

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

### **KENTUCKY COUNTY PROFILES**

# **Building** 2022 **Strong Families**

## IN ROCKCASTLE COUNTY



**Hazel Jackson** County Extension Agent, Family and Consumer Sciences Education

#### **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**

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In 2020-2021, Family and Consumer Sciences Extension made

2,558 direct and 8,329 indirect contacts with

individuals and families in Rockcastle County.

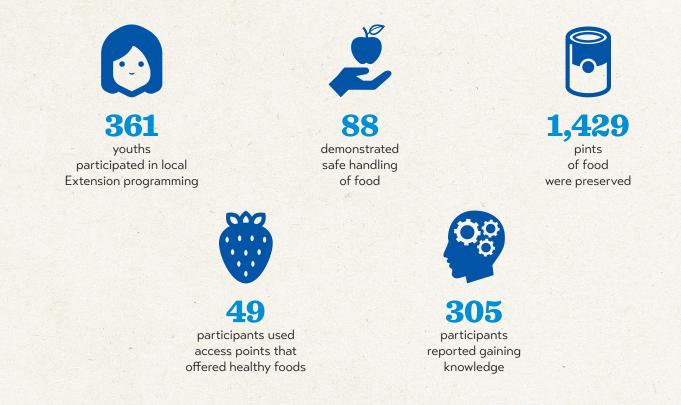
## Take-home packets help keep seniors active, healthy



During the pandemic, 20 people registered to receive information targeted to assist the older than 60 population. Every three weeks, we provided a packet of information for pick up at the Extension office. Each packet highlighted hands-on activities or practice activities related to the week's topic. The five topics included Positive Communication with your Family Members, A Look at Your Financial Situation, Physical and Mental Fitness, Maintaining Positive Attitudes, and Spiritual Vitality. After the program, all respondents reported that they read the publications in the packets, and 64% said that they had done the activities. The most useful topics were Physical and Mental Fitness and Maintaining Positive Attitudes.

#### **ROCKCASTLE 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. Rockcastle County's FCS Extension programming in 2020-2021 led to the following results.



## Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt** 



PODCAST **UKFCSExt** .podbean.com



## **Plate it Up!**

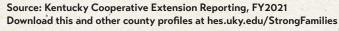
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### PlateItUp.ca.uky.edu



## Listen. Learn. Live Well.

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.



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.



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