



# May 2025

# **FCS NEWSLETTER**



# SEE FLYER FOR UPCOMING PROGRAMS

- Annual Meeting
- Area Cultural Arts
- Card Making Class
- Walk KY
- Witts Workout
- Scrapbook Class
- Disaster Making Kit
- Puerto Rico Cooking
- Health Bulletin
- MoneyWise

### Cooperative Extension Service

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

# **HOMEMAKER UPCOMING DATES**

- 1. HMKR International Lunch **April 24th 10am** (Speaker from Angola Africa)
- 2. KEHA State Meeting **May 6-8th** Lexington KY
- 3. Jefferson Annual Meeting **May 29th 11-2pm** Jefferson County Extension Office
- 4. Louisville Area Homemaker Annual Meeting **June 17th 10am** Celebration Barn 166 Old Jericho Road, Smithfield

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# JEFFERSON COUNTY HOMEMAKER Annual Meeting

JEFFERSON COUNTY EXTENSION OFFICE DATE: MAY 29<sup>TH,</sup> 2025 TIME: 11AM-2PM ENTERTAINMENT: LOGAN LEET COST: \$15

RSVP by May 22<sup>nd</sup> to Kathy Irby (502) 551-1593 kygammie57@gmail.com with your choice of Ham, Turkey, or Chicken Salad Boxed lunch Louisville Area Cultural Arts Winners

> MARDA DEWEY- FIRST PLACE (KNITTING-ACCESORIES)

MINNIE MCDONALD- FIRST PLACE (KNITTING-FASHION)

MARDA DEWEY-SECOND PLACE (KNITTING)

KATHY IRBY-SECOND PLACE (QUILT) (CROCHET)

BEVERLY BOTS-THIRD PLACE (ART, RECYCLE AND WALL OR DOOR HANGING)

Congrats Evergone!





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# WALKING PROGRAM STARTS: MAY 1ST, 2025

# SIGN UP TODAY



# ALL AGES WELCOME WALK ON YOUR OWN OR WITH A GROUP

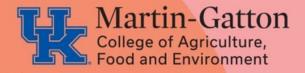
## Cooperative Extension Service

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### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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An engaging, interactive, and educational brain health program

WITS

VORKOU

Date: May 13, 2025 Time: 1-3pm Location: Jefferson County Extension Office 4200 Gardiner View Ave, 40213 Presented by: Carolina Robles Contact: (502) 569-2344 for more information!



COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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Disabilities accommodated with prior notification.

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

**Extension Service** 

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**Cooperative** Extension Service

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WWW.DONNASTAMPS.COM

Lets Get

# **SCRAPPIN**<sup>•</sup>

Monthly Scrapbooking Class - 3rd Thursday Next Class May 15th, 2025

# 12:30pm-2:30pm

Jefferson Co Extension Office 4200 Gardiner View Dr, 40213

Together we will make 2 12x12 pages Cost is \$30

# Call Donna at 502-876-9133 to reserve your spot!

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UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

# LEARN HOW TO MAKE A:

DISASTER TOOLKIT

# **Program Information**

Date

May 20th, 2025 5-6pm Location

Jefferson County Extension Office 4200 Gardiner View lane Louisville KY 40213 Bring

Bring ONE canned good of your preference

# Cooperative Extension Service

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

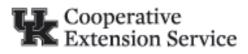
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ADULT HEALTH BULLETIN

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# MAY 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

# THIS MONTH'S TOPIC

# TICK PROBLEM PREVENTION



S pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

# Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page 😑

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# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.



### Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
  - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: https://www.epa. gov/insect-repellents/find-repellent-right-you.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — "hidden" locations and spots with increased blood flow are ticks' favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a "tick kit" with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

# **Tick kit items**

Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

# **Tick testing**

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK's Tick Submission Program: https:// entomology.ca.uky.edu/ticksurveillance2022

# What makes a location "tick risky"?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in "wilder" areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don't let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating "bite safe" spaces around your home, check out UK's Extension Resources: https://entomology. ca.uky.edu/ef618 and UK's From the Woods Today series, episodes 212 and 214.

- Episode 212: https://youtu.be/pr2\_\_\_\_\_ iPdndl?si=z1u72TXK556QQAOL
- Episode 214: https://youtu.be/DNTXX\_ DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D., Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock



# VALUING PEOPLE. VALUING MONEY.

# MAY 2025

Nichole Huff, Ph.D., CFLE Assistant Extension Professor Family Finance and Resource Management nichole-huff@uky-edu

# THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

# LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

## CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read https://ukfcs.net/ Traveling Meals.

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit https://www.kentuckytourism.com/ to explore all the vacation choices the Commonwealth has to offer!

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### AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at https://consumer.ftc.gov/articles/avoid-scamswhen-you-travel. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

### CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: https://fcs-hes.ca.uky.edu/MTAC

> Written by: Kristen Jowers and Kerri Ashurst Edited by: Nichole Huff and Alyssa Simms Designed by: Kelli Thompson Images by: Adobe Stock

# FOR MORE

Contact FCS Agent: Carolina Robles carolina.robles@uky.edu 502-569-2344 or visit our website https://jefferson.ca.uky.edu/

**MORE INFO**