

FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

Fayette County Extension

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JANUARY 2023



Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Each event will have Plate It Up! Kentucky Proud food samples for those attending. Each session is FREE and will begin at 6:00pm. Call 859-257-5582 to register.

Tuesday, January 31, 2023: Farrah Alexander, Resistance in the Bluegrass: Empowering the Commonwealth

Kentucky is more than just bourbon, basketball, and BBQ. This book is a celebration of the engaged citizens who have made and continue to make a difference across the Commonwealth.

Thursday, February 23, 2023: Dr. Alicestyne Turley, The Gospel of Freedom: Black Evangelicals and the Underground Railroad

An evocative exploration of the Underground Railroad and the important contributions of white and black antislavery southerners who united to form organized networks of assisted slave escapes in Kentucky and the Deep South.

Thursday, March 23, 2023: Kevin Cook, House of Champions: The Story of Kentucky Basketball's Home Courts

The first comprehensive history of the UK basketball program that focuses on the team's various arenas—how and why they were built, and the contemporary political, social, and athletic forces which shaped them and which they in turn influenced—and tells the story of Wildcat basketball told through the lens of their home courts.

Let's Talk About It! Keys to Great Communication

Some may think communication is how you talk with someone. But there is so much more that goes into being a good communicator. Learn more about non-verbal communication (body language) as well as the roles speaking and active listening play in communication. These skills will come in handy as you work with your fellow homemakers as well as at home and in the community.

Join us for this Homemaker Lesson Leader Training on January 24, 2023 at 10:00am at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition, this series will be held on Tuesdays March 2, 9, 16, and 23 at 10:00am ET/9:00am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please click the link to register: <https://ukfcs.net/BBBC23Book1>

Building strong families. Building Kentucky. It starts with us. #UKFCSExt #BigBlueBookClub

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 40546



Disabilities
accommodated
with prior notification.

Homemaker President Greetings

HAPPY NEW YEAR!

Happy New Year to all of our Homemakers!!!! Blessings to you in 2023! I cannot believe how fast this year went! I hope all had a safe and happy Christmas season and were able to stay warm—cozy and appreciate family and friends! Remembering the “Real” reason for the season!

I have never been one to make New Year Resolutions—they are usually broken within a month or less. I just try and work on things that I know need improving! I am finding if I take things day by day and minute by minute... things will come together. If you have a positive attitude and a working spirit—life in 2023 should be a lot better for all—within your homes, families and even your clubs! Thanks for all of your love and support in 2022 and I share new excitement and activities ahead!

Here are a few positive thoughts for 2023:

- The best time for new beginnings is now!
- Kindness cannot be quarantined
- Something must end for something to BEGIN
- Learn from yesterday. Live for today. Hope for tomorrow
- This is the year to be unstoppable!
- What feels like the end is often the beginning
- New year. New me. Same dream.
- This year, let's have more

*Wisdom

*Knowledge

*Confidence

*Self-love

*Compassion

Be kind

Trust the magic of new beginnings

2023 IS GOING TO BE YOUR YEAR!

Be safe and stay warm and healthy~

Blessings!

Alyce Emerson, President



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the winter/spring 2023 Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

Job Club Meeting Schedule

January 10: Job Search Strategies

Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK

The new year is a great time to step up your job search. Join our nationally certified career counselors as they share best practices for the job search. Bring your job search-related questions for this session.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC11023>

January 24: Interviewing 101

Presented by Caroline Snowden, Business Development Associate, VACO & Connor Owen, Recruiter, VACO

From virtual interviews to onsite interviews, join us to gain all the tools you need to impress that hiring manager in an everchanging post-Covid hiring landscape.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC12423>

February 14: Beat the Bots! Get Your Resume Past the Applicant Tracking System

Presented by Shelly Trent, SHRM-SCP, SPHR, CAE, JCTC, JCDC, CDF, Career Coach, Your Career Collaborator, LLC

Most mid-size and larger organizations use an Applicant Tracking System (ATS) to pre-screen resumes. If your resume does not match 85% of the criteria from the job posting, your resume may never be seen by human eyes. This program will share tips and tricks to “get around” the ATS to land your resume in the “yes” pile and will also provide general resume advice.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC21423>

2023 Homemaker Leader Lessons

Transferring Cherished Possessions: Estate Planning for Non-Titles Property ~ Training – February 28 at 10:00am

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. The goals of this lesson include, how to determine a fair distribution process between heirs and to discuss the methods of communicating distribution with loved ones while minimizing potential conflicts.

Green Cleaning ~ Training – March 27 at 6:00pm

Want to go green as you clean? Reduce exposure to harsh chemicals and opt for safer, more natural cleaning methods for your home. By swapping your cleaning products with common household staples, such as white vinegar, lemon juice, baking soda and salt, you can effectively clean your home while also improving the environment and reducing waste.

Healthy Outdoor Cooking ~ Training – April 19 at 6:00pm

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

Sewing Workshop

Thursdays, Jan 19, 2023- Feb 23, 2023
1140 Harry Skyes Way, Lexington, KY

Come join Eastern Kentucky University Occupational Therapy students, if you have interest in sewing or want to learn how to sew. We are looking for people to join our study that have health conditions that have affected motor and coordination abilities. Our workshop will be held at the Lexington Extension Office. These sewing sessions will last from 9:30-11am on Thursday for six weeks, depending on weather conditions makeup sessions will be rescheduled accordingly. No supplies are required to participate in the sewing workshop. If there is interest in participating in this workshop please contact Dr. Camille Skubik-Peplaski at Camille.Skubik-Peplaski@eku.edu or (859) 338-2651, to see how you can participate.



For More Plate It Up
Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Brussels Sprouts Gratin

2 pounds (4 cups) Brussels sprouts	½ cup low sodium chicken broth
6 slices turkey bacon	1 ½ cups skim milk
2 medium onions, diced	1 cup shredded Parmesan cheese (packed)
3 tablespoons butter	1 teaspoon salt
3 tablespoons flour	1 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

Yield: 8, ½ cup servings

Nutritional Analysis: 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 g protein.

Help Prevent Older Adults from Falling on the Ice

Ice is dangerous regardless of age. From slippery paths to black ice (transparent ice you cannot see), falls on ice can happen quickly, and they can be dangerous. Falling on ice can lead to cuts and bruising, traumatic brain injuries, broken bones, and torn ligaments and muscles. Falls on ice can even lead to death. According to the Centers for Disease Control and Prevention, falls are the leading cause of injury-related death among adults age 65 and older. While anyone can fall, even a minor fall can become increasingly dangerous for older adults because of existing frailty, slower recovery time, medical complications, or pre-existing disabilities. The quality of life for an older adult who falls can change in seconds. To help prevent falls related to ice, it is important to:

- Assess the risk of going out.
- Shovel snow before ice can form, even if that means shoveling multiple times.
- Apply salt to help melt the snow.
- Use gravel or sand to help break down the ice.
- Allow more time for careful winter walking.
- Wear proper footwear that provides good traction like those with a flat, non-slip rubber sole with grooves. (Ice cleats can give extra traction, but you should not wear them inside.)
- Plan ahead when you know a storm is coming (run important errands such as the grocery store or pharmacy, in advance).
- Keep the inside of the house safe by wiping melted snow in entryways, shaking off mats, and removing wet shoes.
- Stay active. Physical activity can help with balance and fall prevention.

The easiest way to avoid falling on ice is to stay indoors! Do not be afraid to ask for help. Ask a family member or neighbor to shovel the driveway and walkways. Reschedule an appointment if it is not urgent. If you must go out, wear proper footwear AND clothing (jacket, hat, mittens, etc.) to help protect yourself in case you do fall or become stranded. If you are walking when it is icy, try the “penguin walk” or shuffle. This means that steps should be short and slow, and your center of gravity should be over your feet. Keep your gloved hands at the sides of your body and never in your pockets. It is also helpful to stay on shoveled paths and to carry kitty litter or sand with you to scatter.

If you or someone you are with falls on the ice, try not to panic. Stay put as you assess the fall and possible injury. Standing too quickly can cause added injury or another fall on the ice. If you are with someone who falls, check for visible injuries, ask the person how they feel and if they are experiencing any pain or symptoms. It is common for someone who has fallen to initially understate their level of pain or discomfort. They may not even feel anything right away because of adrenalin. If the fall is severe, call an ambulance or health-care provider. In less severe situations, you may be able to drive the person to a clinic.

Ice is dangerous, and you should avoid it. In cases where you must go out, be proactive to protect yourself or a loved one from a fall.

Reference: Schiltz, R. (2022). Senior Safety Advice. How to Keep Elderly from Slipping on Ice. Retrieved <https://seniorsafetyadvice.com/how-to-keep-elderly-from-slipping-on-ice/>

Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging





FCS CLASSES

We are happy to offer you the following opportunities. Classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the “Free” ones, are “PRE-REGISTRATION” only. For classes/events with a class fee, registration and fee must be submitted to reserve a space.

T-Shirt Quilt

In this class instructed by Liz Kingsland you will learn the steps to making a T-Shirt Quilt. The steps include: Cutting apart the T-Shirts, Map Out the Design, Trim the T-Shirt Panels, Fuse the Interfacing to the T-Shirts, To finally sewing the quilt.



Your final quilt will be based on your t-shirts and how you design the quilt. At the first class you need to bring the tee shirts that you want to include – during the course of the three classes we will work towards getting a small quilt completed. Supply list provided with registration. You will come to class ready to fuse the tees, but will probably need to purchase or find extra supplies after your design is finished. Classes are: **January 30, February 6 and 13: 10:00am**
Cost: \$30 for homemaker members and \$38 for non-homemaker members.

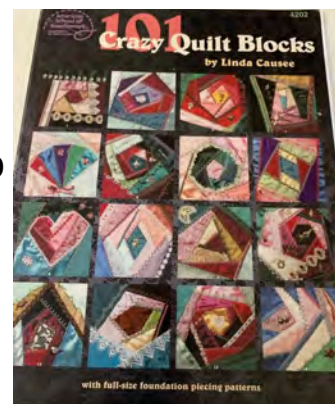
Diamond Weave Bread Basket, January 10, 10:00am

This basket will be done in smoke reed with an diamond weave overlay in natural. Easy basket and should be completed the same day. Plan on weaving the base yourself but some wood bases are available if you wish. Nice basket for the French bread loaf, as a table centerpiece or for the mantel with greenery. This beginner level class is taught by Mary McAllister. **Cost: \$38 for homemaker members and \$46 for non-homemaker members.**



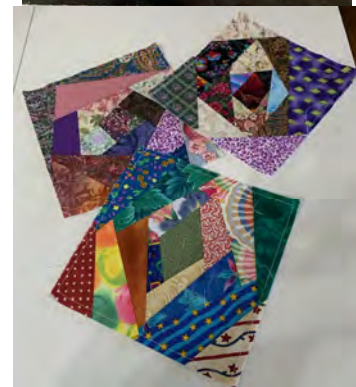
Any Way You Want It

Instructed by Nancy Cann, this series of quilt classes is designed to encourage your creativity as you learn the piecing of some basic and not so basic traditional quilt blocks. You will decide how many blocks to make depending on your project goal. For each class you will decide if you are making a Table Runner, Bed Runner, or Quilt Top. Over the year we will have experience with vertical settings, on point settings and nontraditional settings. Each monthly class will stand on its own, non dependent on the preceding or following class. Classes will meet the First Tuesday each month, **9:30am – 2:30pm**. Although the project choices are not seasonal, your fabric choices can support any desire to make a seasonally specific runner or quilt. You will need to register for each class you plan to attend, per class fee \$20.00 for homemaker members and \$28 for non-members. A minimum of three participants is required. Registration fee is non-refundable.



February 7: Scrap Crazy Quilt: This scrap quilt is foundation pieced. We will work from the book “101 Crazy Quilt Blocks” by Linda Causee, using the provided full size foundation piecing patterns provided. You can begin now looking for the book in on line used book stores, I have seen it as low as \$5.00. You can pair up and share a book if you choose.

- Go all in with this Victorian style Scrap Crazy Quilt using embellishments like laces, rick rack, piping, and buttons
- Go basic, learning all those fancy stitches you have on your sewing machine to embellish your quilt blocks that way
- Skip the embellishments and use the block as is a foundation piecing experience



Chief's Hamper Basket, February 21 and 28, 10:00am

This basket has a base measuring 10 x 14" and is 24" high. This will need to be a 2 day class and using a wood base to speed up completion. The basket uses natural and one dyed color to create the Cherokee design. Two choices will be offered, brown or teal. This intermediate level class is taught by Mary McAllister. **Cost: \$68 for homemaker members and \$76 for non-homemaker members.**



Smokey Mountain Basket - March 21 and 28, 10:00am

This basket is woven on a 6" x 12" D handle and stand 12" high. The basket is woven primarily from smoke reed with some natural. Lots of different techniques will be emphasized, shaping to fan out the basket, double-triple twine, stacking method, and finishing with a rewoven border. This intermediate level class is taught by Mary McAllister. **Cost: \$46 for homemaker members and \$54 for non-homemaker members.**



****Supplies YOU must provide for all basket:** Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. Pack a lunch/snacks as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided. *Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you MUST call 72 hours prior to class.

Make Checks Payable to:
Community FCS Programs

Return registration form and payment to:
Fayette County Extension
1140 Harry Sykes Way, Lexington, KY 40504

2023 FCS CLASS REGISTRATION FORM:

Name: _____ **Phone:** _____ **E-Mail:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

TOTAL Amount Enclosed \$ _____

FCS CLASS	AMOUNT	CLASS FEE
T-shirt Quilt		\$30 (for Homemaker Member—\$38 for non-members)
Diamond Weave Basket		\$38 (for Homemaker Member-\$46 for non-members)
Scrap Crazy Quilt		\$20 (for Homemaker Member-\$28 for non-members)
Chief's Hamper Basket		\$68 (for Homemaker Member-\$76 for non-members)
Smokey Mountain Basket		\$46 (for Homemaker Member-\$54 for non-members)
TOTAL FEE AMOUNT	\$	



KENTUCKY HOMES AND BUILDINGS NEED RADON TESTING

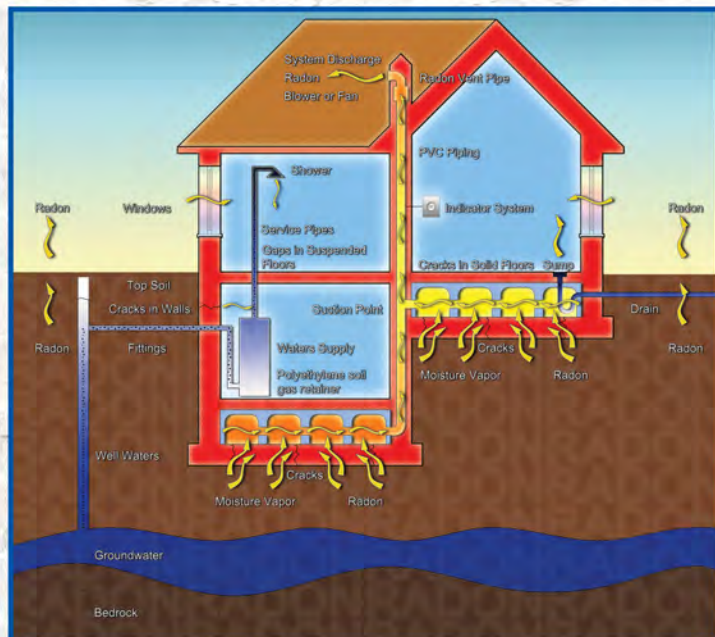
Has your home, school, or workplace been tested for radon? Did you know that indoor radon exposure is very prevalent in Kentucky?

Radon is a naturally occurring radioactive gas you can't see, taste, or smell. Radon exposure is harmful to your health. It is the second leading cause of lung cancer. People who are exposed to both radon and tobacco smoke are 10 times more likely to develop lung cancer. Kentucky leads the nation in the number of new lung cancer cases and lung cancer deaths.

Radon comes from the breakdown of uranium in the soil, in rock, and water. Radon is found in every region of the U.S. Radon levels vary widely by geographic area.



According to the Environmental Protection Agency (EPA), radon is the No. 1 cause of lung cancer among nonsmokers. Radon is responsible for about 21,000 lung cancer deaths every year.





HOW TO TEST AND FIX HOMES AND BUILDINGS IN KENTUCKY

Test Your Home - The EPA and the U.S. surgeon general recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive. Learn more about testing your home, including how to obtain an easy-to-use test kit by visiting <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>. There is no known safe level of radon, and you should always aim to have the lowest level. The EPA recommends fixing your home if radon levels are above 4 picocuries per liter of air (pCi/L).

Mitigate (Fix) Your Home - Lowering high radon levels requires technical knowledge and special skills. To find a qualified contractor in your area, contact the Kentucky Radon Program at 502-564-4856 ext. 4196, or visit <https://certifiedradonpros.org/ky.html>.

Radon is a preventable cause of death in Kentucky, and these steps can make your home and indoor environment easier to breathe in.



Photo courtesy of UK College of Nursing BREATHE Program

Resources:

<https://kentuckyradon.org/2021/01/29/governor-beshear-proclaims-january-as-radon-action-month-in-kentucky/>

<https://www.uky.edu/KGS/radon/>

<https://www.epa.gov/radon/health-risk-radon>

<https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>

<https://www.cdc.gov/radon/radon-facts.html>

<https://www.cdc.gov/radon/radon-action.html>

<http://www.radonleaders.org/sites/default/files/2022-01/NRAP-2021-2025-Action-Plan-508.pdf>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2022



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2023

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

PAYING OFF DEBT:

USING THE DEBT SNOWBALL AND DEBT AVALANCHE METHODS

Many Kentuckians have some form of debt, such as mortgages, auto loans, student loans, credit card debt, or medical bills. Debt can weigh heavily on our minds and can restrict our budgets. If you want to pay off debt in the new year, there are two tips to keep in mind. First, create a plan to reduce your debt. Then, change your borrowing and spending habits, and be careful not to take on new debt while you pay off existing debt.



MAKE A PLAN TO REDUCE DEBT

Goals are rarely reached by luck or coincidence. Rather, you achieve goals when you are intentional in your planning and follow-through. The same principles hold true when setting a goal to reduce debt. The first step to paying off debt is to make a plan. To do this, create a main list of all the debts you have. Writing down the information in this chart will help you decide which debt repayment strategy is best for you. Your list should include the following rows:

Name of Debt	<i>Credit card</i>	
Total Owed	\$7,500	
Creditor	<i>Acme Credit</i>	
Interest Rate of loan or line of credit	17.74%	
Minimum Monthly Payment	\$150	
Current Monthly Payment	\$200	

DEBT REPAYMENT STRATEGIES

There are two main methods or strategies for repaying debt: **debt avalanche** and **debt snowball**. Both options require you to pay the minimum payment on all your debts and put any extra income toward one debt at a time. The difference between the debt avalanche and debt snowball methods is which debt you focus on repaying first.

The **debt avalanche** method focuses on paying debts with higher interest rates first. Because these debts accumulate interest quickly, they increase the amount you owe. That means paying them off first will help you save money in the long run. One downside of this method is that if your debt with the highest interest rate is large, it may take a while to feel like you are making any progress toward paying it off.

The **debt snowball** method starts with the smallest debt, regardless of interest rate, and works toward



PAY OFF SMALLER DEBTS BY INTEREST RATE AND WORK YOUR WAY UP TO LARGER SUMS



paying off debts from smallest to largest amounts. Because this method does not consider interest rates, you will not save money initially, but it can be motivating to see the progress of more quickly paying off debts. Paying off small loans may help you build momentum and confidence to tackle your larger debts later.

You can also consider a **combination of the two**. Pay off smaller debts by interest rate and work your way up to larger sums. Regardless of which method you choose, be intentional about putting any extra monthly income you have toward the selected debt until you pay that debt off. Then, take the money you have been paying on that loan, as well as any extra monthly income, and apply it to the next debt in your plan. Continue doing this until you pay off each of your loans or credit lines.

CHANGE YOUR FINANCIAL HABITS

After you have created a plan to reduce your debt, you must change your borrowing and spending habits if you plan to achieve these goals. To start, compare your income to your expenses to determine how much money you can put toward debt repayment each month. To effectively pay off debt, your income needs to be more than your expenses. If this is not true for you, you need to identify ways to reduce your spending or increase your income. Also, try not to take on any new debt while you pay off existing debt.

REFERENCE

<https://www.consumerfinance.gov/about-us/blog/how-reduce-your-debt/>

Written by: Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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ADULT HEALTH BULLETIN



JANUARY 2023

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:

EMERGENCY HEALTH INFORMATION (EHI) CARDS



An Emergency Health Information (EHI) card can be a helpful tool. If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you. While you cannot predict when an emergency may happen, you can be prepared. Make sure that key health information is up to date, correct, and handy. If you have children, make them a card too. You may not be available to tell emergency workers about your child, and your child might not be able to communicate either.

Continued on the next page 



An EHI card gives first responders or other emergency workers essential health information they can use to give you better care.

➔ Continued from the previous page

You can find Emergency Health Information card templates online to print and fill out. You also can use an index card or other small piece of paper. Please keep in mind, not all card templates ask for appropriate information. Below is a list of information that you should and should NOT include on your EHI card.

Information you should include on an EHI card:

- Full legal name
- Date of birth
- Medication names, doses, and schedules
- Medical equipment (Insulin pump, wheelchair, oxygen, etc.)
- Chronic medical conditions (epilepsy, diabetes, COPD, heart conditions, etc.)
- Disabilities that affect care (mobility, speech, memory loss, vision, hearing, etc.)
- Blood type
- Allergies to food or medications
- Recent immunization record
- Emergency contact name and phone number
- Medical contacts (doctors and pharmacy)

It is important to note that EHI cards are about the health and medical treatment of a person, not payment information. First responders and hospital staff do not need, nor can they require, financial information to treat you in an emergency. To protect yourself from identity theft, keep certain information separate from an EHI card.

Information you should NOT include on an EHI card:

- Financial or banking information
- Social Security Number
- Health insurance information such as insurance provider or ID number

The purpose of an EHI card is to give first responders or other emergency workers essential health information they can use to give you



better care. Make this information easy to find. Put copies of your and your children's EHI cards in easy to see places in your home, car, and personal belongings that you carry every day.

Where to put copies of an EHI card:

- Purse, wallet, or backpack
- First aid kits and emergency supply kits
- On your refrigerator or kitchen cabinet door
- Vehicle glove box
- On the side of children's car seats
- On mobility devices such as wheelchair or walker

REFERENCE:

<https://www.mayoclinic.org/first-aid/emergency-health-information/basics/art-20134333>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

COME JOIN THE RED MILE HOMEMAKER CLUB AND FCS AGENT MARANDA BROOKS AS WE GET MOVING!!

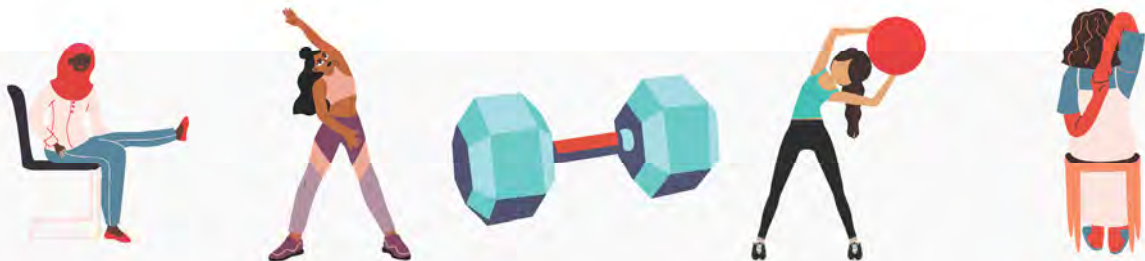
We will discuss the benefits of staying active, various ways that you can implement exercise into your daily routine and will finish off with a fun movement class!

When: Monday January 23rd, 2023

Time: 10a-12p (Can't stay for the whole time, no worries!!
Join us when you can 😊)

What to bring: Wear comfortable clothes and shoes. Bring a towel and an eagerness to get moving!

Call the extension office at 859-257-5582 to register.



Cooperative Extension Service
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



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Fayette County Extension Family and Consumer Sciences Newsletter

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