

Newsletter

November 2023

Talking Turkey: Prep and Safety

Turkey Nutrition

Holiday meals are typically known for their over indulgent foods; however, turkey remains a nutritious holiday staple. Turkey is low-fat, high in protein, and rich in iron, zinc, and several B Vitamins.

So make the holiday turkey the center of attention this Thanksgiving by following safe handling and preparation steps.

Purchasing a Turkey

Turkeys may be purchased either fresh or frozen.

Allow one (1) pound of turkey per person.

Fresh Turkeys

- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- **Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.



Continued on next page

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Frozen Pre-Stuffed Turkeys

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

DO NOT THAW before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.

Allow 1¼ pounds of turkey per person.

Thawing Your Turkey

There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven.

In the Refrigerator (40 °F or below)

Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds 1 to 3 days

12 to 16 pounds 3 to 4 days

16 to 20 pounds 4 to 5 days

20 to 24 pounds 5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.



On Thanksgiving Day, USDA Meat and Poultry Hotline will be open from 10:00 a.m. to 2:00 p.m. Eastern Time, 1-888-674-6854

In Cold Water

Allow approximately 30 minutes per pound

4 to 12 pounds 2 to 6 hours

12 to 16 pounds 6 to 8 hours

16 to 20 pounds 8 to 10 hours

20 to 24 pounds 10 to 12 hours

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

In the Microwave Oven

Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing.

- Remove all outside wrapping.
- Place on a microwave-safe dish to catch any juices that may leak.
- **Cook your turkey immediately.** Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

IMPORTANT REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

Roasting Your Turkey

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole dish. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F, as measured with a food thermometer. Check the internal temperature in three (3) locations in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting

(325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed

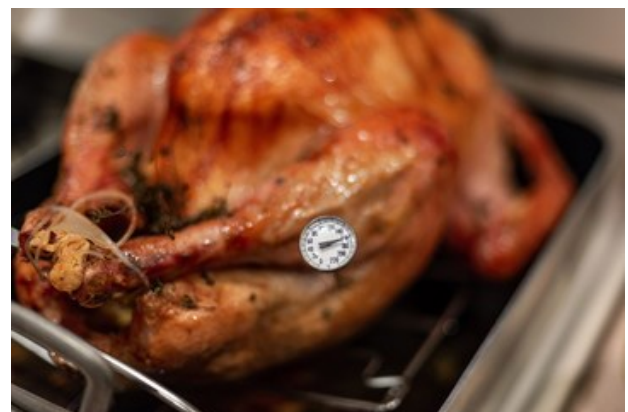
4 to 8 pounds (breast) 1½ to 3¼ hours

8 to 12 pounds 2¾ to 3 hours

12 to 14 pounds 3 to 3¾ hours

14 to 18 pounds 3¾ to 4¼ hours

18 to 20 pounds 4¼ to 4½ hours



Stuffed

4 to 6 pounds (breast) Not usually applicable

6 to 8 pounds (breast) 2½ to 3½ hours

8 to 12 pounds 3 to 3½ hours

12 to 14 pounds 3½ to 4 hours

14 to 18 pounds 4 to 4¼ hours

18 to 20 pounds 4¼ to 4¾ hours

20 to 24 pounds 4¾ to 5¼ hours



It is safe to cook a turkey from the frozen state. The cooking time will take **at least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as "akimbo."
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1 ½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 °F, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 °F throughout the product.
- If using an oven cooking bag, follow the manufacturer's guidelines on the package.

REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its' juices with soap and water.

Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

Leftover Ideas

Rather than simply serving turkey again, be creative in how you prepare your leftovers. See the list and recipe below for turkey leftover inspiration.

- Turkey hash
- Turkey salad
- Turkey noodle soup
- Turkey pot pie
- Turkey casserole
- Sliced turkey sandwich



Turkey Noodle Soup

Yield: 4 Servings

Serving Size: 1 $\frac{3}{4}$ cups

Ingredients

- 6 cups homemade turkey stock (or low-sodium canned turkey or chicken broth)
- 1 bay leaf
- 1 cup diced carrot
- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup diced celery
- 2 garlic cloves
- minced Salt to taste
- Ground black pepper
- $\frac{1}{4}$ cup chopped parsley
- 3 oz egg noodles
- 2 cups leftover turkey, shredded



Directions

Fill a large pot with homemade (or canned) stock. **Add** bay leaf, carrots, onions, celery, garlic, salt and pepper to taste. **Simmer** 10-15 minutes or until the vegetables are tender. **Add** parsley, noodles, and shredded turkey. **Cook** according to packaging for noodles. **Remove** bay leaf and **serve**.

Nutrition Information

240 calories, 4g fat, 1g saturated fat, 80mg cholesterol, 620mg sodium, 11g carbohydrates, 2g fiber, 3g sugar, 39g protein.



Strategies for a Healthy Fall

As the days get shorter and cooler and the seasons change, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.



Get Your COVID-19 and Flu Shots

Getting the COVID-19 vaccine and recommended boosters offers the best protection against serious illness and hospitalization. CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.



Track COVID-19 Levels in Your Community

Check your COVID community levels and wear a mask indoors with substantial or high COVID-19 transmission.



Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds.



Get Your Screenings

Visit your doctor and dentist for preventive services and regular checkups.



Brush Your Teeth

Brush twice a day with fluoride toothpaste.

TEACH KIDS HANDWASHING

Prevent the spread of germs. Teach your kids the five handwashing steps—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating.



Sleep

Aim to get at least 7 hours of sleep per night.



Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, sunglasses, and broad spectrum sunscreen with at least SPF-15.



Make Time to Unwind and Connect With Others

For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.



Drink Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.



Don't Use Tobacco

You can quit today! Call 1-800-QUIT-NOW for free support.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit [cdc.gov/chronicdisease](https://www.cdc.gov/chronicdisease).



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

@CDCChronic | www.cdc.gov/chronicdisease

Beer Cheese—Kentucky Favorite

Beer cheese is practically a staple in Kentucky. It is a common item on many menus as an appetizer or sometimes as an entrée. It's said to have originated in Kentucky, and you can always find it at social events, family gatherings, and tailgating.

Beer cheese is a smooth cheese spread made from processed cheese and flavored with a variety of ingredients, one of which is beer. Commercially made beer cheese is usually made from processed cheddar cheese or cold pack cheddar cheese along with various spices and beer. Homemade varieties can be made from any type of cheese, but most commonly cheddar. Additional ingredients include onion, garlic, hot sauce, and horseradish. You can use any type of beer, but it must be flat, otherwise your cheese will be foamy. Beers with a stronger flavor (dark lagers, stouts, or IPAs) will give a more intense flavor.

Beer cheese is typically served cold with crackers or pretzels. It is a favorite on charcuterie boards accompanied by celery, carrots, and other sliced fresh vegetables. You also can make the spread into a soup, serve it hot as a sauce or as a topping on burgers.

Make beer cheese at home by combining your favorite cheese or combination of cheeses, a flat beer, and your favorite spices. No need to measure anything, just be creative until you find a version you like. Use a food processor or mixer to get a smooth consistency and then chill to firm it up. Keep homemade beer cheese in a closed container in the refrigerator. Storage time will depend on the types of cheese you used and can vary between 10 days to 3 weeks.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

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KENTUCKY  KENTUCKY STATE
UNIVERSITY
COOPERATIVE EXTENSION

YOU ARE INVITED

TASTE OF Christmas

Sunday, December 3, 2023
11 AM - 2 PM, CT

Breckinridge County Extension Community Building,
1377 S. Hwy 261, Hardinsburg

HEARTY SOUPS : SANDWICHES : DELICIOUS DESSERTS

Enjoy a delicious lunch and a stroll through the
2nd edition of Quilts with a Story Exhibit!

\$10 Event Ticket

Children age 4-10-\$5, 3 and under free



Proceeds to benefit the Breckinridge
County Extension Homemakers Senior
Scholarship program.



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Cloverport Homemakers' Christmas Bazaar

Saturday, December 2nd
Cloverport Methodist Church
11 AM, CT to 4 PM, CT



Enjoy chili, potato soup, chicken salad and pimento sandwiches and an assortment of homemade goodies!



Holiday Wood Bead Ornament Class

Tuesday, Dec. 5th
@ 5:30 PM, CT
Breckinridge County
Extension Office Basement

Bring family and friends to enjoy fun and fellowship while creating a handmade holiday craft!

\$2 fee to cover cost of craft materials.

Fun, fellowship and sweet treats free!



December 7th, 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!***

Each member is invited to bring a Christmas ornament for a fun exchange.

Also, members are invited to donate personal care items, such as, soap, shampoo, toothpaste, etc. The items will be donated to the blessing boxes located at the public library locations. Donations will be accepted all the way through December 22.

2023 Taste of Christmas Club Assignments

The Extension Homemakers will once again host the Taste of Christmas.

To ensure a successful and delicious event, we need the help of all clubs.
We will need volunteers for setup on Friday, December 1st at 1 PM, CT
please call the Extension Office to volunteer your club or as an individual.

Everyone's help is needed and greatly appreciated!

For the event, the following work schedule has been formed for Sunday, December 3rd.

9 to 11 AM, CT (includes set up) 11 AM, CT to 1 PM, CT 1 to 3 PM, CT (includes clean up)

The following donations are needed.

Donations for this will be greatly appreciated and would count for KEHA volunteer hours!

Homemaker Clubs are asked to donate the following food items:	
Cloverport—2 cheese balls and crackers	New Heights—1 pot of potato soup and chicken salad
Countryside—1 pot of stew & 1 pot of chili and 1 pot of Italian Wedding Soup	Sunshine Sisters—1 pot of chili and 1 pot of vegetable soup
Flower Rangers—1 pot of soup and pimento cheese	FCS Agent—1 pot of harvest chili and ham sandwiches
Irvington—1 pot of soup, cheese and crackers	
Desserts	Door Prizes
Each club is asked to provide two (2) home baked desserts	Each club is asked to donate a \$10 to \$15 door prize.

Quilts with a Story Exhibit

The second edition of the Quilts with a story exhibit will be presented at the Taste of Christmas. Homemakers are encouraged to enter one (1) or two (2) quilts for the exhibit. With each quilt entry, we ask that a Quilt Story form be submitted. The Quilt Story form will ask basic questions, such as, name of quilt pattern, when made, by who, and any interesting details, such as, "received as a wedding gift," or "made from my childhood dresses," or "my great, great grandmother's quilt." We want to tell the story and share the importance that each quilt has for each family! The Story Form is included in this newsletter or can be picked up at the Extension Office. Quilts can be dropped off at the Extension Office from November 27th—December 1st by 4 PM, CT. All quilts will need to be picked up from 2-3 PM, CT following the Taste of Christmas event on Sunday, December 3rd. Please call the Extension Office at 270-756-2182 for more details or with questions.

The annual Taste of Christmas Cookbook

We will once again create a **Taste of Christmas Cookbook** of special Holiday recipes from the event and other family favorites. Each club is asked to turn in two (2) to three (3) recipes to the Extension Office by Friday, November 22, 2023.



Organizing Tips for Increased Productivity

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

Friday, January 5th
10:30 AM, CT
Extension Office Basement
 Presenter Natalie Taul,
 Grayson County FCS Agent

Everyone is invited to attend!

December

Homemaker Lesson

There is **NO** lesson in December.

Enjoy fellowship with family and friends!



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breckinridge.ca.uky.edu

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Upcoming Educational Lesson Topics

- 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
- Apr. 30 Understanding 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
 Breckinridge County



Homemaker Happenings

Roll Call & Thought for the Day

November Roll Call: In November, we celebrate thanksgiving. Name one of your blessings this year OR how you plan to be a blessing for others.

November Thought for the Day: "The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us."~~Terri Marshall

~~~~~

## November Club Meetings

- |         |                                                                   |
|---------|-------------------------------------------------------------------|
| Nov. 17 | Flower Rangers, 6 PM, CT, Extension Office Basement               |
| Nov. 20 | Cloverport, 1 PM, CT, Cloverport Methodist Church                 |
| Nov. 20 | New Heights, 1 PM, CT, Extension Community Building               |
| Nov. 21 | Irvington, 10:30 AM, CT, Lincoln Trail Christian Church Basement  |
| Nov. 27 | Countryside, 5:30 PM, CT, at Jennifer Dowell with Laura Hernandez |
| Nov. 28 | Sunshine Sisters, 11 AM, CT, Extension Community Building         |

## Christmas Tree Trimming

Flower Ranger Homemakers are in charge of decorating the Christmas Tree in the Extension Community Building.

## 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

- |              |                                                  |
|--------------|--------------------------------------------------|
| Nov. 23 & 24 | Office Closed for Thanksgiving                   |
| Dec. 3       | Taste of Christmas & Quilts with a Story Exhibit |
| Dec. 7       | Council Meeting and Holiday Luncheon             |



# Area Cultural Arts Contest



Breckinridge County received 8 first place honors at the annual LTA Cultural Arts contest Oct. 12th in Meade County. The winners will advance on to the state competition that will take place in May 2024 at the KEHA State Conference in Bowling Green, KY. Local winners are listed below:

## 2023 Breckinridge County Extension Homemakers Area Cultural Arts Winners

Jean Aull

|                              |                       |
|------------------------------|-----------------------|
| Jewelry – Original design—   |                       |
| Necklace and Beaded Bracelet | 1 <sup>st</sup> Place |
| Photography – Color          | 1 <sup>st</sup> Place |
| Paper Crafting – Card Making | 1 <sup>st</sup> Place |



Chris Brodnicki

|                                |                       |
|--------------------------------|-----------------------|
| Knitting -Home Décor & Afghans | 1 <sup>st</sup> Place |
|--------------------------------|-----------------------|



Kathy Henning

|                         |                       |
|-------------------------|-----------------------|
| Paper Crafting—Quilling | 1 <sup>st</sup> Place |
|-------------------------|-----------------------|



Fay Minter

|                       |                       |
|-----------------------|-----------------------|
| Crochet – Accessories | 1 <sup>st</sup> Place |
| Crochet – Fashion     | 1 <sup>st</sup> Place |
| Crochet – Thread      | 1 <sup>st</sup> Place |



## Additional Exhibits at the County and Area Contest

|              |                                               |                       |
|--------------|-----------------------------------------------|-----------------------|
| Jean Aull -  | Holiday Decorations                           |                       |
|              | Winter—Bird Ornament                          | 1 <sup>st</sup> Place |
| Fay Minter - | Summer—Papercraft Summer Activities           | 1 <sup>st</sup> Place |
|              | Crochet – Home Décor & Afghans                | 1 <sup>st</sup> Place |
|              | Holiday Decoration,                           |                       |
|              | Autumn—Brown and gold table runner/pot holder | 1 <sup>st</sup> Place |
|              | Winter—Crochet Ornament                       | 2 <sup>nd</sup> Place |

***Congratulations to All!***



# ADULT HEALTH BULLETIN



**NOVEMBER 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:

# KNOW YOUR FAMILY HEALTH HISTORY



**N**ov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

**Continued on the next page** ➔

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# ***Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.***

## **➔ Continued from the previous page**

You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.

### **REFERENCE:**

[https://www.cdc.gov/genomics/famhistory/famhist\\_basics.htm](https://www.cdc.gov/genomics/famhistory/famhist_basics.htm)



**ADULT  
HEALTH BULLETIN**

### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





## *A Quilt's Story*

*Name of quilt pattern? \_\_\_\_\_*

*When quilted? \_\_\_\_\_ or How old? \_\_\_\_\_*

*Who made the quilt? \_\_\_\_\_*

*Why is this quilt special?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Quilt Exhibited by \_\_\_\_\_*