

OCTOBER 2024

PATRICK COUNTY COOPERATIVE EXTENSION



FAMILY & CONSUMER SCIENCES CORNER

To support our local family caregivers of people with dementia, the Patrick County Extension Office began offering a workshop developed by the Rosalynn Carter Institute for Caregiving (RCI). The Dealing with Dementia workshop provides tips and strategies for caregivers on best practices for caring for their loved ones and themselves.

“Caring for a loved one is rewarding, but the emotional and physical demands of it, along with the difficulties specific to dementia care can take a toll on the caregiver,” said Terri Alt, Family and Consumer Science Extension Agent. During 2024 over 17 people attended this workshop from Patrick and surrounding counties.



UPCOMING EVENTS

Community Health Fair

OCTOBER 11, 2024

Food Protection Manager Certification and Exam

NOVEMBER 11 & 15, 2024

Patrick County 4- H Share the Fun County Contest

MARCH 7, 2025

Patrick County Junior 4-H Camp

JUNE 9 - 13, 2025

Rise and Shine Youth Entrepreneur Market

JUNE 20, 2025

County Well Water Testing Clinic

JUNE 2025

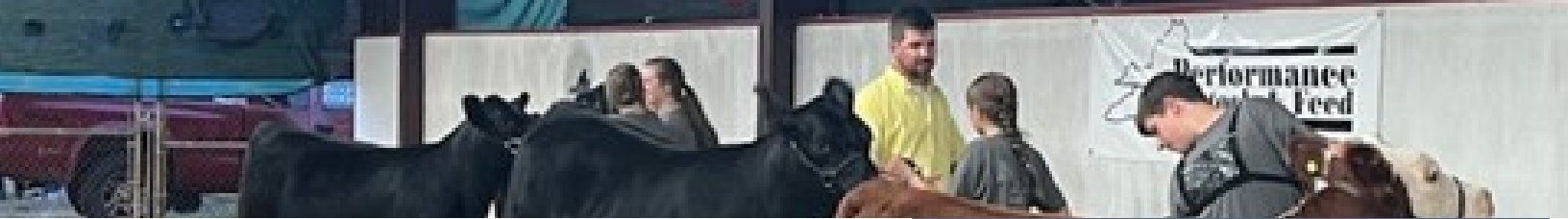
Rise and Shine Youth Entrepreneur Market

JULY 11, 2025

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FAMILY NUTRITION HAPPENINGS

For the fall semester, The Family Nutrition Program was busy sharing nutrition information with the schools in the county including Blue Ridge, Woolwine, Patrick Springs, Hardin Reynolds and PCHS. Along with hands-on activities that promote healthy eating habits, the elementary schools have been taste testing a variety of fruits and vegetables, while the high school students have been cooking and enjoying nutritious recipes.



4-H YOUTH DEVELOPMENT CORNER

Patrick County 4-H kicked off Fall 2024 at the Patrick County Agricultural Fair with educational exhibits and livestock shows Exhibits included:

- Scoop on Poop
- Bee a Beekeeper
- Cow, Goat, Sheep, Chicken, Cavy, and Ruminant Displays

Livestock Programs enable youth to develop their interest in beef cattle, sheep, meat goats, and swine. Youth learn about selection, care, and feeding of livestock, animal health, and importance of good record keeping.

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AGRICULTURE & NATURAL RESOURCES UPDATE

Know what's in your well water? In June, 38 Patrick County residents tested their well water and found out. Since private water supplies are unregulated, homeowners are encouraged to periodically test their water quality for safety. Confidential water testing and education was offered through the Extension office in June of 2024. Participation was voluntary. The Extension office was able to offer 40 county residents free water testing and follow up instruction on test results.

This workshop is offered annually. Any Patrick County resident interested in testing their well water in 2025 is encouraged to call the office to be placed on our participant list.