



Family & Consumer Sciences

September Newsletter

Hello, everyone!

As we transition into the crisp air and vibrant colors of September, it's a perfect time for reflection and renewal. The end of summer brings a fresh energy that propels us into the final stretch of the year. Whether you're diving into new projects, preparing for fall, or taking a moment to recharge, this month offers a chance to reset and refocus.

This issue includes flyers for one of our favorite programs, along with a great community event taking place at the end of the month. Check out pages 4 & 5 for more info!

Let's dive in!

What is inside?

- Monthly Calendar
- Homemaker News
- Program Flyers
- Money Wise Newsletter

Office Closed
Monday,
September 1st.



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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

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Disabilities
accommodated
with prior notification.

SEPTEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1 Labor Day: Office Closed	2 Project Linus 	3 Paper Hugs 	4	5	6	7
8 Sewing Day 	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Cooking Through the Calendar 	23	24 Veterans Day of Honor & Valor 	25	26	27	28
29	30					

BATH COUNTY HOMEMAKERS



What we have been up to

- LRA Leadership Day was held on August 26th in Montgomery County. Homemakers learned about **Air Fryers, Laughter in Marriage and Relationship with Food.**

If any groups would like these lessons, please let me know .

What's New

NEW COUNTY OFFICERS

I would like to welcome our new county officers:

County President: Jackie Watson
County Secretary: Debbie Highley



Reminders

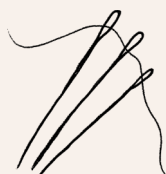


- Need Volunteers to help with Veterans Day of Valor: Call Sassia for details
- Cultural Arts Blue Ribbon Winners need to be brought to my office **September 1st- 12th**

Upcoming



- Veterans Day of Valor: September 24th
- KEHA Week is Oct. 12th - 16th
- Homemaker Annual Meeting: October 26th at Bath County



COOKING THROUGH THE
Calendar

Date: September 22nd

Time: 3:30 PM

Location: Bath County
Extension Office

Recipe: Grits, Greens, & Egg Bowl

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

Bath County Cooperative
Extension Office
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.

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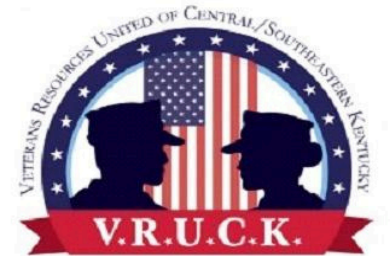
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COOPERATIVE EXTENSION



WE SALUTE YOU WITH PRIDE
HAPPY

VETERANS' DAY OF VALOR AND HONOR

HONORING ALL WHO SERVED

**24th of September 2025 from
11 a.m. to 2:30 p.m.**

**Bath County Extension Office
2914EHwy60(I64-exit123)underthegreenhoop**

★ Service Officers ★
★ VET Center ★
★ Community Partners ★
★ Claims ★
★ PACT Act Information ★
★ Other Resources ★

For Veterans and Families

Free Food & Door Prizes

For more information contact

Sassia 859-294-7490 YourInsuranceLady, LLC

Phyllis 859-806-4297 LadyVeteransConnect

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LEXINGTON, KY 40546



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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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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 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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