

# FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your FCS Agent:

In light of the historic flooding that has impacted our community, we want to extend our deepest sympathies to everyone affected. We stand with you during this challenging time and are committed to providing support. We also encourage everyone to stay informed about safety measures and updates from local authorities. We have numerous flood resources available to assist you. Please reach out if you need help.

Our thoughts are with you and the entire community. Together, we are stronger, and our team is committed to standing by your side as we work to rebuild and restore our community.

Best wishes,



Chelsea Workman  
County Extension Agent  
for Family & Consumer Sciences Education  
[chelsea.workman@uky.edu](mailto:chelsea.workman@uky.edu)



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# Dates to Remember:

**March 10: Quilt Guild**

**March 11: Laugh and Learn**

**March 15: Quilters Day Out**

**March 18: Northeast Area Homemaker Council Meeting in Lawrence County**

**March 19: Wits Workout**

**March 21: Homebased Microprocessor Workshop**

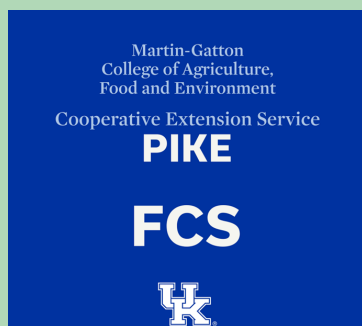
**March 24: Quilt Guild**

**March 25: Cooking Through the Calendar**

**March 27: Diabetes Support Group at ARH**

**April 1: Laugh and Learn**

**April 2: Leader Lesson (makeup day)**



Follow us on our  
Facebook page!  
"UK Pike County  
FCS"



# Announcements:

- Homemaker Leader Lessons have been rescheduled for April 2nd and will be held at the Pike County Cooperative Extension Office.

## **Save the date:**

- KEHA State Meeting May 6-8 (if riding the van we will be leaving on May 5th)
- Northeast Area Homemaker Annual Meeting: October 18th
- Homemaking in the Mountains: October 11th

## Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!



# Flood Relief Information and Resources



**Extension Disaster Website:**  
<https://anr.ca.uky.edu/extensionhelps>



**Kentucky Emergency Management:**  
<https://kyem.ky.gov/Who%20We%20Are/Pages/default.aspx>



**CDC Flood Information**  
<https://www.cdc.gov/floods/about/index.html>




**CDC Mold Information**  
<https://www.cdc.gov/mold-health/communication-resources/>




# Cleaning flood-soiled Clothing

## Dos and Don'ts

Goal: Prevent bacteria from contaminating clean clothes and surfaces

- 
- Sort clothes in an area where you will NOT fold clean clothes.
  - Disinfect area where clothing is sorted to prevent bacteria from spreading to clean clothing.
  - Follow garment label instructions to determine if a garment must be dry cleaned.
  - Launder flood -soaked clothing with a disinfectant (such as bleach).

- 
- Do not sort or wash flood-soiled clothes with uncontaminated clothes.
  - Do not shake flood-soiled clothes near clean, uncontaminated laundry or near surface used for sorting or folding clean laundry.
  - Do not put away any damp items.
  - Do not store items in airtight plastic or plastic dry cleaner protective bags.

### Before taking clothes to dry cleaner

- Allow garments to dry slowly at room temperature inside or line dry outdoors. (Take only dry clothes to the cleaners.)
- Shake and brush clothes well to remove as much dirt as possible. (outdoors)
- Tell cleaners fabric content, cause of stains, and that garments are flood-soiled.

**Take  
"dry clean only"  
garments to a  
professional  
dry cleaner.**

When laundering, only use water from a safe source.



**Wash and  
rinse flood-  
soiled clothing  
before drying.**



Disinfect clothing with 2 tablespoons of household bleach per washer load.

Generally, even clothing labeled for non-chlorine bleach can withstand this disinfecting solution.

**Dry flood-soiled  
clothing in a  
dryer to  
eliminate germs  
and bacteria.**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Replacing Important Papers in Kentucky

*After a disaster, important papers may be destroyed, lost, or damaged. Excerpted from toolkit developed by the University of Minnesota Extension and North Dakota State University Extension Service.*



## Birth and Death Certificates

To replace a birth or death certificate for U.S. citizens who were born or died in the United States, visit [www.vitalrec.com](http://www.vitalrec.com)

You can also contact the Kentucky Vital Records Office at 502-564-4212 or visit: <https://chfs.ky.gov/agencies/dph/dehp/vsb/>

For records of U.S. citizens born abroad: <https://travel.state.gov/content/travel/en/international-travel/while-abroad/birth-abroad.html>

For records of a U.S. citizen who died abroad: <https://travel.state.gov/content/travel/en/international-travel/while-abroad/death-abroad1/consular-report-of-death-of-a-u-s--citizen-abroad.html>

## Citizenship / Naturalization Papers

For papers related to citizenship, immigration, permanent residency, re-entry, employment, etc., complete Form N-565 available at <https://www.uscis.gov/n-565>

## Passport

Contact Passport Services: <https://travel.state.gov/content/travel/en/pasports/have-passport/lost-stolen.html>

## Credit Cards

Contact issuing financial institution:  
**American Express:** 1-800-528-4800  
**Discover:** 1-800-347-2683  
**Master Card:** 1-800-627-8372  
**Visa:** 1-800-847-2911

## Wills

Contact the attorney who prepared your will. If circumstances have changed, you may need to write a new will.

## Drivers Licenses or State ID Cards

The quickest way to obtain a duplicate driver's license is to apply in person at any state Department of Motor Vehicles (DMV).

You will need to complete an application for a license or identification card at: <https://drive.ky.gov/driver-licensing/Pages/Drivers-License-and-ID-Card.aspx#lost-drivers-license-permit-or-id-cards>

## Income Tax Returns

Request Form 4506 available at: <https://www.irs.gov/pub/irs-pdf/f4506.pdf>

To find your local IRS office, visit: <https://revenue.ky.gov/Get-Help/Pages/Service-Centers.aspx>

### Taxpayer Service Centers:

**Frankfort:** 502-564-5930  
**Louisville:** 502-595-4512  
**Northern Kentucky:** 859-371-9049  
**Owensboro:** 270-687-7301  
**Corbin:** 606-528-3322  
**Paducah:** 270-575-7148  
**Ashland:** 606-920-2037  
**Pikeville:** 606-433-7675  
**Bowling Green:** 270-746-7470  
**Hopkinsville:** 270-889-6521

## Marriage and Divorce Records

Copies of marriage or divorce records from June 1958 to present are available from the issuing county clerk or from the Kentucky Office of Vital Statistics. For records prior to June 1958, contact the issuing county.

<https://chfs.ky.gov/agencies/dph/dehp/vsb/>

To learn where to obtain vital records such as birth, death, marriage, or divorce, visit the National Center for Health Statistics:

[www.cdc.gov/nchs/howto/w2w/](http://www.cdc.gov/nchs/howto/w2w/)

## Military Discharge Papers

Request “Standard Form 180” (SF-180) from any office of Veterans Administration, the American Legion, the Veterans of Foreign Wars, the American Red Cross, a veterans’ association, or military recruiter.

<http://www.archives.gov/veterans/military-service-records/standard-form-180.html>

Find out if you are eligible for VA health benefits at <https://www.va.gov/health-care/>

## Mortgage / Insurance Policies

For mortgage papers, contact your lending agency. For insurance policies, contact the agent or company providing coverage. You may be required to complete a form, pay a fee for duplicate copies, or both. Have your policy number ready to expedite the request.

## Social Security Card

To find your local Social Security Administration office, visit:

<https://www.ssa.gov/onlineservices/>

Complete “Form SS-5” (Application for Social Security Card) available:

<https://www.ssa.gov/forms/ss-5.pdf>

## Vehicle Titles

Contact your County Clerk’s Office, listed on the Kentucky Transportation Cabinet’s Motor Vehicle Licensing System:

[drive.ky.gov/Pages/County-clerks.aspx](http://drive.ky.gov/Pages/County-clerks.aspx)

Complete a title application, available at:

[drive.ky.gov/motor-vehicle-licensing/Pages/Vehicle-Titling.aspx](http://drive.ky.gov/motor-vehicle-licensing/Pages/Vehicle-Titling.aspx)

## Property Deeds

Contact the County Clerk’s Office in the county where the property is located.

County Clerk contact information and websites may be found at:

<https://elect.ky.gov/About-Us/Pages/County-Clerks.aspx>

## Savings Bonds/Notes

Complete Form 1048E (“Claim for Lost, Stolen or Destroyed U. S. Savings Bonds”):

[www.treasurydirect.gov/forms/sav1048.pdf](http://www.treasurydirect.gov/forms/sav1048.pdf)

To replace Series HH/H Bonds, visit:

[www.treasurydirect.gov/indiv/research/indepth/hhbonds/res\\_hhbonds\\_hhreplace.htm](http://www.treasurydirect.gov/indiv/research/indepth/hhbonds/res_hhbonds_hhreplace.htm)

To replace Series EE/E Bonds, visit:

[www.treasurydirect.gov/indiv/research/indepth/ebonds/res\\_e\\_bonds\\_eereplace.htm](http://www.treasurydirect.gov/indiv/research/indepth/ebonds/res_e_bonds_eereplace.htm)

## Additional Information:

All information was verified at the time of revision (Dec. 12, 2021). However, because information is subject to change, always confirm its accuracy on your own. This tool was originally designed by the University of Minnesota Extension and North Dakota State University Extension Service. It has been adapted with permission for use in Kentucky by Dr. Nichole Huff, University of Kentucky Cooperative Extension Service.



# Food Safety - After a Flood

After a flood, keeping your family healthy is important. Use this guide to help you protect your family's food choices.

## Throw it out!

Foods that come into contact with flood water, including:

- fresh produce
- food in packages that are not waterproof
- home-canned foods

Other items that must be discarded:

- wooden kitchen items
- baby bottle nipples
- pacifiers

## Non-waterproof packaging

Containers with:

- screw tops
- twist caps
- snap lids
- crimped caps
- flip tops
- pull tops

Cardboard containers  
Paperboard containers

Any opened food packages

## Safe to clean and sanitize

Only commercially packaged foods that come into contact with flood water are safe to clean and sanitize.

These include:

- cans
- flexible plastic
- metal pouches (juice, seafood, nuts, soup and dried foods)

Clean and sanitize using the instructions on the next page.

## Cleaning & Sanitizing

### **Clean:**

1. Remove label if possible.
2. Wipe away any visible dirt.
3. Wash with soap and water.
4. Rinse.

### **Sanitize:**

Use one of the methods below.

#### Boiling Water

1. Place containers in water.
2. Bring to a boil.
3. Boil for 2 minutes.

#### Bleach Solution

1. Prepare fresh sanitizing solution with 1 cup unscented bleach in 1 gallon of water
2. Place containers in bleach solution.
3. Let stand for 15 minutes.

### **Dry:**

Allow packages to air dry for 1 hour before opening or storing. Write contents and expiration date on each item with a permanent marker.

## Safe drinking water

Use one of the methods below to make water safe to use. Boiling water is the safest method.

If the water is cloudy, allow any suspended particles to sink to the bottom, or pour through a coffee filter or clean cloth before using either method.

### **Boiling Water**

1. Bring water to a boil and let it boil for one minute.
2. Allow to cool.
3. Place in covered container for storage.

### **Bleach Solution**

Use unscented bleach containing 5.25 to 6.0 percent sodium hypochlorite as the active ingredient.

- For clear water, add 1/8 teaspoon of bleach per gallon of water.
- For cloudy water, add 1/4 teaspoon of bleach per gallon of water.

Treated water should be allowed to stand for at least 30 minutes before drinking or using.

**WATER**  
contaminated  
by gas, oil, or  
other toxic  
chemicals  
cannot be made  
safe to use.

# ADULT HEALTH BULLETIN



MARCH 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>

## THIS MONTH'S TOPIC

# THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

Continued on the next page →



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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

**REFERENCES:**

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Anna Cason, RDN  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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

## THIS MONTH'S TOPIC:

### STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

#### SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

#### PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

**Variable costs**, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



## **NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)**



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

### **SAVING WHEN EXPENSES ARE TIGHT**

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

### **LOOK TO THE PAST**

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



# MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 Quilt Guild @10	11 Laugh and Learn @10	12	13	14	15 Quilters Day Out
16	17	18	19 Wits Workout @1	20	21 Homebased Microprocessing Workshop @9:30	22
23	24 Quilt Guild @10	25 Cooking Through the Calendar @12	26	27 Diabetes Support Group @Tug Valley ARH	28	29
30	31					

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Cooperative Extension Service

# Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**9:30 a.m. - 2:30 p.m.**

**To register & for additional  
dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)**

**\$50**  
Fee

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# PIKE COUNTY EXTENSION OFFICE

 Cooperative  
Extension Service

## Laugh & Learn

Come have fun and learn with our Kindergarten readiness program for children ages 2 to 5 years old. The theme is rainbows!

All kids must be accompanied by an adult.

148 Trivette Drive | Pikeville, Kentucky  
March 11th- 10am-12pm

**CALL NOW TO SIGN UP**

**(606)432-2534**

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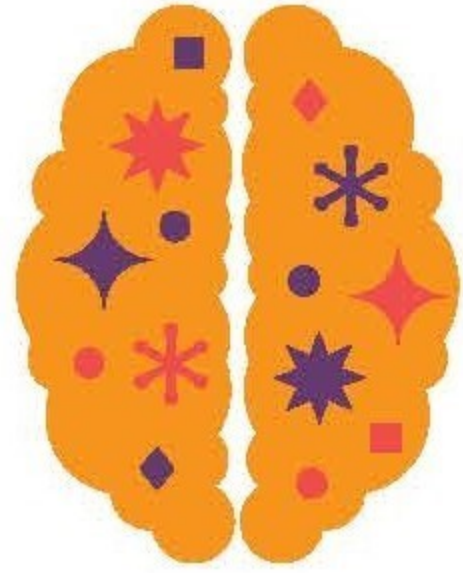
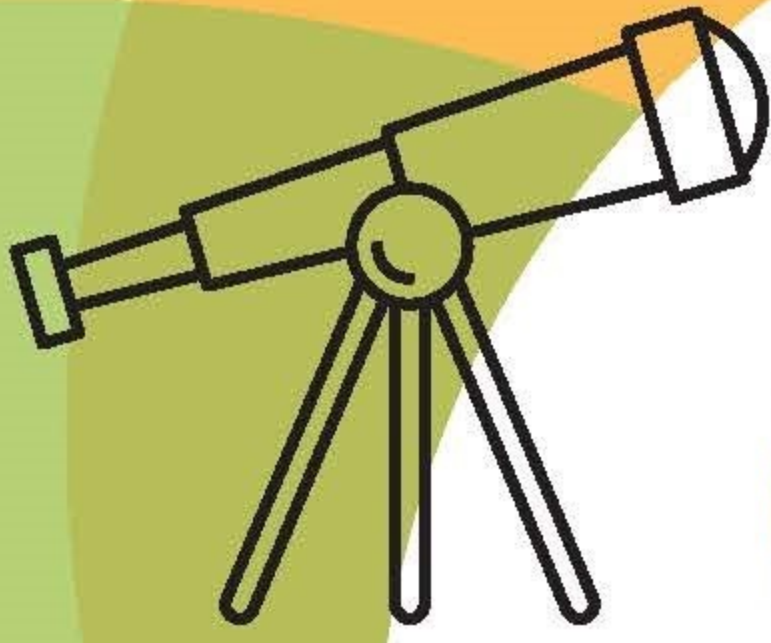
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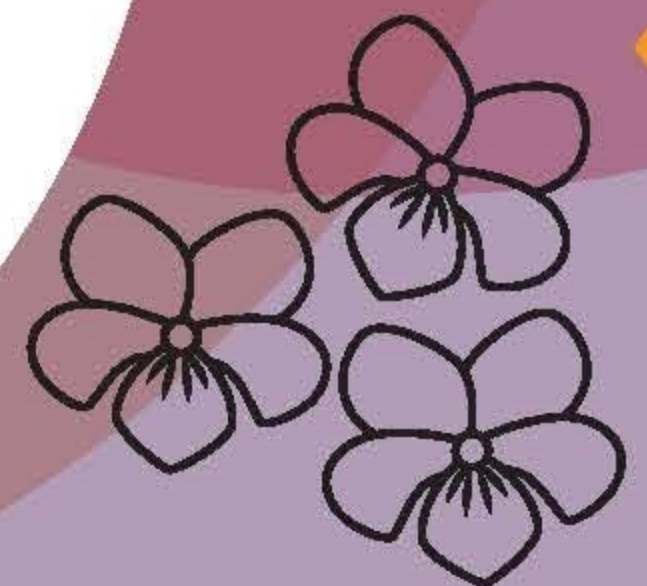
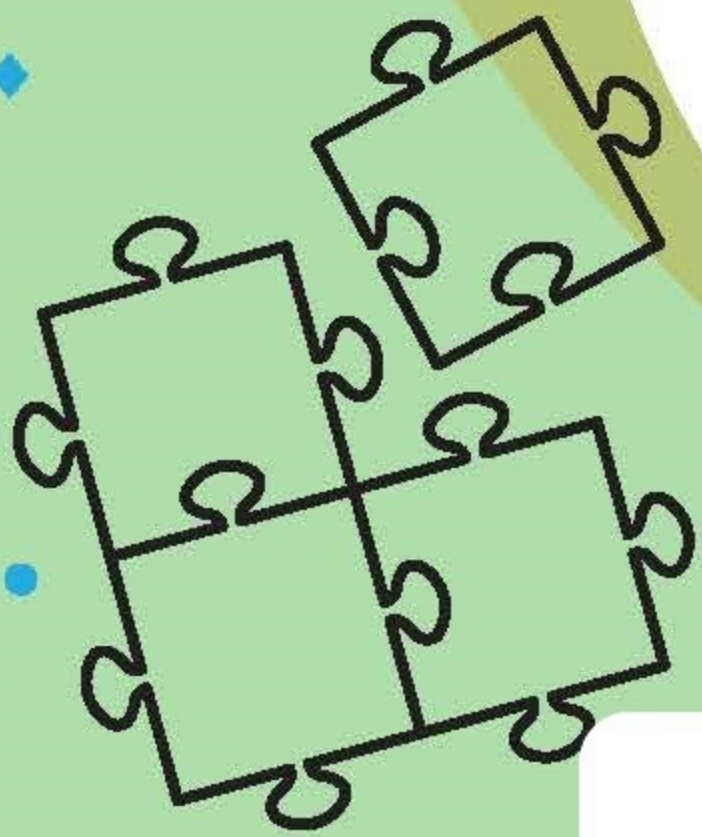
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# WITS WORKOUT



An engaging, interactive,  
and educational  
brain health program



Date: March 19th

Time: 1pm

Location: Pike County Cooperative  
Extension Office

Registration: Call 606-432-2534 to  
register

Come put your mind to the test by  
completing fun brain teasers that  
everyone is sure to enjoy!



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# Cooking Through the Calendar

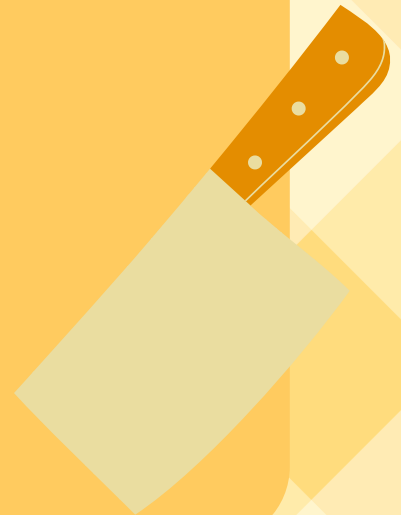


We will be making cauliflower  
bites

Tuesday, March 25th 12pm-1pm

Location: Pike County  
Cooperative Extension Office

Call (606)432-2534 to sign up!



# Crunchy Clover Snacks

Servings: 4 Serving Size: 1/2 cup



## Ingredients:

- 16 ounces frozen green peas
- 1 teaspoon olive oil
- 1 teaspoon garlic powder

## Directions:

1. Thaw peas. Place between paper or cloth towels and remove as much moisture as possible.
2. Preheat oven to 375°.
3. Place peas in a single layer on a baking sheet and toss with oil and garlic powder, coating evenly.
4. Bake for 30 minutes, shaking and stirring often to cook evenly.
5. Check to see if they are crunchy. If not, continue baking in increments of 10 minutes until crunchy.
6. Cool before serving.

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky  
Cooperative Extension Service

110 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 18g total carbohydrate; 6g dietary fiber; 6g total sugars; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium