



# Building Strong Families

## IN GRAYSON COUNTY



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### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

### OUR SUCCESS

In 2018-2019,  
Family and  
Consumer Sciences  
Extension made

**6,184**

contacts with  
individuals and  
families in  
Grayson County.

### SPOTLIGHT: GRAYSON COUNTY

## 10 Warning Signs of Alzheimer's Disease



Every 65 seconds, someone in the United States develops Alzheimer's disease, an incurable brain disease that causes a slow, progressive decline in memory, thinking, and reasoning skills. Know the 10 Warning Signs is an evidenced-based program written and distributed by the Alzheimer's Association. Through collaboration with the Greater Kentucky/Southern Indiana Alzheimer's Association Chapter, Grayson County FCS Extension and KEHA are able to share the 10 Warning Signs and provide communities with resources from the Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support, and research. Program participants reported that the program was worth their time and effort and that it taught them to recognize common warning signs, the difference between typical age-related cognitive decline and disease, how to approach someone about memory concerns, and many other things.



## GRAYSON COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our commonwealth.

Grayson County's FCS Extension programming in 2018-2019 led to the following results.



**1,000**

youth participated  
in local Extension  
programming.



**317**

individuals made healthier  
eating choices.



**353**

participants gained  
financial management  
knowledge.



**6,712**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**16,300**

miles were walked  
by program participants.



**826**

participants reported  
making positive  
behavior changes.

### Connect with us!



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**FCS.uky.edu**



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University of Kentucky Family and  
Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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