

FAMILY & CONSUMER SCIENCES

October Newsletter



Hello, Bath County!

Witches are brewing, pumpkins are glowing, and there's magic in the air—October is here, and we're diving headfirst into the spookiest, coziest time of the year!

This month, we're serving up more treats than tricks: join me for a festive Cooking Through the Calendar Class and stay up to date on Homemaker News!

Whether you're planning your costume or just enjoying the fall vibes, we hope this edition brings a little seasonal cheer your way.

So grab your cider, light a candle, and read on... if you dare. 🕸

Stay spooky

What is inside?

- Monthly Calendar
- Homemaker News
- Program Flyers
- Health Bullentin



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OCTOBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Paper Hugs 	3	4	5
6	7 Project Linus 	8	9	10	11	12
13	14	15	16 LRA Homemaker Annual Meeting 	17	18	19
20	21	22	23	24	25 Holiday Market 	26
27 Cooking Through the Calendar 	28	29	30	31 Happy Halloween! 		



BATH COUNTY HOMEMAKERS



What we have been up to

Area Blue Ribbon Cultural

Art Winners:

Jan Carmen
Kitty Lentz
Reda Calulot
Sherri Butcher



What's New

NEW COUNTY OFFICERS

I would like to welcome our new county officers:

County President: Jackie Watson
County Secretary: Debbie Highley



Upcoming



- KEHA Week is Oct. 12th - 16th
- Homemaker Annual Meeting: October 16th at Bath County
- Holiday Market is October 25th
- Recipe Exchange: November 6th
- Salt Lick Homemakers Club meets the first Tuesday of the month at 12 PM.

Reminders



- Homemaker Dues are \$10.
- Turn in membership form & money by December 1st.



COOKING THROUGH THE
Calendar

Date: October 27th

Time: 3:30 PM

Location: Bath County
Extension Office

Recipe: Cheesy Pumpkin Pasta Bake

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

Bath County Cooperative
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2914 E. HWY 60 40360
606-674-6121



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

**Cooperative
Extension Service**

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

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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



Suicide 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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**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.ukhc.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.ukhc.org>

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