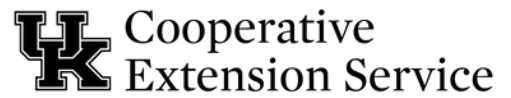


NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

IMPORTANT DATES

Office Closed- Election Day	Nov. 5
Tasty Tuesday	Nov. 12
Cloverbuds	Nov. 12
Cooking Through the Calendar	Nov. 14
4-H Cooking	Nov. 14
Crafts & Crumbs	Nov. 18
Homemaker Meeting	Nov. 18
Office Closed- Thanksgiving	Nov. 28-29



THIS MONTH'S TOPIC KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States has prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page



Cooperative Extension Service

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.



Mount Olivet

Are you passionate about making a difference in your community? The Family and Consumer Sciences (FCS) Extension Council is seeking dedicated individuals to join our team. We invite you to be a part of a collaborative effort focused on enhancing the well-being of individuals and families while addressing the challenges faced across the lifespan.

What is Family and Consumer Sciences Extension?

FCS Extension is dedicated to building the assets of individuals and families through educational programs that emphasize:

- Human Development: Understanding the various stages of life to support growth and well-being.
- Parenting: Providing resources and support for effective parenting practices.
- Resource Management: Teaching individuals and families how to manage their resources effectively for a better quality of life.
- Nutrition and Health: Promoting healthy eating and lifestyles to enhance overall health.
- Leadership Development: Empowering community members to take on leadership roles and drive positive change.

The Role of FCS Council Members

As a member of the FCS Council, you will play a crucial role in guiding the development and implementation of programs that benefit our community. Your involvement will include:

- Collaborating with fellow council members to identify community needs.
- Developing and promoting educational initiatives that strengthen families and communities.
- Engaging with local stakeholders to foster partnerships and resource sharing.
- Advocating for policies and practices that support family and consumer well-being.

Why Join the FCS Council?

- Make an Impact: Your contributions will directly affect the lives of individuals and families in our community.
- Enhance Your Skills: Gain valuable experience in leadership, program development, and community engagement.
- Network with Professionals: Connect with like-minded individuals who share a passion for community service and development.
- Be a Change Agent: Help address the ever-evolving challenges faced by families and communities today.

How to Get Involved

If you are interested in joining the FCS Council and contributing to our mission of strengthening families and communities, we want to hear from you! Please reach out to us at 606-724-5796 for more details. Together, we can build a stronger, more resilient community. Join us in this rewarding endeavor and be a part of the positive change in the lives of others!

COOKING THROUGH THE CALENDAR

NOV. 14

11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

HEARTY
HARVEST BOWL



ADULT

HEALTH BULLETIN



NOVEMBER 2024

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

Robertson County Extension Office
39 East Walnut Street
Mt. Olivet, KY 41064
(606) 724-5796

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



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Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

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There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
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
accommodated
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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Spoon Ring Workshop

Bring your own silver spoon to the class and customize it to fit your finger.

Nov. 18 @ 5 p.m.

REGISTER NOW



Cost is \$20.00

Call 606-754-5796