2ND, 2025 4PM-7PM

MUST REGISTER BY SEPTEMBER 15TH, 2025!

Field Day topics include:

- Research and Production Tours
- Wood Center Tour and
Wood Product Activity (Free-Bird House to make and
take home)
- See their new facilities and learn about flood
rebuild



LOCATION: ROBINSON CENTER RESEARCH FARM/PAVILION
130 ROBINSON ROAD, JACKSON, KY 41339

PLEASE CALL THE PERRY COUNTY EXTENSION OFFICE TO REGISTER!

**CALL TO REGISTER
(606) 436-2044**



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Cultural Passport KENTUCKY EDITION



Join us September 30th, 1:00 PM
at the Perry County Extension Office

Call our office to register!
(606) 436-2044



How familiar are you with the state of Kentucky?
Join us each month to discover something new!



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Homemaker Club Arts Categories

Homemaker Club Arts

**ALL KEHA HOMEMAKER CULTURAL ART
PROJECTS ARE DUE
SEPTEMBER 2ND, 2025!**

They will be exhibited at the annual
meeting on September 8th, 2025. For
description of each, see the keha
handbook on line keha.ca.uky.edu/sites

1. SEWING (APPAREL & HOME DECOR)
2. ART (3-DIMENSIONAL)
3. ART (NATURAL)
4. REPURPOSED & UPCYCLED
5. BASKETING
6. BEADING
7. CERAMICS
8. COUNTED CROSS STITCH
9. CROCHET
10. DOLL/TOY MAKING
11. DRAWING
12. EMBROIDERY
13. FELTING
14. HOLIDAY DECORATION
15. JEWELRY
16. KNITTING (HAND)
17. KNITTING (LOOM)
18. NEEDLEPOINT
19. PAINTING (ART)
20. PAINTING (DECORATIVE)
21. PHOTOGRAPHY
22. QUILTS
23. PAPER CRAFTING
24. RUG MAKING
25. WALL OR DOOR HANGING
26. WEAVING
27. MISCELLANEOUS

AN EQUAL OPPORTUNITY ORGANIZATION

AN EQUAL OPPORTUNITY ORGANIZATION

Building a Better SMOOTHIE



September 4th, 2025 1:00 PM



**Join us, so you too can make your own healthy
smoothie!**



**Learn the basic steps to make a
better smoothie!**

**Also learn common ingredients as
well as ways to spice up your
variety with fruits, veggies, and
fiber sources!**



**Call the Perry
County Extension
Office to
register! (606)
436-2044**

An Equal Opportunity Organization

Diamond Art Class

Monday, September 15th, 2025

1:00 PM

**Perry County Extension Office
Call (606) 436-2044 to
Register!**



**Begin learning the specialty of
Diamond Art by creating a key chain
or coaster!**

**It can help reduce stress and
anxiety, and spark an interest that
becomes more than a hobby!**

AN EQUAL OPPORTUNITY ORGANIZATION

Cooking Through the Calendar

DELICIOUS GRITS, GREENS, AND EGG BOWL RECIPE

A WHOLESOME DISH FOR ANY TIME OF DAY

This nourishing bowl combines creamy grits with sautéed greens for a **heartwarming meal** that's perfect for breakfast or brunch.

SEPTEMBER 16TH, 2025 12:00 PM

Call the Perry County Extension Office to pre-register for this event!
(606) 436-2044



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Lexington, KY 40546



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Calling All Book Lovers!

PERRY COUNTY EXTENSION BOOK CLUB

Join us as we read
"The Tenant"

SEPT. 23RD

12 PM OR 5:30 PM

933 Perry Park Rd.
Hazard, KY 41701

Call our office to register
at (606) 436-2044



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DIABETES Connection 2025



Save the Dates!

- JAN 30** Healthy Habits Challenge Kickoff
- FEB 27** Nutrition
- MAR 27** Physical Activity and Sleep
- APR 24** Gardening
- MAY 29** Footcare for Summer
- JUN 26** Session 1 Challenge Wrap-Up/Session 2 Kickoff
- JUL 31** Eating Out with Diabetes
- AUG 28** Month 10: Goal Setting
- SEP 25** Grocery Store Tour
- OCT 30** October 30: Motivations & Technology
- NOV 20** November 20: Final Challenge Wrap-Up

Stay tuned for more
info on in-person
meeting locations
nearest you!



JOIN US AT 10AM
VIA ZOOM FROM
ANYWHERE
[zoom.us/
my/arhdiabetes
support](https://zoom.us/j/9123456789)

For more info:

- arh.org/diabetes
- 606.789.3511
ext. 1229
- diabetesarh1@arh.org



UNDERSTANDING DIABETES TOGETHER!

Cooperative
Extension Service

Leader lesson

Sharing your KEHA Message

September 10th

10:00 AM

933 Perry Park Rd.

Hazard KY 41701

Call 606.436.2044 to register

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40546



Disabilities
accommodated
with prior notification

ADULT HEALTH BULLETIN

STAY HEALTHY AS WINTER APPROACHES

HEALTHY WINTER TIPS

- Stay hydrated. Drink plenty of water, even in winter.
- Eat a healthy diet. Focus on fruits, vegetables, and whole grains.
- Exercise regularly. Stay active to keep your body warm and healthy.
- Get enough sleep. Aim for 7-9 hours of sleep per night.
- Manage stress. Practice stress management techniques like deep breathing or meditation.
- Stay up to date on vaccinations. Get your flu shot and other recommended vaccines.
- Wear your seat belt. Always wear your seat belt when driving.
- Don't drink and drive. It's the only way to stay safe.
- Use hand sanitizer. Wash your hands frequently with soap and water.
- Avoid close contact with sick people. Stay away from people who are coughing or sneezing.
- Cover your mouth and nose. Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing.
- Avoid sharing personal items. Don't share items like toothbrushes or lip balm.
- Stay indoors. Avoid going outside in the cold weather.
- Wear warm clothing. Dress in layers to stay warm.
- Use hand warmers. Carry hand warmers to keep your hands warm.
- Stay positive. Keep a positive attitude and enjoy the winter season.

HEALTHY

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>

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

LEARN HOW TO HELP:

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Extension Service

Agriculture and Natural Resources
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

Lexington, KY 40506

Disabilities
and
prior medication.



Disabilities
accommodated
with prior notification.



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.

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.

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

Whether it's a friend, family



— **988.** This service is available 24 hours a day,

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

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

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2025

Nichole Huff, PhD, CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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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Agriculture and Natural Resources
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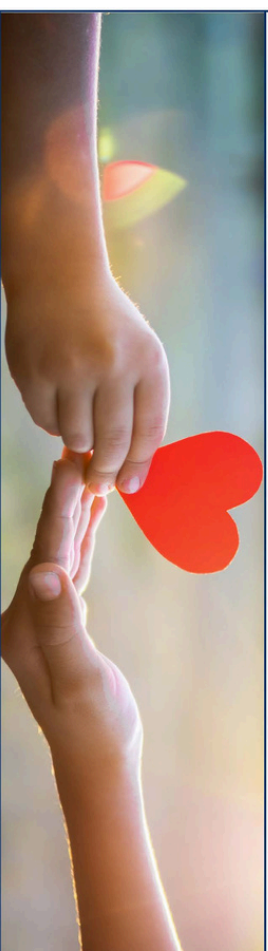
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Disability
and
prior
assistance

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/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 giving 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
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, PhD, CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

Newsletter

September 2025



Hey Perry County!

We invite you to participate in a series of engaging youth enrichment activities designed to ignite creativity, cultivate practical skills, and equip youth for an unforgettable experience. This is an exceptional opportunity to inspire young minds and foster lasting memories. Join us in making a meaningful impact this year!

Sign up today and watch as your child embarks on a journey of discovery and growth, making friends and memories that will last a lifetime!

Jacob Singleton

County Extension Agent
4-H Youth &
Community Development
jacob.singleton@uky.edu

THIS MONTH:

- 4-H Exclusive
- Youth Health Bulletin
- 4-H Pledge





Cooperative
Extension Service

4-H Youth
Development

DO YOU KNOW THE **4-H Pledge?** **I Pledge**

My **head** to clearer thinking,

My **heart** to greater loyalty,

My **hands** to larger service,

My **health** to better living,

***For my **club**, my **community**, my **country**, and
my **world**.***



Cooperative
Extension Service

An equal opportunity organization



Martin-Gatton
College of Agriculture,
Food and Environment

Kentucky 4-H
Youth Development

4-H Youth & Community Development

4-H Exclusive

The collaboration between the military and University of Kentucky Cooperative Extension Service (CES), through the 4-H Youth Development program, exemplifies a shared approach to supporting military-connected youth and their families. This partnership is known as the 4-H Military Partnership.

UK CES provides 4-H educators with the training and resources needed to support military-connected youth, ensuring that the next generation of leaders is well-prepared to face the future with confidence and skill.

With 46,406 active military personnel, 35.3% of whom have children with a significant portion falling within the 4-H age range of 5-18 years, supportive educational programs are needed.

Among the 12,008 Kentucky National Guard members, 42.9% have children with 58.9% within the 4-H eligible age. Sourced from the U.S. Department of Defense's Military One Source, these figures underscore the potential reach and impact of educational programs.

The 4-H Military Partnership program:

Focuses on positive youth development, offering military-connected youth opportunities to engage in learning experiences in science, health, agriculture, civic engagement and more

Provides a platform for young individuals to explore their interests, developing essential life skills and growing them into future leaders. Through hands-on projects and supportive mentors and peers, youth learn by doing — fostering a sense of independence, confidence, resilience and compassion.

Offers programming in a safe, nurturing environment for military-connected children. Stability is crucial for families frequently on the move or dealing with the challenges of deployment and reintegration. By connecting these families with local and state 4-H programs, the partnership ensures that military children have the continuity and support needed to excel.

Engaging in 4-H programs shows youth are four times more likely to contribute to their communities, twice as likely to make healthy choices and twice as likely to pursue STEM (science, technology, engineering and mathematics) opportunities.

For military families, this means that while service members focus on their duties, children are participating in high-quality, positive youth development programs.

For more information on the 4-H Military Partnership, contact the Perry County Extension Office of the University of Kentucky Cooperative Extension Service.

YOUTH

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)

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

THIS MONTH'S TOPIC

BE PREPARED, NOT SCARED!

making an
EMERGENCY
PLAN

is the
SMART
thing to do!



Sometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan.

Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page

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Disability accommodations are available. Please contact your local Extension office for more information.

If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

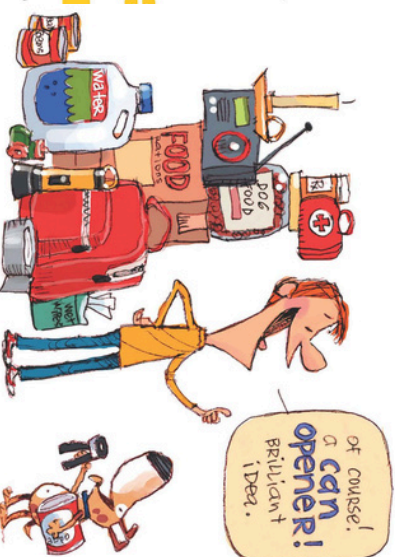
Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school.



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school. Being prepared is a smart and brave thing to do, and it helps keep everyone safer!

REFERENCE:
<https://www.ready.gov/september>

Can you unscramble these words?

RAWET: _____
CANSSK: _____
THGSHLEFLA: _____
ATEBISETR: _____

WORDS: BATTERIES, WATER, SEWAGE, LIGHTS

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Maneau
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



Perry County Cooperative Extension
933 Perry Park Road
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