

Upcoming Events Continued

October 24: All about Apples Class from 10 to 11 AM and 5:30 to 6:30 PM at the Extension Office. Join us to sample some tasty apple recipes and learn which types of apples are best for cooking. **Contact the Extension Office to sign up and let us know which time you'll be attending.**



Looking Ahead to November

November 1: Healthy Eating Around the World Lesson at 10 AM at the Extension Office and 5 PM on **November 2** via Zoom.

November 5: Daylight Savings Time Ends



November 11: Homemakers Craft Mingle at 10 AM at the Extension Office. Bring a friend


and join in the fun. You don't have to be a member in order to participate.

November 13: Deadline to pay your Homemaker Dues for 2023-2024!

November 16: Homemaker Council meeting at 9 AM at the Extension Office.

November 16: Ag Day



 Cooperative Extension Service

Homemaker Dues

Don't forget to pay your Homemaker dues for the 2023-2024 year if you haven't already.

Mailbox members should have received an enrollment form with your August newsletter. Dues are \$10 per person (checks go to Muhlenberg County Homemakers). **The deadline to pay your dues is Monday, November 13.**

If you are a member of a Homemaker club, your club leader will be collecting your dues at your monthly meeting.



MUHLENBERG COUNTY HOMEMAKERS

BEAN SUPPER



All funds raised from ticket sales & live auction go to the Ovarian Cancer Research Fund at the University of Kentucky.

OCTOBER 16, 2023 | 4:00 - 7:00 PM

MUHLENBERG COUNTY COOPERATIVE EXTENSION SERVICE

3690 State Route 1380 Central City, KY 42330-5512

LIVE AUCTION BEGINS AT 5:30 PM

Carry-out or dine-in available. Silent Auction (funds go to Homemakers Bean Supper Fund).

Unlocking the Bounty of Freshness: Farmer's Market Tokens?

What are Farmer's Market Power of Produce Tokens? Farmer's Market Tokens are a currency made available through a partnership of the Muhlenberg County Nutrition Education Program, Muhlenberg County Health Department and the Muhlenberg County Farmer's Market. Our Big Blue Power of Produce tokens have a \$5.00 value and can be used on any food item at the market. Tokens offer consumers a convenient way to shop for delicious, locally grown foods. Funding for the tokens was made possible from a Kentucky Health Equity grant facilitated by our local health department.

How can you get our Power of Produce Farmer's Market Tokens? These tokens are distributed when you participate in educational programs and classes offered by the University of Kentucky Nutrition Education Program and the Muhlenberg County Health Department. The programs distribute the tokens to promote healthy eating habits and make fresh healthy foods accessible to everyone. Currently, the tokens are being distributed at the NEP Cooking through the Calendar classes at the Central City Public Library and the Muhlenberg County Extension Office, the Cooking Matters classes at the Muhlenberg County Senior Center, and Senior Yoga at the Senior Center. Look for more information on earning Power of Produce tokens in the future!

Make the Most of Your Farmer's Market Tokens

Plan Ahead: Before heading to the market, make a list of items you need and have a budget in mind. This will help you make efficient use of your tokens.

Ask Questions: Don't hesitate to engage with the farmers and artisans. Ask about their products, how they're produced, and for cooking tips. You might discover something new and exciting!

Explore Seasonality: Farmer's markets change with the seasons. Embrace this by trying new fruits and vegetables that you may not find in your local grocery store.

Share the Experience: Invite friends or family to join you at the market. It can be a wonderful family experience, and you can pool your tokens for a larger, shared haul of fresh goodies. The Muhlenberg County Farmer's Market is open Tuesday and Thursday afternoon 3:00-6:00 PM, and Saturday mornings at 8:00 AM.

Farmer's Market Tokens are more than just a convenient way to shop for fresh produce; they are a means to strengthen our community, promote sustainability, and enjoy the best that local agriculture has to offer, not to mention your personal growth from your participation in new educational opportunities.

For more information please contact Vi Wood at viola.wood@uky.edu or 270-338-3124.



604 CLEATON ROAD . POWDERLY, KENTUCKY 42367



A Note from the President of Muhlenberg County Homemakers

Speaking kindness is a simple, yet powerful act that can majorly impact both the giver and the receiver. When we choose our words with empathy and compassion, we create an atmosphere of warmth and understanding. Kind words can uplift someone's spirit, provide comfort during challenging times, and strengthen the bonds of our relationships. It's a reminder that in a world where we can be anything, choosing to be kind is a choice that costs nothing but can mean everything to someone else. So, let us

embrace the power of speaking kindness and make it a habit in our daily interactions. I encourage everyone to try to do at least one act of kindness a day—anything from calling a friend you haven't spoken to in a while or smiling at a stranger. Simple acts of kindness go a long way!

Tammy Dozer



The Muhlenberg County Homemakers are once again hosting a quilt raffle! You could be the winner of this beautiful quilt at their drawing on November 30 (or as soon as tickets are sold). Tickets are \$5 each. Homemakers have been hard at work selling tickets. Tickets may also be purchased at the Extension Office, where the quilt is on display. All proceeds go to ovarian cancer research at the University of Kentucky.

Thank you to the Warm Hearts Quilters of Muhlenberg County for donating this beautiful quilt!

A poster for the 'Old Kentucky Hayride Musical' event. The poster features a purple microphone, a banjo, and a newspaper clipping. The text on the poster includes: 'OLD KENTUCKY HAYRIDE MUSICAL', 'HOMEMAKERS FALL ANNUAL AREA MEETING', 'October 27th', 'Marion Baptist Church', '131 E. Depot Street, Marion, KY 42064', 'Live Performance by: Classy & Grassy', 'Food MARION PIT BBQ', and 'Cost: \$15 due by October 16'.

Stretch your Food Dollar with Soups

A pot of homemade soup is healthy and a money saver. In winter, a steaming bowl of soup is comfort food in the purest sense. It is a great meal for helping to stay healthy. With veggies, whole grains, and lean proteins, homemade soup is a balanced one-pot meal.

By making and freezing batches of soups, you can save time and have a healthy dish when you want. Soups can be money savers because they don't call for pricey foods. Plus, you can load soups with veggies, giving your family the healthy meal, they need. Use canned, frozen, or fresh veggies, add some broth and turn on your slow cooker for a super soup dinner.

Making homemade soups can help you control what's in your food, such as less sodium.

Adapted from Michigan State University Extension

Thought for the Day

“Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are.”
- Brene Brown



Sign up is important! Don't forget to contact the Extension Office to let us

know if you plan to attend upcoming events!



Mailbox members should find copies of the handouts from the September 26 lesson on *Recognizing and Coping with Trauma After a Natural Disaster* included with this newsletter.

Contact Us



(270) 338-3124



Facebook Pages:

**Muhlenberg
County
Cooperative
Extension**

**Muhlenberg
County
Homemakers**

A Note from your Family & Consumer Sciences Agent

Hello Homemakers! What a fun few months we have coming up! Cool-weather, holiday festivities beginning, and new programs starting...Yay! I am excited to share that we have two upcoming programs and one new club starting with more programs in the works. We will have a Fall Apple Class to learn what apples are best to use when cooking and a Charcuterie Class to learn how to create a beautiful and tasty board for the holidays. As well, we have a Pickleball Club starting this month!

We had a fantastic turnout at the Extension Extravaganza! I want to thank all of those who volunteered, it wouldn't have been possible without your help. It was greatly appreciated.

Don't forget to mark your calendars to be at the courthouse for KEHA Week Declaration at 9 AM on October 9. That afternoon, October 9 from 3 to 5 PM we are having a Birthday Bash to celebrate YOU and all the great things Homemakers do! There will be door prizes, desserts, and fellowship. All are welcome!



Alex Kelly

Alex Kelly

Muhlenberg County Extension Agent for
Family & Consumer Sciences Education

How can we **serve you, Kentucky?**

Take a ten-minute survey to help us develop programs addressing needs in your community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION
An Equal Opportunity Organization.

Martin-Gatton College of Agriculture, Food and Environment
KENTUCKY STATE UNIVERSITY

The graphic features a blue background with various icons representing different aspects of life in Kentucky: a stethoscope, a horse, a bicycle, a boat, a camera, a megaphone, and a building. The text is white and yellow.

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.

RECOGNIZING SIGNS

TRAUMA

When we experience trauma, it is helpful to remember that we are under extreme stress. Because of the trauma and stress, our brain puts us into survival mode (fight-flight), which helps keep us alive but can impair our ability to recognize the signs of trauma and recover.



Most people experience powerful emotional and physical responses immediately after the traumatic event, and in many cases, for months afterward.



The initial and long-term signs of trauma after a natural disaster can differ based on the events and experiences of the individual. We've included some immediate and long-term signs of trauma, below, to help you recognize them.



Immediate Signs of Trauma (< 3 months after event)

- Feeling numb or like nothing is real
- Problems focusing or feeling confused
- Easily startled or scared
- Intense anger or sadness
- Heart racing when thinking about the event
- Difficulty sleeping or having nightmares about the disaster
- Headaches and/or fatigue
- Feeling worried or fearful
- Digestive problems, like upset stomach

Long-term Signs of Trauma (> 3 months after event)

- Feeling irritable or bitter
- Difficulty thinking or making decisions
- Socially isolating from family or friends
- Avoiding places that bring back painful memories of the event
- Easily startled or scared by certain sights or sounds
- Problems completing work tasks
- Recurrent thoughts about the disaster or future disasters
- Difficulty sleeping, unable to sleep, or sleeping too much
- Fatigue
- Worrying more or fearful about future disasters
- Intense grief for weeks and months

For more resources or to
talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

References:
National Child Traumatic Stress Network. (2006). Psychological First Aid Field Operations Guide 2nd Edition. Rockville, MD: National Child Traumatic Stress Network

Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

Substance Abuse and Mental Health Services Administration. (2022). Coping Tips for Traumatic Events and Disasters. Substance Abuse and Mental Health Service Administration. <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

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TRAUMA

During recovery efforts after a natural disaster, it is important to recognize how to cope with the events. By learning how to cope with the trauma, we can grow stronger as individuals and communities. The growth will help us remain healthy and well, but also help each other when future natural disasters might occur.

Coping with trauma can sound difficult when trying to recover from a natural disaster, especially if we feel helpless or hopeless. Several tips below can help you, your friends, family, and the community handle trauma and the stress brought on by the natural disaster. As you consider the tips below, remember that recovery is possible!

Prioritize Basic Needs

- Food: undamaged, nonperishable or food provided during relief efforts.
- Safety: avoid running water, damaged structures, or downed power lines. Minimize exposure to flood waters. Avoid going out after curfew or at night to prevent exposure to hazards like downed power lines.
- Water: bottled water or other prepackaged juices or sodas.
- Clothing: if possible, obtain or keep a set of dry clothes, including socks and a jacket or coat.
- Shelter: take shelter in an undamaged/unaffected structure like a school, church, or mobile shelter.

Care for Others, Care for Yourself

- Use compassion and caring dealing with others.
- Offer supportive words to yourself and others.
- Spend time or reach out to family and friends daily.
- Avoid the use of alcohol or drugs.
- Reduce/avoid consumption of news.
- Delay making major life decisions.
- Acknowledge your emotions; one day, you may feel angry, then feel overwhelmed or sad.
- Give yourself grace. Feeling sad, worried, and angry is OK.
- Try to get "good" sleep.
- Remain flexible. Changes will occur.
- Seek professional support from a physician or counselor.

Restore Your Routine

- Eat at the same time each day.
- Drink plenty of water.
- Take time for rest to boost your recovery.
- If possible, take your medicines.
- Take time to grieve.
- Call, text, or talk to someone you trust daily. Talk with volunteer or safety personnel if you cannot connect with a friend or family member.
- Once out of danger and you are safe, wake up and go to bed each day at the same times.

For more resources or to talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

References:
National Child Traumatic Stress Network. (2006). Psychological First Aid Field Operations Guide 2nd Edition. Rockville, MD: National Child Traumatic Stress Network

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Substance Abuse and Mental Health Services Administration. (2022). Coping Tips for Traumatic Events and Disasters. Substance Abuse and Mental Health Service Administration. <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

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TRAUMA

Helping people who experience trauma because of a natural disaster does not require specialized training but requires us to be informed. Below you will find some essential tips for helping people cope with trauma after a natural disaster.

1

Interactions should be compassionate, calm, and helpful. When working with people who experience trauma, it's important to listen, speak calmly, and keep an open posture. Recognize individuals may be in shock, angry, crying, or fearful. People may be unable to verbalize needs.

2

Prioritize **physical safety and basic needs**. Prioritize safety and shelter can reduce stress and restore a sense of normalcy. Be practical and connect individuals with up-to-date information and resources. Practical efforts can include providing the following:

- **Food:** undamaged, nonperishable items
- **Water:** bottled water
- **Clothing:** dry clothing, including socks, shoes, pants, a shirt, and a jacket or coat
- **Shelter:** shelter in an undamaged or affected structure
- **Safety:** to prevent further injury or loss of life. Discourage re-entering disaster areas.
- **Ask:** What else do they need?

3

Look for signs of trauma and **provide support**. Individuals might feel helpless and be unable to problem solve or follow simple directions. They may also suddenly become overwhelmed with emotion. Simple support can include:

- Tell them you care about them.
- Actively listen and give information.
- Connect them with family, friends, and other resources.
- Provide safety and shelter.
- Empathize, but avoid statements like "I understand what you are going through."
- **DO NOT** make promises such as, "We will find everyone," or "We will recover what you lost."
- **DO NOT** ask or try to force someone to share their experience or story, which can retraumatize them.

4

Give information about coping and connect with professional helpers. By doing so, you help deactivate the survival system and can help restore a sense of calm. Information about coping can include tips on caring for themselves and others who experience a natural disaster. These include:

- **Encouraging and helping restore routine:** Restoring routine provides a sense of empowerment and normalcy. Routines can include eating, sleeping, and waking up at the same time each day. Keep tasks simple.
- **Encourage acknowledgement of emotions:** It is normal to feel angry, sad, tired, helpless, and worried. Making room for painful emotions is OK.
- **Remain flexible:** After a natural disaster, changes occur. We can remain flexible. We help people differentiate between controllable and uncontrollable situations.
- **Seek professional help:** It is important to connect people experiencing trauma after a natural disaster to professional helpers like doctors, crisis responders, counselors, or nurses.

- Panic attacks
- Substance misuse
- Expressing feelings of hopelessness
- Social isolation
- Suicidal behaviors

Crisis can occur at any time after a traumatic event, but sometimes one to three months afterward.



Watch for Signs of Crisis

For more resources or to talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

References:
National Child Traumatic Stress Network. (2006). Psychological First Aid Field Operations Guide 2nd Edition. Rockville, MD: National Child Traumatic Stress Network

Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

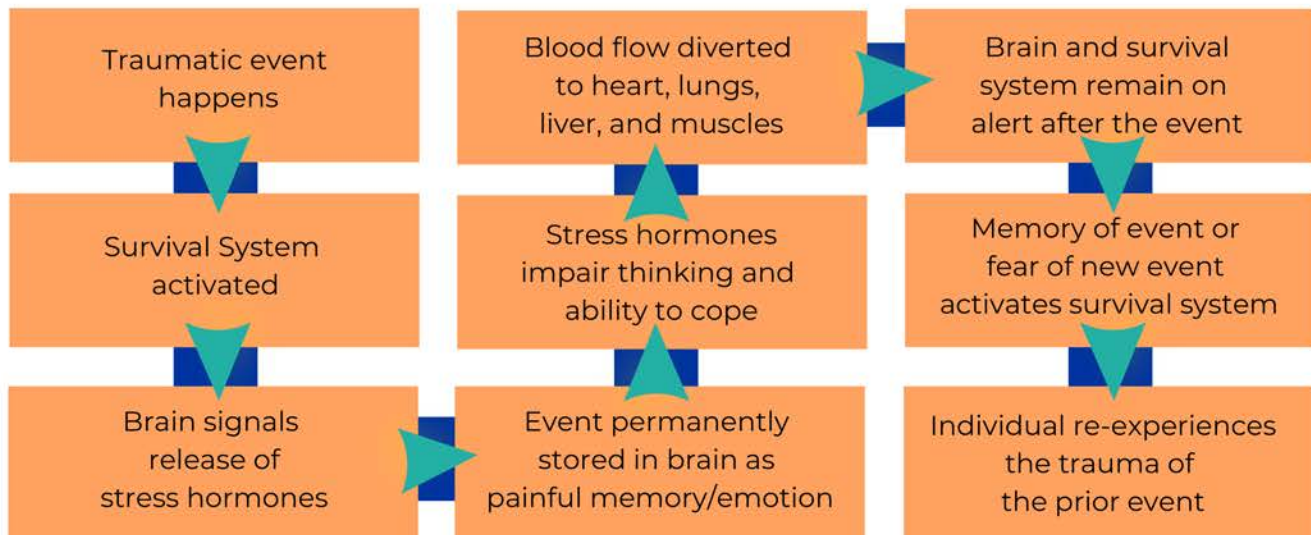
Substance Abuse and Mental Health Services Administration. (2022). Coping Tips for Traumatic Events and Disasters. Substance Abuse and Mental Health Service Administration. <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

UNDERSTANDING TRAUMA

The devastation of a natural disaster can leave us in shock and feeling helpless and hopeless. These feelings can result from personal trauma because of the natural disaster we experienced. Our ability to recognize the signs of trauma and how it affects our body can help us begin to cope with the trauma and eventually grow stronger for ourselves, our family, friends, and our community.

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. A simple way to think about trauma is to consider the maximum amount of stress a person can handle in response to an uncontrollable event. In many cases, the event disrupts our ability to cope because of the significant loss of relationships and things necessary to meet our basic needs.

How Does Trauma Affect the Body?



For more resources or to talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

References:
National Child Traumatic Stress Network. (2006). Psychological First Aid Field Operations Guide 2nd Edition. Rockville, MD: National Child Traumatic Stress Network

Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

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