

Newsletter

September 2024

September is National Preparedness Month

Be Ready for an Emergency

Even with the best alert systems in place, there is often little to no warning when severe weather or natural disasters strike. The best time to prepare is now. Plan ahead for wind, rain, ice, or snow in case you need to survive on your own for a few days.

Every household should have an emergency supply kit on hand. The kit should include basic items you and your family may need in the event of an emergency. It should be made ahead of time, stored in a protected area, and easy to move. A basic emergency supply kit should include the recommended items below.

- Water – one gallon of water per person (and pet) per day, for at least 3 days.
- Food – shelf-stable, for at least 3 days
 - Canned meats, fish, and beans
 - Canned fruits and vegetables
 - Peanut butter or other nut butters
 - Dried foods, jerky, trail mix or granola
- Manual can opener
- Waterproof matches
- First aid kit
- Flashlight or reliable light source
- Batteries in a variety of sizes
- Toilet paper
- Unscented bleach and measuring spoon
- Disposable plates and utensils
- Hand sanitizer
- Disinfecting wipes
- Plastic zip top bags



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Be Ready for an Emergency (continued from previous page)

In addition to the recommended items above you may want to include a battery-powered or hand-crank radio and blankets. The foods to include will depend on your family's taste and any special dietary needs. Including a few treats like hard candy, chocolate, or coffee will help keep spirits up. You may also want to include a few activities or toys like a deck of cards or books if you have kids. Check your emergency kit every six months and replace the water. Check use by dates on the food and batteries as well. Replace and restock items as needed. For more information on preparing for an emergency, visit <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Reference: Centers for Disease Control and Prevention

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

Homemaker Happenings



September 4th	Wits Workout
September 11th	Healthy Homes, Healthy Habits
September 12th	Breckinridge County Homemaker Council Meeting
September 20th - 21st	Heartland of Kentucky Quilt Show
October 9th	Lincoln Trail Area Annual Meeting registration due
October 18th	County Cultural Arts Deadline
October 25th	Lincoln Trail Area Annual Meeting

Breckinridge County Homemaker Council Meeting

The Breckinridge County Homemaker Council meeting will be Thursday, September 12th
in the Extension Office Community Building at 10 a.m. CT
2024-2025 Club materials will be passed out and reviewed to kick-off the new year.

Homemaker Lesson

Lead your Team: Healthy Literacy for the Win!

Wednesday, September 25th 10 a.m. CT
Breckinridge County Extension Office Basement

This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

For more information contact us at (270) 756-2182

2024 KEHA Cultural Arts Contest

Deadline:
Friday,
October 18th

Show off your creative talents by entering the 2024 contest. The complete list of rules is available at the Extension Office.

Turn in your entries at the Extension Office by 4 p.m. CT on Friday, October 18th with your name, category and subcategory. Local blue ribbon winners will advance to the area contest on Friday, October 25th in Marion County.

If you have questions or need more information call us at (270) 756-2182

Lincoln Trail Area Annual Meeting

The 2024 Lincoln Area Annual Meeting will be Friday, October 25th at the Marion County Extension Office. The cost is \$20 per person. Registration, refreshments, and a meal will be provided. Registration forms need to be turned into the Breckinridge County Extension Office by October 9th

The registration form can be found in the back of this newsletter or picked up at the Extension Office.

We hope that you are able to join us!

Registration Due:
Wednesday,
October 9th



Lynnette Allen
Extension Agent
For Family & Consumer Sciences Education
Breckinridge County

Homemaker Club Meetings



<i>Homemaker Club</i>	<i>Date/Time</i>	<i>Location</i>
Cloverport	Monday, September 23rd 1 p.m. CT	Cloverport Methodist Church
New Heights	Monday, September 16th 10 a.m. CT	Extension Community Building
Countryside	Monday, September 23rd 5:00 p.m. CT	Myers Home
Irvington	Tuesday, September 17th 11:30 a.m. ET	Lincoln Trail Christian Church
Sunshine Sisters	Tuesday, September 24th 11 a.m. CT	Extension Community Building
Flower Rangers	Friday, September 27th 6 p.m. CT	Extension Office Basement

Roll Call & Thought of the day for September

Thought for the Day: "Well, it's all right, even if they say you're wrong
Well, it's all right, sometimes you gotta be strong"
End of the Line Traveling Wilburys 1989

Roll Call: Labor Day is celebrated in September.
What is the first job you ever had?

Sign-ups for the
new year start

SEPTEMBER 2024

Sign-ups for the
new year end

OCTOBER 2024

BRECKINRIDGE COUNTY

Extension Homemakers

Homemaker Events

- Taste of Christmas
- Spring Bazaar
- County Annual Meeting
- Lincoln Trail Area Annual Meeting
- Cultural Arts Contest
- International Event

Monthly Lessons 2024-25

- Healthy Literacy for the win
- Thrifty & Healthy Holiday Meals
- No Sew Quilted Star Ornament Craft
- Preventing Osteoporosis
- Pathways to Wellness
- How to Get Out of a Mealtime Rut
- Composition in Photography

**Join today for
leadership, friendship,
and skill development!**

**Contact us at
(270) 756-2182
to learn more**



Membership Dues: \$12

Membership dues support Ovarian Cancer Research and covers membership to the Kentucky Extension Homemakers Association

Who can join?

Anyone can join Extension Homemakers!

What is included?

- Educational Lessons ✓
- Monthly club meetings ✓
- Volunteer Opportunities ✓
- Craft & Culinary Workshops ✓
- Monthly Newsletter ✓

LAUGH & LEARN

@ *The Breckinridge County Public Library*

The Breckinridge County Public Library is featuring the preschool Laugh & Learn Program for young children. All families are invited to attend to help develop school readiness for their young children.



Lesson Dates

Hardinsburg Branch Library
September 17th & 20th
10 a.m. CT

Irvington Branch Library
September 11th 10 a.m. CT



BRECKINRIDGE COUNTY
PUBLIC LIBRARY
Cloverport • Hardinsburg • Irvington



Cooperative
Extension Service



La Dolce Vita:

A Glimpse into Italian Food
and Culture presented by
Caitlin Jennings

Thursday, October 17th 5 p.m. CT

1377 S. Hwy 261 Hardinsburg, KY 40143
Breckinridge Extension County Farmers' Market & Educational Facility

Join us as we delve into Italian culture, holidays,
and delicious culinary experiences.

Please call the office to RSVP by October 11th
(270) 756-2182





WITS WORKOUT

An interactive brain health program

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in guided challenging puzzles, learn to help keep your brain healthy while interacting with others.

Wednesday, October 2nd

10 to 11:15 a.m. CT

Breckinridge County Extension Community Building

1377 S. Hwy 261 Hardinsburg, KY 40143

For more information contact us at (270) 756-2182





Diabetes Support Group

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143

Tuesday, September 10th
1:30 – 2:30 p.m. CT

- ✓ Relaxed group setting
- ✓ Recipe sampling
- ✓ Nutritional Information
- ✓ Door prize
- ✓ FREE

September Guest Speaker:
Katy Walker, LCSW
UK Healthcare



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

**Cooperative
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

HEALTHY HOMES

HEALTHY HABITS

Join us every month for sessions dedicated to making healthier choices for our homes. During these sessions, we will talk about embracing healthier food and home practices. Participants will receive FREE kitchen incentive items and have the opportunity to taste-test nutritious recipes.

1

August 28th 1 p.m. CT

Healthy Snack & Beverage choices
Healthy Cooking
Time Well Spent

2

September 11th 1 p.m. CT

Food Safety & Healthy Homes

3

October 2nd 1 p.m. CT

Affordable Meals & Smart Spending

4

November 6th 1 p.m. CT

Reading Labels and
Stress Free Holidays

5

December 4th 1 p.m. CT

Healthier choices, Fruit and Vegetables
Healthy Habits for the New Year

**All sessions will be held in the Breckinridge
County Extension Office Basement
For more information contact
Tasha Tucker or Lynnette Allen
at (270) 756-2182**



FARMERS' MARKET

Open June 15 thru October 2024

**1377 South Hwy 261, Hardinsburg, KY
Breckinridge County Extension Office
Extension Farmers' Market and Educational Facility**

**Open every Saturday
6:30 a.m. (ct)
until products are sold**

**Open every Tuesday
3 p.m. (ct)
until products are sold**

Accepting WIC and Senior Citizens' Market Card

NOTE: DATES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY



Nothing else comes close



**For more information contact us at
270-756-2182**

Funded in part by Kentucky Agricultural Development Funds

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



ADULT

HEALTH BULLETIN



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>

Breckinridge County Extension Office
1377 S. Hwy 261
Hardinsburg, KY 40143
(270)-756-2182

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Disabilities accommodated with prior notification.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Slow Cooker Wild Side Burgoo

Servings: 12 Serving Size: 1 cup

Ingredients:

- 4 medium potatoes, peeled and diced
- 1 cup cooked rabbit or chicken, cubed
- 1 cup cooked venison or beef, cubed
- 1 cup cooked squirrel or pork, cubed
- 1 cup cooked lima beans (or 1 15-ounce can, drained)
- 1 cup whole kernel corn (or 1 15- ounce can, drained)
- 3 1/4 cups chopped tomatoes (or 1 28-ounce can undrained)
- 1 1/2 cups cabbage, shredded
- 1/4 cup Worcestershire sauce
- 2 tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 3 cups water



Directions:

Wash hands with warm water and soap, scrubbing for at least 20 seconds.

Wash potatoes with a clean vegetable brush under running water before preparing.

Combine all ingredients in a 6-quart slow cooker. Stir to blend.

Cover with lid and cook on low for 8 hours.

Refrigerate any leftovers within 2 hours after slow cooker is turned off. Divide leftovers into smaller containers to allow quick cooling.

Source: Adapted from "Slow Cooker Mount St. Joseph Burgoo" from "Pride of Kentucky" by University of Kentucky Cooperative Extension and Kentucky Department of Agriculture.

<https://www.planeatmove.com/recipes/recipe/slow-cooker-wild-side-burgoo-2/>

210 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 50mg cholesterol; 460mg sodium; 25g total carbohydrate; 4g dietary fiber; 5g sugars; 0g added sugars; 20g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Stay Connected

Office Hours

Monday through Friday
8:00 a.m. - 4:30 p.m. CT

Address

Breckinridge County Extension Office
1377 South Highway 261
Hardinsburg, KY 40143

Online

breckinridge.ca.uky.edu
facebook.com/breckinridgeextension

Contact Information

Lynnette Allen
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For Family and Consumer Sciences Education
Breckinridge County
Phone: (270) 756-2182
Email: lallen@uky.edu



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Lincoln Trail Area Annual Meeting

Fall In Love

WITH LINCOLN TRAIL AREA EXTENSION HOMEMAKERS

Friday, October 25, 2024

Marion County Extension Office

416 Fairgrounds Road

Lebanon KY 40033

\$20 per person

Registration and refreshments - 9:30 a.m. EST

Welcome - 10:00 a.m. EST

Area Cultural Arts Check In:

Thursday, October 24, 2024

10:00 a.m. - 1:00 p.m. EST

REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

**LUNCH: Steak, Chicken or Vegan Burger, Green Beans, Potato
Salad, Rolls, Tea, Lemonade or Water and desserts.**

**Please choose ONE: ___ Steak ___ Chicken
 ___ Vegan Burger**

**Return this form along with the registration fee & choice of
entree to the Breckinridge County Extension Office by October 9th**

Checks are to be made payable to **Breckinridge County
Extension Homemakers**



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