

# ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

*Estill County Extension Homemakers*



**Martin-Gatton**  
College of Agriculture,  
Food and Environment



September 2023

Hi everyone,

September is here. It has been a busy year. I hope everyone is doing well. I am starting to plan for next year so if anyone has any classes that you would like offered, please let me know.

We are conducting our community needs assessment also. We serve Kentucky in many ways, and our services grow with the needs of our communities. Help us stay on track by taking our survey at [go.uky.edu/serveKY](http://go.uky.edu/serveKY) or use the QR Code in the newsletter found on page 7.

We will also be having a Piggy Bank Challenge. Children enrolled in school from kindergarten through Senior year can enter. Design a piggy bank and drop it off at the office. See the flyer or call the office for more details.

The new Homemaker year is starting. If you would like to join Estill County Extension Homemakers, contact me. If you have a group that would like to start a club, let me know as well. You can meet at anytime or anywhere.

Thank you and have a wonderful fall.

Judy



Estill County Extension Service  
76 Golden Court, Irvine, KY 40336  
(606)723-4557  
Estill.ext@uky.edu

Judy Vaughn, County Extension Agent  
for Family and Consumer Sciences

## DATES OF INTEREST

- September 7th at 4:45 p.m. —Not Your Mama's Homemaker Meeting
- September 12th at 11:30 a.m. —Sugar and Spice Homemaker Meeting, El Ranchito
- September 19th at 4:00 p.m. —Leader Lesson at the Estill Co. Extension Office
- September 20th at 10:30 a.m. —Laugh and Learn at the Estill County Library
- October 5th at 4:45 p.m —Not Your Mama's Homemaker Meeting
- October 13th—Bluegrass Area Annual Homemaker Meeting (details inside)
- October 24th at 4:00 p.m. —Leader Lesson at the Estill Co. Extension Office
- December 12th at 5:00 p.m. —Homemaker's Christmas Extravaganza

Call the Estill County Extension Office for more information on any of these events.

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Agriculture and Natural Resources  
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Disabilities  
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with prior notification.



# Homemakers News

Hello Estill Homemakers,

The Summer is winding down and the 2022-23 program year has ended. Club reports have been sent and we are excited to start planning for the new 2023-24 program year.

The Volunteer Service Hours (units) VSU that we report each year started fresh on July 1<sup>st</sup>. So please start counting and recording your volunteer service for next year's report. There is also a new book list for this year with some exciting titles to read. We are planning some activities from the various committee projects and our agent Judy Vaughn is preparing leader lessons for the year.

We currently have three active Homemaker clubs with club meetings starting in September. You can contact the extension office to find out more about our existing clubs or even how to start a club of your own.

October activities are being planned with Homemaker week happening across the state October 8th-14th. Also, in October, is the Bluegrass Area Homemakers meeting which will be held in Nicholas County. Judy has included the flyer in this month's newsletter which has all the details on how to sign up to attend. We had a wonderful time at last year's meeting and can't wait for this year's. If you would like to know more about VSU, the book list or any of our other fun activities, please contact the Estill County Extension Office. Also, let us know if you have any trip ideas or service project ideas so we can begin to plan for the year.

We hope to see you at the next meetings!

Rebecca Lamb  
Estill County Homemakers



**Not Your Mama's Homemaker Club  
will have their first meeting on  
Thursday, September 7th at 4:45 p.m.  
at the Estill County Extension Office  
76 Golden Court, Irvine.**

Contact Judy Vaughn, Family and Consumer Sciences Extension Agent,  
at [judy.vaughneuky.edu](mailto:judy.vaughneuky.edu), 606-723-4557 if you would like to join an  
existing club, start a new club, or if you just have questions.



**Rather Bee Quilting group meets at the  
Estill County Extension Office the second  
Saturday of each month. For more details  
contact the Estill County Extension Office  
at 606-723-4557.**



## **Ovarian Cancer Screening & Research**

One of KEHA's main health objectives has been to assist in funding ovarian cancer screening and research at the University of Kentucky.

This program began in 1977, and members were asked to donate \$1 each per year. In recent years, many homemakers have contributed or raised much more than \$1 each. As of May 2023, KEHA's lifetime contribution to the program is more than \$1.62 million.

## **Annual Homemaker Dues**

Annual Homemaker dues for the upcoming 2023-2024 year will be \$10.00 (\$9.00 for annual dues, plus \$1.00 Ovarian Cancer donation) Checks need to be made out to Estill County Extension Homemakers. Deadline for 2023-2024 Homemaker dues will be November 17, 2023.





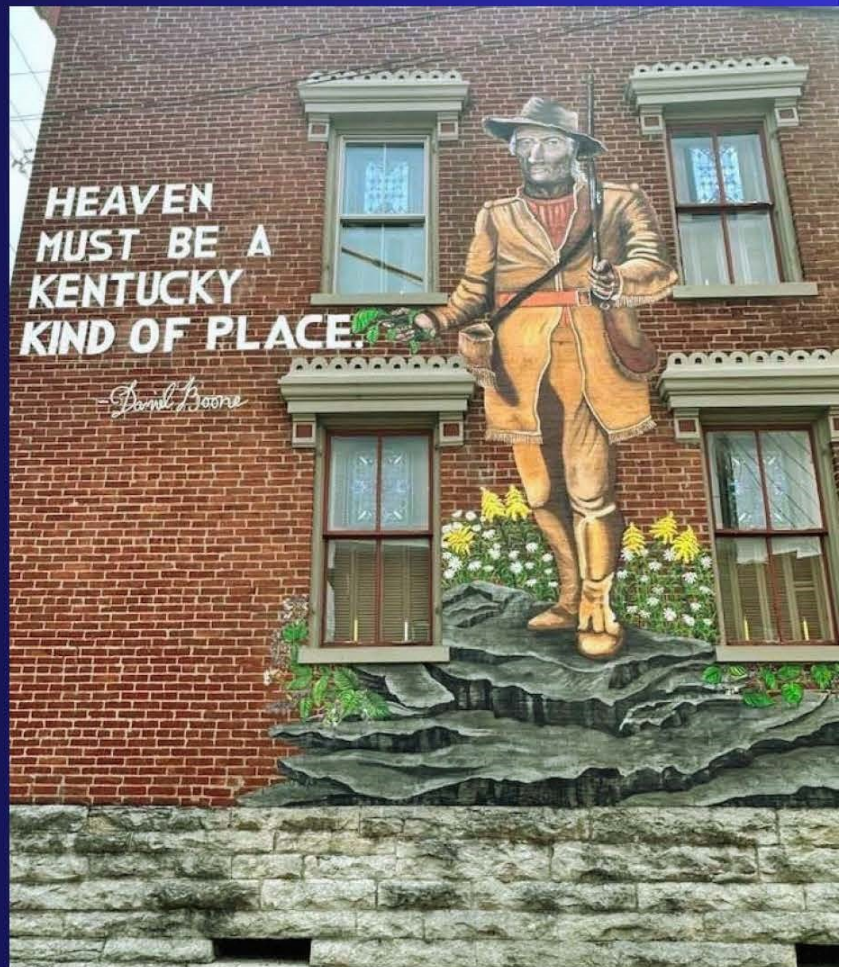
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University of Kentucky.

# Bluegrass Area Extension Homemakers' Annual Meeting October 13, 2023

## Spotlighting Carlisle, Kentucky

Home of the last Kentucky  
cabin of Daniel Boone

Featuring  
Paula and Randy Hunter  
portraying  
Daniel and  
Rebecca Boone



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Lexington, KY 40506



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with prior notification.

# Lunch Menu:

## Option 1:

Chicken Salad on Croissant with chips, pasta salad, and a homemade dessert tart

## Option 2:

Ham and Cheese on Croissant with chips, pasta salad, and homemade dessert tart

## Option 3:

Veggie Wrap, Pasta Salad, and homemade dessert tart

*Drinks include tea, lemonade, and water*

**Cost \$15**

# Please Join Us:

When:

Friday, October 13, 2023

Where:

Nicholas County Elementary School Cafeteria  
133 School Drive  
Carlisle, KY 40311

Time:

9:00 a.m. Registration

9:30 a.m. Call to Order

(muffins, fruit, juice, and coffee will be available)

## Registration Deadline

**September 18, 2023**

### *Bluegrass Area Cultural Arts:*

Available for viewing in the gymnasium adjacent to the cafeteria

Limited amount of transportation from the Estill County Extension Office will be provided.

For Questions:

Call 606-723-4557 or email

[judy.vaughn@uky.edu](mailto:judy.vaughn@uky.edu)



## Bluegrass Area Homemaker Annual Meeting Registration

Complete and return to: Estill Co. Extension Office, 76 Golden Ct, Irvine, KY 40336 by Sept. 18, 2023

with your check payable to: Estill County Homemakers.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Mailbox Member \_\_\_\_\_ Guest \_\_\_\_\_

Chicken Salad

Ham & Cheese

Vegetarian Option



# 2023-2024 Plan of Work

## Homemaker Leader Training Dates

*\*All leader trainings start at 4:00 p.m. at the Extension Office. At least one club member is encouraged to attend to take this information back to their club for their next monthly meeting. These meetings are open to all Homemaker members, and you are encouraged to join us.*

**August 22, 2023 at 4:00 p.m. - "Personality Assessments"** That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This lesson will shed light on different personality traits, help you learn more about yourself and allow you to see other perspectives.

**September 19, 2023 at 4:00 p.m. - "Lead Your Team: Health Literacy for the Win!"** Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your healthcare team in reaching your overall health goals.

**October 24, 2023 at 4:00 p.m. - "Planning Thrifty and Healthy Holiday Meals"** Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

**November 21, 2023 at 4:00 p.m. - "Savor the Flavor: Seasoning with Spices"** Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

**January 27, 2024 at 4:00 p.m. - "Recognizing and Coping with Trauma After a Natural Disaster"** This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

**February 27, 2024 at 4:00 p.m. - "Self-Care and Self-Pampering"** Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.



**March 26, 2024 at 4:00 p.m. - "A Guide to Beginner Meal Planning and Meal Prepping"** Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

**April 23, 2024 at 4:00 p.m. - "Savor the Flavor: Building Flavor with Herbs"** Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.



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

**Enrollment Form  
for**

**Estill**

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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KENTUCKY SAVES  
**2024**  
**PIGGY BANK**  
**DESIGN CONTEST**  
 MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **September 1, 2023**  
 and ends on: **November 1, 2023**

**HOW:** Participants submit an original piggy bank and entry form.

**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

**Kentucky Saves Week:**  
 April 8-12, 2024

**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Estill County  
 Cooperative Extension Office  
 76 Golden Court  
 Irvine, KY  
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 (606)7234557

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KENTUCKY SAVES  
**2024**  
**PIGGY BANK**  
**DESIGN CONTEST**  
 MONEY SAVED IS A FUTURE EARNED



**MONEYWi\$E**  
 VALUING PEOPLE. VALUING MONEY.

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HOW CAN WE  
**serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit [go.uky.edu/serveKY](http://go.uky.edu/serveKY)

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 Lexington, KY 40546



**September 19**  
**4:00 PM**

**Location: Estill County Extension Office**

For more information, contact...  
 Judy Vaughn  
 Estill County FCS Agent  
 6067234557  
[judy.v Vaughn@uky.edu](mailto:judy.v Vaughn@uky.edu)



**LEAD YOUR TEAM**  
**HEALTH LITERACY**  
**FOR THE WIN!**

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy at some point. 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!

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Contact your local Extension Office for a paper copy of the survey.

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 LEXINGTON, KY 40546







# FAMILY CAREGIVER

# HEALTH BULLETIN



SEPTEMBER 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>

## THIS MONTH'S TOPIC:

## FALL PREVENTION: FROM AWARENESS TO ACTION



**F**all Prevention Awareness Week is a nationwide observance that brings awareness to preventing and reducing the risk of falls as well as helping older adults live without fear of falling, according to the National Council on Aging. This is important because more than 1 in 4 adults aged 65 and older fall each year. In 2020, 31.2% of older adults in the Commonwealth reported a fall, the Centers for Disease Control and Prevention report.

The CDC shares that falls are the leading cause of injury and injury-related death among older adults. Severe falls can lead to fractures, traumatic brain injuries, permanent disability, lengthy hospital stays and admission to long-term care facilities. Falls can lessen independence and negatively affect quality of life. It is common for

Continued on the next page →



Cooperative Extension Service

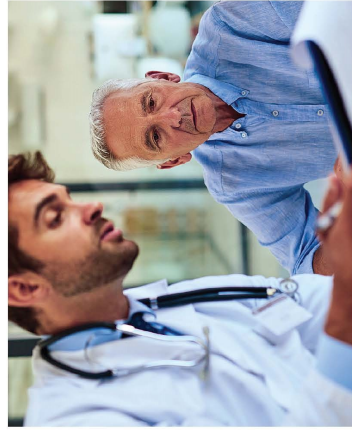
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## Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups.



Continued from the previous page

older adults to fear falling because of the risk of injury. They are also worried about embarrassment and want to remain independent. As a result, a fear of falling can lead to limited activity. This then leads to physical decline and social isolation.

**Most falls are preventable. The NCOA recommends six steps to prevent a fall:**

- 1. Exercise.** Find an exercise and/or balance program that helps build stability, strength, and flexibility. Make it fun. Go with a friend to make sure you keep going.
- 2. Talk to a doctor.** Be honest about fall history and/or fear of falling. Request a fall assessment.
- 3. Manage medications.** Talk to a pharmacist or health-care provider about prescription and over-the-counter medications. They can help find medications or potential medication interactions that may increase the risk of falling.
- 4. Get eyes, ears, and feet checked yearly.** The eyes, ears, and feet play key roles in balance.
- 5. Enhance home safety.** Remove clutter and tripping hazards. Keep rooms, hallways, and stairways well lit. Use a nightlight at night. Properly install grab bars in the bathrooms and use nonslip bath mats.
- 6. Talk with family and friends.** Be assertive and honest with family and friends so they can play a role in fall prevention. Trusted family and friends can brainstorm ways to support safety and independence as well as reduce any fear of falling. They can help find helpful information and resources. Not only will they know about your changing needs, they can also know what to do after a fall.

As a caregiver, keeping an older adult's health includes safety and preventing accidental injury. It is important to empower someone in your care, at risk of falling, to take action. In some cases, you may have to start the conversation about possible fall concern and encourage the six steps above to help prevent the consequences of a fall. Caregivers

should stay alert and note any changes in health. Caregivers should track yearly wellness visits and stay on top of vision and hearing checkups. It is helpful for caregivers to note if a loved one is holding on to furniture or another person for support or if they are having difficulty transitioning from sitting to standing. A caregiver should also know their loved one's current medications. They should also keep an eye on home safety. The CDC offers a Home Fall Prevention Checklist for Older Adults at [https://www.cdc.gov/steadi/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steadi/pdf/check_for_safety_brochure-a.pdf). You can also call your local Area Agency on Aging or County Cooperative Extension Office to find community-based physical activity programs and resources to support fall prevention.

### REFERENCES:

- CDC. (2020). Older Adult Falls Reported by State. Retrieved June 22, 2023 from <https://www.cdc.gov/falls/data/falls-by-state.html>
- NCOA. (2023). From Awareness to Action: This Year's Falls Prevention Awareness Week theme. Retrieved June 22, 2023 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit>

**FAMILY CAREGIVER HEALTH BULLETIN**

Written by: Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
Edited by: Alyssa Simms  
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Stock images:  
123RF.com





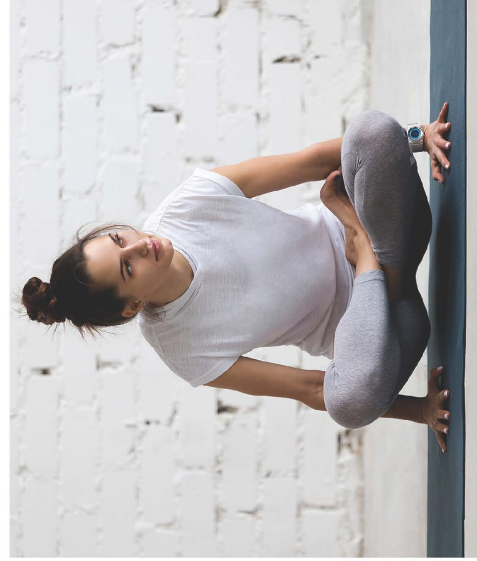
SEPTEMBER 2023

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**THIS MONTH'S TOPIC:**

**STRETCH YOUR BOUNDARIES — TRY YOGA!**



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana).

**Continued on the next page** ➔



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Lexington, KY 40506

***Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.***



**➔ Continued from the previous page**

**Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:**

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

• **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.

• **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

**REFERENCES:**

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.uncchinh.gov/health/yoga-what-you-need-to-know>

**Written by:** Katherine Lury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

**ADULT HEALTH BULLETIN**





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 Food and Environment  
*Cooperative Extension Service*

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 PERMIT #6

Estill County  
 76 Golden Court  
 Irvine, KY 40336

RETURN SERVICE REQUESTED

# Apple Cranberry Waldorf Salad

- 1 cup** chopped Granny Smith apple
- 1 cup** chopped Red Delicious apple
- 1 cup** diced celery
- 1 cup** halved seedless green grapes
- 1 cup** halved seedless red grapes
- 1 1/2 cups** dried cranberries
- 1/2 cup** chopped walnuts
- 8 ounces** non-fat vanilla yogurt
- 2 tablespoons** honey
- 1/4 teaspoon** cinnamon

- 1. Combine** chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
- 2. In a separate bowl,** add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/piukp-recipes>