

October 2023 Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



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College of Agriculture,
Food and Environment
Cooperative Extension Service

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Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences

October is a very busy month!

Breast Cancer Awareness Month, Homemaker Week, Mental Health Day, last POP Club, and Fall Break for many school children's families. There are so many activities and events going. Be sure to read the newsletter thoroughly so that you do not miss out on any!

A weekly plan for working through Homemakers Week, October 8-14 is found on page 8. Consider working this plan as an individual member or as a club but most importantly share your week with others. Encourage others to join you on your Homemaker Journeys! Facebook posts, invitations and general get togethers let others know what you and your club is doing/planning for the 2023-24 year.

I am excited to see what this year will bring. As always, make sure to contact me if there are areas of personal interest that are not being addressed. We will make a plan and work our plan! Looking forward to hearing from you.

Kay Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu



Ewalt Homemakers Celebrated 85th Anniversary on September 6th at the home of Kay Thomas. Pictured is Ms. Dana Mingua, Deputy Judge Executive presenting, Kay Thomas, and Bette Edwards with proclamation declaring September 6, 2023, Ewalt Homemaker Day. Governor Andy Beshear also sent a proclamation from the state government with declaration.

Kay's Mother, Mrs. Theodore Kuster was the original club president. The original club started with twelve members. Ewalt currently has forty dedicated community leaders as members. Ewalt Homemakers have spent 85 years of continuous commitment to the goals, ideas and mission of the Kentucky Homemakers Creed of the Kentucky Extension Homemakers Association.

Happy Anniversary Ewalt Extension Homemakers!



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Disabilities
accommodated
with prior notification.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Stretch Your Food Dollar with Soups

A pot of homemade soup is healthy and a money saver. In winter, a steaming bowl of soup is comfort food in the purest sense. It is a great meal for helping to stay healthy. With veggies, whole grains, and lean proteins, homemade soup is a balanced one-pot meal. By making and freezing batches of soups, you can save time and have a healthy dish when you want. Soups can be money savers because they don't call for pricey foods. Plus, you can load soups with veggies, giving your family the healthy meal, they need. Use canned, frozen, or fresh veggies, add some broth, and turn on your slow cooker for a super soup dinner. Making homemade soups can help you control what's in your food, such as less sodium. Adapted from: Michigan State University Extension

Autumn Sweet Potato Chili

1 15 oz. can sweet potatoes (do not drain)
1 tablespoon chili powder
1 16 oz. jar salsa
2 15 oz. cans black beans (do not drain)
Water to achieve desired consistency
½ cup reduced-fat sour cream
Sharp cheddar cheese, shredded
Fresh cilantro, chopped

1. Combine sweet potatoes, chili powder and salsa in large saucepan.
2. Bring to boil, reduce heat to simmer and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Option: To reduce sodium, use canned vegetables w/o added salt

Makes 8 servings

Serving size: 1 cup



MILLERSBURG
SCARECROW
CAPITOL
OF KY!

Come to Millersburg to see and take pictures with scarecrows the month of October. Scarecrow Capitol of Kentucky!



BOURBON COUNTY
BACKPACK PROGRAM

**Peanut Butter Donations Needed
for Fall Break!**

Drop off **16 oz. jars** to the Bourbon County Extension Office,
603 Millersburg Rd., Paris by **October 3, 2023**

Leader Lesson

PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

- Healthy Meal Planning • Staying within a budget
- Kitchen time management strategies • Food Safety
- Maximizing Leftovers to avoid waste

JOIN US AND GET YOUR HOLIDAY MEAL PLANNING ON TRACK AT:

**Thursday, October 19th
6:00 pm
Bourbon County Extension Office**



“PRESIDENT’S NOTES”

Thank you to all who came and supported the Ovarian Cancer Tea! It was a good turn out for a great cause.

I am so looking forward to what this year has in store. Keep an eye out for important dates that will be coming out regarding the Secretariate Park and Holiday Foods!

This is my favorite time of year. From the changing of the leaves and weather, to the beginnings of the holiday season. How do you prepare for this time of year? Do you make soups? Decorate? Can foods from your garden? Bake yummy pumpkin or apple recipes? I want to challenge everyone to get together with some friends or another club and share some of your favorite recipes you use during this time of year or share your favorite craft you like to do to get you in the spirit.

Don't forget to share the message of Homemakers and recruit some members! Remind them we are “Better Together”!

Happy Fall,
Mallory Lowe
County President



Save the Dates

- October 19Leader Lesson
- October 29.....DIA DE LOS MUERTOS
- October 7.....POP Club/Farmers Mkt
- October 13.....Bluegrass Area Annual Mtg
- November 1Homemakers Dues Deadline
- November 2Holiday Foods
- November 10-12.....Legends of Bourbon County
- November 15-17...Kay at Agent’s State Meeting
- November 18.....Holiday Hop Downtown
- November 23-24.....Thanksgiving Office Closed
- November 25Small Business Saturday
- November 30.....Leader Lesson
- December.....No Leader Lesson
- December 2.....Christmas Parade

Membership Dues

Need 30 new members to reach our 2023-24 year goal of 300 Bourbon County Extension Homemakers

Bourbon County Extension Homemakers:

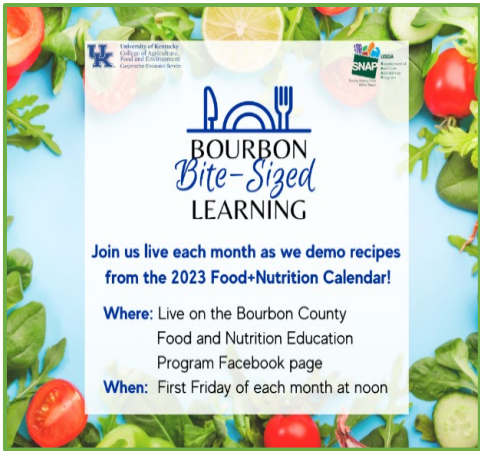
Time to pay your dues!

Don't miss out!
Mail in or drop off **\$9 dues** to the Bourbon County Extension Office by **November 1, 2023**

Coming to you on Bourbon County Nutrition Education Facebook page. If you missed the 1st Friday, it is still available on FB and YouTube.



Stop by the Extension Office and pick up your 2023 calendar to cook along!



Join us on Bourbon County Nutrition Education Program Facebook page, October 6 to view Kay preparing "Italian One Pot Pasta and Beans" or even better - get your ingredients and prepare along with us. Mark your calendar October 1st at noon!



We have expanded!

BOURBON Bite-Sized LEARNING

Plate it Up! Kentucky Proud edition

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

Subscribe to our YouTube Channel!

Check out our past recipe demos and more on our office YouTube Channel!

YouTube

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

A graphic for World Mental Health Day. It features a pink brain in the center, surrounded by orange and white flowers and green leaves. The word "World" is written in a large, teal, cursive font above the brain. Below the brain, a teal banner with white text says "Mental Health". Below the banner, the word "Day" is written in a large, teal, cursive font. At the bottom, the date "10 OCTOBER" is written in a teal, sans-serif font. The background is a light pink color with white decorative elements.

World

Mental Health

Day

10 OCTOBER

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

5 FACTS ABOUT MENTAL ILLNESS

- 1. Your mental health can change over time.**
Mental health is dependent on many factors, and this means that a person's mental health can change over time due to circumstances.
- 2. Mental health problems are very common.**
In the U.S., statistics reveal that there are about one in 20 people with a serious mental illness.
- 3. There is no single cause.**
Several factors can contribute to the risk of suffering from a mental illness.
- 4. Children can also have mental health issues.**
About 50% of children show the first signs of mental health disorders before 14 years old, and three-quarters of mental health disorders begin before age 24.
- 5. There are hundreds of mental health illnesses.**

Taken from World Health Organization website

Autumn Health Concerns

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

Source: Katherine Jury, Extension Specialist for Family Health

Polite “I” Message Changes the Game

Some children’s habits or long-standing behaviors can lead parents to feel disrespected or angry. For instance, when I come home from work and trip over shoes and book bags as soon as I step foot in the door, a sense of anger rushes over me. I have told my children a million times to hang up their book bags and place their shoes on the shoe mat (next to the entryway). I would often allow my anger to take control and would fuss at my children, demanding they come immediately to move their shoes and bags. Unfortunately, my response had very little impact as each day the same scenario would play out again. It wasn’t until I tried using polite “I” messages, and I know that sounds corny, that the behavior changed. Try these four steps yourself and see if it doesn’t change your home.

Name the behavior or situation you want changed. Focusing your language on the situation and not your child eliminates triggering a power struggle.

“I have a problem with these shoes and bags in front of the doorway.”

Say how you feel about the situation. It is critical that you do not raise your voice at this point. Kids are less defensive and better able to hear us when we are not threatening or angry.

“I feel disrespected when...”

State your reason. A simple explanation about how your child’s behavior is interfering with your needs can go a long way.

“I have asked several times to please place your things where they go, and I continue to find my requests ignored.”

State what you want done. With an assertive tone, simply state exactly what you want.

“Please come move your items from the doorway.”

Reference: Popkin, M.H. (2014). *Active Parenting 4th ed.* Active Parenting Publishers, Atlanta, GA.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development



OCTOBER 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>

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THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

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Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



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breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dpcc/resources/features/breastcancerawareness>

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ADULT HEALTH BULLETIN





Set SMART goals and try new approaches to attaining.



What is your BIG idea for moving your homemaker club membership to the next level?



Don't leave new or prospective members unattended, WATER them with the opportunities available through KEHA



Try to think of new and different approaches to reach potential new members.




What information can you feed your community about KEHA? Encourage current members to invite new people to a meeting or a KEHA Activity.



Always Let your light shine and share all the opportunities available with KEHA. What are three things that you are doing RIGHT to build confidence in your fellow homemakers?

Need 30 more MEMBERS



1. Recruit
2. Maintain

★ Goal of 300 members for 2023-24 year!

Join Now!

Bourbon County Homemakers have a goal of 300 members for 2024. That is 30 more members than 2023.

Help us meet that goal. Share the Homemaker experience with all your friends and family.

Time to retain and recruit to learn, lead and serve Bourbon County.

Join the
POP Club!

AND DISCOVER THE

Join us the 1st Saturday of every month
9:00 a.m. - 1:00 p.m.
Paris Bourbon County Farmers' Market

The Power of Produce (POP) Club is a farmers market-based children's program, that seeks to teach children about fruits and vegetables, local food systems, and healthy food preparation through **FUN** activities!

Join us on October 7th for the last Power of Produce Club of the Season!

POP Club members will have a make-and-take gift experience. Each member will make a food gift and learn about opportunities to use food gifts as this year's Christmas gifts.

Youth get the experience of giving a gift from the heart and the hands!

Ovarian Cancer Tea

Made \$500!

