

Newsletter

October 2023

KEHA Week 2023

Plant a seed Help us grow with KEHA

October 8-14, 2023 the Kentucky Extension Homemakers Association (KEHA) is celebrating KEHA Week across the Commonwealth. Established in 1932, the state organization's 11,229 members are dedicated to learning, leading, and serving. Educational programs highlight topics including heritage skills, nurturing families, food safety, nutrition, reducing waste, leadership, avoiding scams, civic engagement, and many more.

Volunteer service is a strong emphasis in KEHA. Statewide, members annually report more than 500,000 volunteer hours in support of Extension and community projects with a value that exceeds \$13.4 million dollars to the Commonwealth. Locally the Breckinridge County Homemakers gave over 12,000 volunteer hours to community organizations.

Since 1977, KEHA has actively supported the University of Kentucky Ovarian Cancer Research Fund. Donations through KEHA surpassed the \$1.62 million dollar mark in 2023, and over the last 10 years, have averaged more than \$40,000 annually. Locally the Homemakers have hosted health and wellness events, funded a tree planting project, and funded senior scholarships.

KEHA is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization operates in partnership with the University of Kentucky Cooperative Extension Service. County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities. Locally, members can join through community clubs or by mailbox membership. The annual membership drive is underway and will continue through November.

To learn more about the Breckinridge County Extension Homemakers, contact the Extension Office at 270-756-2182 or log on to <https://breckinridge.ca.uky.edu/>



1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | breckinridge.ca.uky.edu

Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities
accommodated
with prior notification.

2023-2024 Homemaker Membership Drive

The Breckinridge County Extension Homemakers will kick off their annual membership drive October 1 to November 1, 2023. Everyone is invited to join the organization by participating through monthly club meetings or through mailbox member format.

With the annual \$12 dues, members will receive a monthly educational lesson packet and be invited to participate with many community events and activities.

The mission of the Extension Homemakers is to provide educational opportunities, community service and leadership development to strengthen local families.



For more information or with questions, contact the Extension Office at 270-756-2182

2023-24 Educational Lesson Topics

- Oct. 24 Emergency Health Information Cards @ 10 AM, CT
- Jan. 5 Organizing Tips for Increased Production @ 10:30 AM, CT
- Jan. 25 Healthy Eating Around the World @ 1:30 PM, CT
- Feb. 27 Self Care @ 10 AM, CT
- Mar. 26 Herbs & Spices @ 1:30 PM, CT Understanding
- Apr. 30 and Preventing Suicide @ TBA



Dear Extension Friend,

This fall the Kentucky Extension Service is conducting a state wide needs assessment to identify local community needs in each county. We are asking you and your family to complete the "How Can We Serve You" survey. The survey can be accessed by scanning the QR Code or visiting go.uky.edu/serveKY or by requesting a paper copy from the Extension Office (270-756-2182).

We want to thank you for supporting the Extension Service and helping us serve the community with needed programs.

Lynnette Allen

Lynnette Allen

Extension Agent For Family and Consumer Sciences Education



Cooperative
Extension Service

BRECKINRIDGE COUNTY
FAMILY & CONSUMER SCIENCES



*Come &
Join in*

ALL THINGS

PUMPKIN Workshop

Thursday, Oct 19th, 2023

10 AM OR 5:30 PM CT

ENJOY FALL THEMED ACTIVITIES

**BRECK. CO. EXTENSION
COMMUNITY BUILDING**
1377 HWY 261 S, HARDINSBURG, KY



**RECIPE SAMPLING, CRAFTS,
HEALTH & WELLNESS
AND MORE!**



FOR MORE INFORMATION OR TO REGISTER CALL: 270-756-2182

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Pinecone Wreath WORKSHOP

Tuesday, November 7, 2023
10 AM, CT

Extension Community Building
Breckinridge County
Family & Consumer Sciences



***Start collecting
pinecones now and
come on Nov. 7th to
create a beautiful
wreath for holiday
decorating!***



Pinecone donations welcomed

\$5 fee will be collected to cover cost of wreath frame
and additional materials.

**For more information and to register by Nov. 1
call 270-756-2182**



Homemaker Happenings

Roll Call & Thought for the Day

October Roll Call: In October we celebrate Halloween. What was your favorite costume ever?

October Thought for the Day: "Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are."~~Brené Brown

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## October Club Meetings

- |         |                                                                  |
|---------|------------------------------------------------------------------|
| Oct. 16 | Cloverport, 1 PM, CT, Cloverport Methodist Church                |
| Oct. 16 | New Hites, 1 PM, CT, Extension Community Building                |
| Oct. 17 | Irvington, 10:30 AM, CT, Lincoln Trail Christian Church Basement |
| Oct. 23 | Countryside, 5:30 PM, CT, at Missy Duffy                         |
| Oct. 24 | Sunshine Sisters, 11 AM, CT, Extension Community Building        |
| Oct. 26 | Flower Rangers, 6 PM, CT, Extension Office Basement              |

## Remind 101

We are going to once again try to use the Remind 101 phone message program to communicate information about Homemakers and Family Consumer Science programs. It works for smart phones and other cell phones. If you would like to receive text messages on your phone regarding Homemaker events follow these directions to sign up.

Text the message @cakk8 to 81010. You will receive a welcome text from Remind.

## Homemaker Dates to Remember

- |           |                                     |
|-----------|-------------------------------------|
| Oct. 2    | Cultural Arts Deadline              |
| Oct. 8-14 | KEHA Week                           |
| Oct. 12   | LTA Area Meeting                    |
| Oct. 19   | All Things Pumpkin Workshop         |
| Oct. 26   | Taste of Christmas planning meeting |
| Nov. 7    | Pinecone Wreath Workshop            |



## Emergency Health Information Cards



### **Are you prepared for an emergency health incident?**

Come and learn how you can prepare yourself and your family with emergency health & information cards. This is a state wide initiative sponsored by the KEHA Board.

**Tuesday, October 24**

**10 AM, CT**

**Extension Office Basement**

Presented by Cabrina Buckman,  
Washington County FCS Agent

**Everyone is invited to attend!**

Adobe Stock | #282481937



## **Homemakers' Taste of Christmas Planning Meeting**

**Thursday, October 26**

A planning meeting for the annual Taste of Christmas is scheduled for Thursday, Oct. 26 @ 10 AM, CT in the Extension Community Building. The county officers and club presidents (or club representative) are invited to attend.



***Everyone's input is needed to plan and host a successful event!***



**December 7, 2023**

### **Homemaker Council Meeting & Holiday Luncheon**

Homemakers Council Meeting—10 AM, CT

Annual Homemaker Holiday Luncheon—  
approximately 11:30 AM, CT

***Plan to bring a tasty holiday dish  
for a potluck lunch!***

***More fun details to be announced.***





# Apple Grilled Cheese

Servings: 2

Serving Size: 1 sandwich



## Ingredients:

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

## Directions:

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.

**Source:** KYNEP 2020 Food and Nutrition Calendar: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service

## Fall Spiced Pumpkin Bread

|                            |                        |                       |
|----------------------------|------------------------|-----------------------|
| ½ cup all-purpose flour    | 2 teaspoons            | ½ cup honey           |
| 1½ cup whole-wheat flour   | pumpkin pie spice      | 2 cups pumpkin puree  |
| 1½ teaspoons baking powder | ¼ teaspoon salt        | ½ cup olive oil       |
| 1 teaspoon baking soda     | ½ cup melted margarine | 2 eggs                |
|                            | ½ cup sugar            | ½ cup chopped walnuts |

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

**Yield:** 16 slices

**Nutritional Analysis:** 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

**STORAGE:** Store in a cool, dry place and use within 1 month.

### PREPARATION:

**To Steam:** Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

**To Microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

**To Bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**September 2017**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://bteitellup.uky.edu>



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

# November 14, 2023

## FREE DIABETES SUPPORT GROUP

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Breckinridge County Extension Community Building

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**No Registration Required!**

**1:30—3:00 CT**

- \* **Relaxed Group Setting**
- \* **Recipe Sampling**
- \* **Nutritional Information**
- \* **Door Prize**



**Bring a friend or family member, everyone welcome!**

Call 270-756-0711 or 270-756-2182 for more information.

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**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.



# ADULT HEALTH BULLETIN



**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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



**O**ctober 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

**Continued on the next page** ➔

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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.***



**→ Continued from the previous page**

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/dcpc/resources/features/breastcancerawareness>

**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

123RF.com, Adobe Stock





Date: \_\_\_\_\_

## Enrollment Form for 2023-2024

### Breckinridge County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (*Optional*): \_\_\_\_\_

Race (*Optional – circle one*):      White      Black or African American  
                         Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (*Optional - circle one*):      Hispanic      Non-Hispanic

Gender (*Optional - circle one*):      Female      Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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