

September 2024

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences

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KAY'S CORNER

Happy Fall Y'all! I know where my summer went but don't know how it went so fast. Most of my summer has been recuperating but the one thing about recuperating - you have lots of time to think! Also during this time it has been so rewarding to see people, (homemakers, volunteers, support staff) step up to take on new responsibilities and carry out those responsibilities out so beautifully. Thank you. I am truly blessed.

Check out all the up coming events for in the newsletter and mark your calendars. You will not want to miss out or find out after the fact that that is something you would love to take part in.

September is a full month of awareness! It is Ovarian Cancer Awareness Month which homemakers support and it is also Suicide Awareness Month. Most of you know that this is a very special topic for me and I hope each of you will take time to check on others that may need an ear to listen, a heart that cares and just a few minutes of your time to show them that you are there for them.

Next month we will be celebrating our KEHA week and sharing with the community about the value of being a Homemaker. Check out all the the committee has planned for the week of October 13-19. Join in these activities and invite others that are not members. All activities are open to everyone. Fun fellowship and learning are contagious. They may choose to join your club.

More pictures and follow up are to be in October newsletter. Be sure to check out all the fun and leadership of our volunteers.

Kay Denniston

GET IN THE KNOW

Women's Day Out

FOOD & DOOR PRIZES

Women age 40 and older are invited to attend a day filled with interesting topics about health awareness. Food and free gifts will be available for attendees.

RSVP preferred but not required.
Call (859) 987-1915
Ext. 4109



TOPICS INCLUDE:

- BREAST & OVARIAN CANCER AWARENESS
- NUTRITION
- PHYSICAL ACTIVITY
- HEART HEALTH & DIABETES

GUEST SPEAKERS:

Amy Hurley, APRN
UK Women's Health

Nova McCoy
UK Markey Ovarian Cancer Screening Program

Emily Cravins
UK College of Nursing
Heart of Family Study

Savannah Johnson
Paris-Bourbon YMCA

Kay Denniston
Bourbon County Co-Op Extension

**SEPT 14
2024
9:30-2:30**

BOURBON COUNTY HEALTH DEPARTMENT
341 E. Main St., Paris, KY 40361



Shout out to all the volunteers for making the 2024 Recipe for Life a success. Four school systems, 12 fifth grade classes and 250 students participated. None of which would have been possible without you!

WATCH FOR PICUTRES IN OCTOBER NEWSLETTER!



BASIC BUDGET BITES LEFTOVERS

Using leftovers is a great way to cut down on food waste and save time. They can be a great snack, the next day's lunch, or even turned into a quick meal. You can make larger meals earlier in the week and use the leftovers later in the week or put them in the freezer. Be careful with leftovers to make sure the food is safe when you eat it. Look at some ways you can use leftovers:

Grains

- **Rice:** Use rice to make rice pudding and fried rice, or add it to meatballs, soups, and casseroles. You can also freeze it. You should add a small amount of liquid when you reheat leftover rice.
- **Bread:** If your bread, leftover rolls, hamburger, or hot dog buns are getting a little dry, try different recipes. Croutons, toast, stuffing, breadcrumbs, or French toast are all good options. Use day-old bread to make French toast. If you have one or two hamburger or hot dog buns left in the package, use them to make cheesy toast by topping with any kind of cheese, and broiling in the oven until the cheese is melted and lightly browned. Add canned tuna for a tuna melt!
- **Pasta:** Use in a pasta salad or casserole. Freeze it for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit

Add leftover fruit to salads or smoothies. Mix it with yogurt, cottage cheese, or pudding. Leftover fruit is also great in baked goods such as muffins or quick breads. Overripe bananas make excellent banana bread or muffins or freeze them to use in fruit smoothies. You can freeze fruit Basic Budget Bites Leftovers juice in ice cube trays and use it for flavoring and chilling fruit drinks.

Vegetables

Use vegetables in soups, salads, omelets, pasta dishes, and casseroles. Leftover baked potatoes are great for a topping for shepherd's pie, or in potato casserole or potato soup. You can scoop out the potato pulp and use it to make twice baked potatoes. Freeze chopped raw onions, celery, or green peppers to use in soups, stews, or casseroles.

Protein

- **Baked beans:** Use in casseroles or to make chili.
- **Roasts:** Slice to make sandwiches or shred for use in tacos, enchiladas, or barbecued meat. You can also cube it and use it to make beef and noodles or freeze it for use in casseroles.
- **Steak or chops:** Slice thinly and make fajitas (cooked with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- **Turkey or chicken:** Use turkey or chicken in casseroles, soups, tacos, or enchiladas. You can thinly slice the meat to make sandwiches, or you can shred it to make chicken or turkey salad sandwiches. Cube it to make chicken or turkey and noodles or freeze it for later use in casseroles or soups.
- **Ham:** Use ham to make ham and cheese sandwiches (either hot or cold). Or slice, freeze, and use it later for sandwiches. Cube it and use it in casseroles or soups.

Source: Adapted from UNL Extension Food and Nutrition

**Join in observing
Ovarian Cancer
Awareness**



PRESIDENT'S NOTES

Until recently I have not been a big “fan” of fall. The reason being that I knew that winter lurked not too far behind. I now have an appreciation for autumn that I look at as new beginnings. It is a new school year for students and a new year for homemakers. As students advanced to a new grade level, we as homemakers can also advance in what we gain as homemakers; whether it be learning a new skill, learning the latest from monthly lessons, updating our knowledge, meeting new friends or reconnecting with old acquaintances. Fall is a good time to start again. Some of our clubs are starting their monthly meetings again, new classes are being scheduled and activities are picking up. This is a good time to invite a friend or neighbor to homemakers. Encourage them to become a regular member or a mail—box member.

I want to thank those who attended our 1st Fall Annual Meeting. A big thank you to County Vice President Julie Ferrell and her club vice presidents for organizing this event. I understand that day meetings and even night meetings are not convenient for everyone but we will try to make things work for the members. I would appreciate your feedback on all aspects of the meeting. We will take all comments into consideration for future annual meetings.

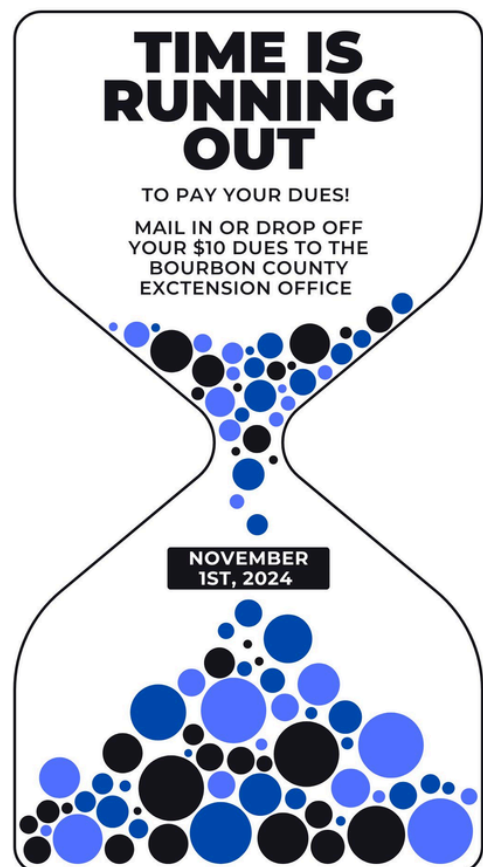
Check out all the dates of upcoming events and read your newsletter. You don't want to miss out on anything exciting happening!!! So, let Fall begin and let homemakers begin a great year.

Elizabeth Rankin

“Alone we can do so little, together we can do so much.” Helen Keller

SAVE THE DATE

September 5.....Recipe for Life
September 6.....Recipe for Life
September 7.....POP Club/Farmers Mkt
September 2.....LaborDay/Office Closed
September 12.....Disaster Awareness
September 15-20.....Kay at NEAFCS
September 24.....Farm Field Day
October 11.....Bluegrass Area Annual Mtg
October 13-19.....KEHA Week
October 17Homemaker Council
November 1.....Memberships Due
November 7.....Holiday Foods



Bourbon County Tire Waste Collection Event

September 19, 20, 21, 2024

Thursday & Friday

8:00 AM- 4:00 PM

Saturday 8:00 AM- 12:00 PM
(noon)

1175 Clintonville Rd. Paris, KY
40361 (State Highway Garage)

Call the Solid Waste Coordinator at
859-987-2135 for more information!

ANNUAL FARM FIELD DAY

Tuesday, September 24th, 2024
Resting Acres Angus
336 Gay Road Paris, KY 40361

4:30 PM - Registration

5:00 PM - Welcome, Lindsay Arthur - Bourbon County ANR Extension Agent

5:35 PM - Rotating Wagon Ride Sessions Begin

On Farm Watering System - McFarland Family & NRCS

Pond Management Overview- Forrest Wynne, KSU State Extension Specialist for Aquaculture

Grazing cover crops - Dr. Jimmy Henning, UKY Forage Specialist

7:00 PM - Meal Catered by Craig Jones

SPONSORED BY:

Bourbon County Farm Bureau
Farm Credit

Blue Grass Federal
Central KY Ag Credit
Bluegrass Stockyard

Paris Stockyard
Harrison Harvesting

Traditional Bank
Meade Tractor
Stock Yards Bank & Trust

Please RSVP by 9/20 by calling 859-987-1895
or 859-987-2311, extension 3

COMING TO YOU ON BOURBON COUNTY NUTRITION EDUCATION FACEBOOK PAGE.
IF YOU MISSED THE 1ST FRIDAY, IT IS STILL AVAILABLE ON FB AND YOUTUBE.



Join us on Bourbon County Nutrition Education Program Facebook page, September 6 to view Kacy preparing “Sweet Potato Hash ” or even better - get your ingredients and prepare along with us. Mark your calendar October 4th at noon!



STOP BY THE EXTENSION OFFICE AND PICK UP YOUR 2024 CALENDAR TO COOK ALONG!

NATIONAL PREPAREDNESS MONTH

Did you know that September is National Preparedness Month? Make sure you are financially prepared for emergencies by making a plan to build an emergency fund. Emergency funds are savings for emergency use, such as if your car breaks down or you find yourself unexpectedly out of work. This fund should be different from other savings accounts that may be intended for future college costs, vacations, or retirement. Be sure that your emergency fund is easy to access in case of an actual emergency. You should be able to easily withdraw money from the account at any time if disaster strikes.

While any amount of money is helpful in an emergency, you should aim to save enough to cover 3 to 6 months of typical expenses for your family. Consider making emergency savings automatic by directing a portion of your paycheck to savings through direct deposit. Explore other savings strategies, such as rounding up the change from everyday purchases and directing that money to savings. For example, if you spend \$3.50 on coffee in the morning, put \$0.50 into savings. Or, better yet, brew your coffee from home and invest that money instead! Small amounts add up quickly if you save them consistently. Start building your emergency fund today to help ensure you are financially prepared for emergencies.

Source: Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management



LEARN MORE ABOUT PREPARING
YOUR PERSONAL EMERGENCY KIT

**Please be sure to visit
our Facebook page for
all the upcoming news,
class offerings and
cancellations.**

**Facebook- Bourbon
County Extension
FCS/Homemakers**

**Also visit our webpage
to download the latest
newsletters**

<https://bourbon.ca.uky.edu/fcs>

SAVE THE DATE

3

19

25

GAP
Grandparents As Parents of Kentucky

**21st Annual Bluegrass Regional
Grandparents Raising
Grandchildren Conference**

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

CLARION HOTEL,
1950 NEWTOWN PIKE,
LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
Follow us on Facebook-Grandparents as Parents Conference

RECOGNIZING AND MANAGING DEPRESSION

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial, so one learns to deal with the ebbs and flows of life. A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include:

- sad feelings
- frequent crying
- loss of interest or pleasure in activities that once made a person happy
- significant weight loss or weight gain
- an increase or decrease in appetite
- anger
- agitation
- fatigue
- trouble concentrating
- withdrawal from family and friends
- change in sleep pattern
- thoughts of death
- thoughts, or plans or attempts at suicide.



Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches.

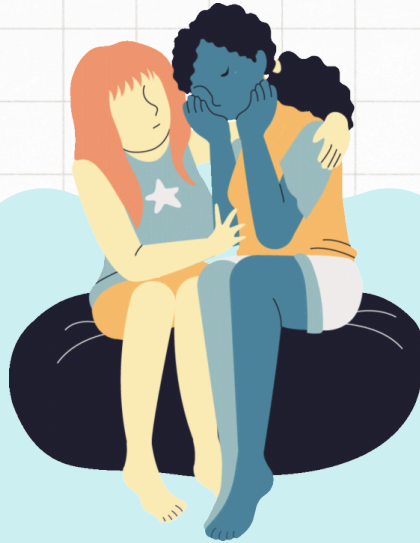
If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

More information on raising healthy families is available from the Bourbon Cooperative Extension Service.

Source: Kerri Ashurst, senior extension specialist

World Suicide Prevention

Month



KNOW THAT YOU ARE
NOT ALONE

www.reallygreatsite.com



KEHA Week Bourbon County Homemaker Library Display

October 14th-18th
Paris-Bourbon County Library

You're Invited!!

Homemakers are invited to come sit at the display table and bring handwork or a book to read and willingness to chat to patrons about the homemakers program.

For more information, please contact Kristy Horine at 859-707-9009.



KEHA Week Events

Monday, September 23 @ 2pm
Proclamation Signing with Judge Williams

October 14-18th
Cultural Arts Showcase at the Paris-Bourbon County Library

Monday, October 14
Wreath Making with a friend

Wednesday, October 15
Order your homemaker t-shirt with Bourbon Boot Supply

Thursday, October 17
Shop at your favorite Shop Local Card business!

Friday, October 18
Cake at the extension office

SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>



NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperature to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are a some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

Continued on the next page

After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.



Continued from the previous page

Happiness. Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.

Stress relief. Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.

Enhanced memory. Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.

Nostalgia. For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.

Awareness. Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.

Physical activity. After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and

sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

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FAMILY CAREGIVER HEALTH BULLETIN

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