



Martin-Gatton
College of Agriculture,
Food and Environment

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

Estill County Extension Homemakers

October 2023

Happy Fall,

September was a full month for me. I was in Rhode Island for the Annual NEAFCS meeting and a short vacation. I also ventured down to Somerset for Leadership Kentucky for three days.

We have a lot of things going on in October. You can look at our Dates of Interest for a quick list of events. There are flyers in the brochure for more information on these events or you can call the office.

I am starting to plan for next year so if anyone has any classes that you would like offered, please let me know. You can fill out the survey that is on the flyer from the last newsletter and in this one (page 4) as well. This survey helps us plan for the next few years and gives us an idea of how best to serve you.

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 also. 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

Dates of Interest

- October 5th at 4:45p.m.—Not Your Momma’s Homemaker Meeting
- October 8th through the 14th—Celebrate KEHA Week
- October 10th at 11:30a.m.—Sugar & Spice Homemaker Meeting, El Ranchito
- October 11th at 10:30a.m.—Laugh & Learn at the Estill County Library
- October 13th—Bluegrass Area Annual Homemaker Meeting
- October 23th—Ovarian Cancer Screening 11:00-5:00
- October 24th at 4:00 p.m.—Leader Lesson
- October 28th—8:00-5:00—Orchard trip
- November 6th—Smart Consumer Class 10:00 a.m. or 6:00 p.m.
- November 17th - Deadline for annual Homemaker dues
- December 12th 5:00p.m.—Homemaker’s Christmas Extravaganza

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Cooperative Extension Service

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

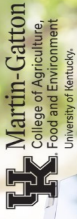
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Disabilities
accommodated
with prior notification.

Smart Consumer Class



NOVEMBER 6, 2023 10:00a.m. or 6:00p.m.

Estill County Extension Office, 76 Golden Court, Irvine

- Learn the new way of couponing
- Shopping using apps
- Safe online shopping

Call the Estill County Extension Office at 606-723-4557 to sign up.

If you have any questions about this class
contact **Judy Vaughn, County Extension
Agent for Family & Consumer Sciences.**

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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Estill County Homemakers Trip to Evans Orchard

SATURDAY, OCTOBER 28, 2023

Homemakers will meet at the Estill County Extension Office at
9:00 a.m. to load the van and we will return between 2:00 and 2:30 p.m.
We will spend the day at Evans Orchard Cider Mill in Georgetown, KY

Evans Orchard has something for everyone

- Pick a pumpkin from the pumpkin patch
- Visit the gift shop filled with gifts, apples, decor, jams, & more
- Grab a tasty lunch from the cafe
- Check out their Cider Mill and try their delicious apple cider

Make sure to bring money for admission, lunch, etc.
More information about the orchard can be found at
<https://evansorchard.com>



Call the Estill County Extension Office at
606-723-4557 to sign up.
LIMITED SPOTS AVAILABLE!

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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Homemakers News

Hello Estill Homemakers,

The new program year has started smoothly, and clubs have had their first meetings.

Judy Vaughn has started leader lessons for the year and September's topic was Health Literacy. The next leader lesson will be on Tuesday, October 24 at 4:00 p.m. and will be about Healthy Holiday Meals.

Not Your Momma's met on Thursday, September 7th. We discussed the upcoming activities for the year and have started new projects. Several Homemakers have already started reading from the annual Homemaker Book List and are beginning to fill in their KEHA Passport (you can request a copy of the book list and a KEHA passport from the Extension Office). After the business part of the meeting, Megan Parker led us in a fall doorhanger project that can be entered into the Cultural Arts Expo in July.

At our October 5th meeting, we will continue to plan for the year and will be doing a cross stitch project that can also be entered in the Cultural

Arts Expo. We are starting to make gift baskets for Thanksgiving for the Irvine School Apartment residents in November. Any donation can be brought to the Estill County Extension Office, 76 Golden Court.

On November 14th, some members of the Estill County Homemakers will be having the first meeting of their new special interest club. This special interest group is perfect for indoor plant enthusiasts. The meeting will be held at 6:00 p.m. at the Estill County Extension Office and is open to anyone who wishes to attend.

If you would like to know more about VSU hours, the book list or any of our other fun activities, please contact the Estill County Extension Office at (606) 723-4557. Also, let us know if you have any trip ideas or service project ideas and we can plan the year.

We hope to see you at some of the upcoming meetings!

Rebecca Lamb

Estill County Homemakers

Estill County Extension Homemakers

It is time to pay your dues.

Dues are \$9.00 or \$10.00 if you want to make a \$ 1.00 donation to Ovarian Cancer Research. Enrollment form is included in the newsletter. Mail or drop off your dues to the Estill County Extension office by November 17, 2023.

HELP HOMEMAKERS GROW!

Have a friend sign up for Homemakers and get a packet of seeds for your garden.

"Plant a seed.....Help us Grow" for KEHA Week October 8-14, 2023

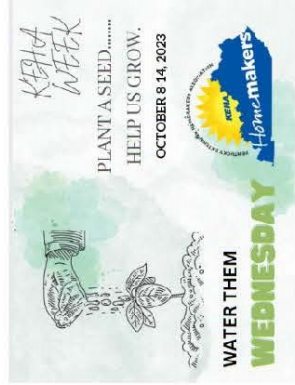


Monday Welcome to Make Plans Monday! Share guidelines on how to make plans to achieve your goals. Try new approaches. Remember SMART goals (specific, measurable, achievable, relevant, and time bound.)



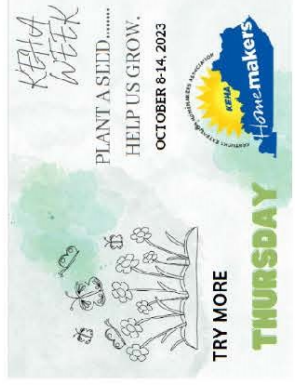
Tuesday It's Take Action Tuesday! What is your BIG idea for moving your homemaker club membership to the next level? Remember to share your idea at your next club meeting. Just think what your county will

experience if each club implements just one idea.



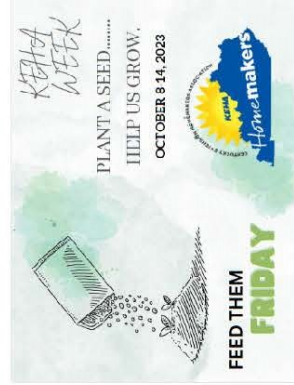
Wednesday

We've made it to Water Them Wednesday! The same as having a new plant, you can't leave them unattended, it is time to Water them with the opportunities available through KEHA.



Thursday

Today is Try More Thursday! Don't get stuck in the "We have always done it THIS WAY" mindset; try to think of new and different approaches to reach potential new members. Take a moment to reflect on what your club is doing well and what things you might change. Are you sharing those things you're doing well and taking steps to change the others?



Friday

Today is Feed Them Friday! What other information can you feed them about KEHA?



Saturday

KEHA week wraps up with Sunshine Saturday! 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?

Annual Homemaker dues for the upcoming 2024 year will be \$10.00

(\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation)

Checks need to be made out to Estill County Extension Homemakers. Deadline for dues—November 17, 2023

2024 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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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>

Estill County Extension Office
76 Golden Court
Irvine, KY 40336
(606) 723-4557

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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Disabilities accommodated with prior notification

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/dtpcr/resources/features/breastcancerawareness>





OCTOBER 2023
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THIS MONTH'S TOPIC:
 DRIVING WHILE AGING IS A
 COMMUNITY EXPERIENCE IN KENTUCKY



Deciding when it is time to stop driving can be an extremely difficult and emotional time in your life. The independence to navigate your vehicle freely and safely has suddenly come into question. You might realize this on your own, after concern from family members, or concern from authorities. If you or a loved one has vision loss, is showing signs of dementia or Alzheimer's Disease, or is simply aging, there is help in Kentucky.

The University of Kentucky Human Development Institute's Driver Rehabilitation Program was established in 2000. It specializes in helping folks decide whether it is safe to continue driving. It can also help you get back behind the wheel safely and with confidence.

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

Continued from the previous page

Here are some warning signs that you or a family member might need the Driver Rehabilitation Program:

- Trouble interpreting or observing traffic signs, signals, and other traffic
- Slow or poor decisions behind the wheel
- Needs help or instructions from passengers
- Often gets lost, even in familiar areas
- Drives too fast or too slowly
- Accidents or near misses
- Poor road position or wide turns
- Difficulty driving at night

If you or someone you know has any of the above warning signs, they may need a Driver Rehabilitation Evaluation. A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

What does a driver rehabilitation evaluation involve?

The Driver Evaluation has two sections: the Clinical Component and the Behind the Wheel Component.

The clinical component

A CDRS with specialized training in evaluating driving skills administers the clinical component. This portion tests your visual and perceptual skills, ability to follow written and verbal directions, judgment, upper and lower extremity strength, and reaction time.

The behind the wheel evaluation

A driver rehabilitation specialist also gives this portion of the evaluation. It is an evaluation of your actual driving skills in different traffic conditions. A CDRS will take you driving in a vehicle with an instructor brake so the specialist can control the vehicle if necessary. These specialists work with people of all ages and abilities by exploring driving solutions for drivers with special needs.



Resources

To apply for Driver Rehabilitation Evaluation and Training in Kentucky, please contact the following programs:

Note: Costs for these services can vary. Please directly contact each program.

Lexington:

- University of Kentucky Medical Center, Driving Rehabilitation Program: (859) 218-7980

Louisville:

- Frazier Rehab Institute: (502) 429-8640
- Norton Health Center: (502) 629-2501
- Drivabilities: (502) 893-0050

The Ima:

- Carl D. Perkins Vocational Training Center: (606) 788-6656

REFERENCE:

The Association of Driver Rehabilitation Specialists (ADED)
<https://www.aded.net/search/newssearch.asp>

Written by:

Michele Coffey, OT/L, CDRS and MaryFrances Gross, COTA, CDRS, in coordination with Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau
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FAMILY CAREGIVER HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

1. Clear the clutter. Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.

2. Group like-items. Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



3. Give everything a "home." After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a sleep routine by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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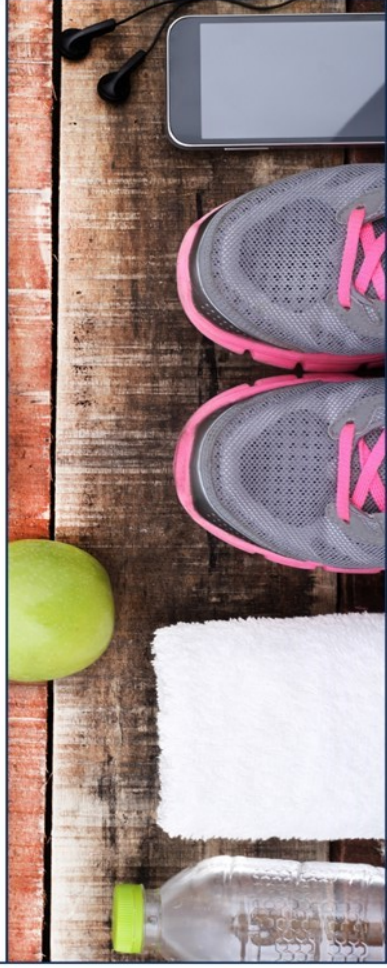
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REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish meal routines. This can minimize the daily stress of, "What's for dinner?" It can also help you plan for affordable, healthy meals. Finally, exercise routines (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider "professional" routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P's:

- **Prep.** Develop the routine of prepping for the next "work" day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create "production" routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn't — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines.

For example, part of your "sleep" routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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RETURN SERVICE REQUESTED

Sorghum Gingerbread Pear Muffins

| | | |
|----------------------------|--------------------|------------------------|
| 1 cup whole-wheat flour | 1/2 teaspoon | 1/2 cup sorghum syrup |
| 1/2 teaspoon baking powder | ground ginger | 1/2 cup unsweetened |
| 1/2 teaspoon baking soda | 1/4 teaspoon salt | applesauce |
| 1 egg | 1/2 cup buttermilk | 1 pear, peeled, cored, |
| cinnamon | | and diced |

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes. **Yield:** 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein



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