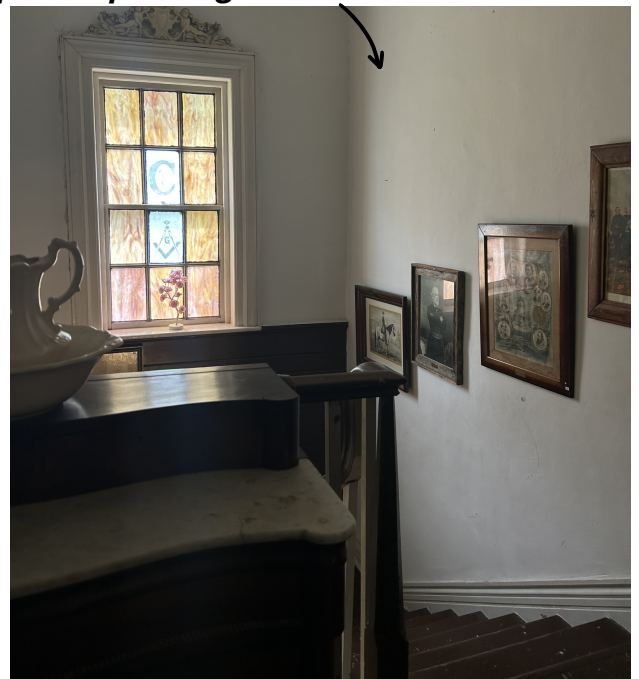




Homemaker Passport Trip: Octagon Hall in Franklin KY

***September Cooking From the Calendar:
One Pan Shrimp and Veggies***



September Recap

September has already come and gone, isn't that crazy! Throughout the month of September we had multiple things happen such as cooking from the calendar and the homemaker passport trip to Octogen Hall in Franklin KY. Its been a slower month for classes but be sure to keep your eye out for things in the future. The holidays are coming up faster than we think!

Katelyn Squires

What else has Katelyn done in September?

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- Sewing Practice with Debbie M in Cumberland
- Canning Classes in Taylor County
- Arts Council Meetings
- Trainings
- Canning Presentation at Heartland Homestead Conference.



Green County Senior Center participated in making cows to display for the Cow Days festival. They also received a lesson on stress relief.



Assisted Taylor County FCS Agent in hosting two Strawberry Jam classes.

Its time for dues again! Homemakers be sure to get those dues in by the end of the month. If you attended the Homemaker Kickoff, your dues are covered but be sure to turn that enrollment form into me!

COOKING FROM THE CALENDAR

Italian One Pot Pasta and Beans



October 5th, 2023 @ 12pm

Call the Extension Office at
270-932-5311 to register



Cooperative Extension Service
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.



Lesson Leader Training- Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property.

October 18th at 12p CST



Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your “estate.”

This lesson is part of the Management & Safety Program of Work for 2023-2026.

PASSPORT TRIP



BERNHEIM FOREST

Bernheim Forest hosts the infamous Forest Giants. To experience these giants it is about a 2 mile round trip hike but expect more walking than that throughout the trip. There is **no cost** for this trip, lunch will be provided through **picnic style lunch**. If you plan to go be sure to dress in appropriate clothing and footwear for the weather and activity.

October 19th we will leave the office at **8am CST**. If you wish to attend please sign up at the extension office because spots are limited!



WALKTOBER

OCTOBER 1ST-31ST 2023

GET MOVING

WALKtober is a walking challenge throughout the month of October.

What is required for this challenge?

- Complete online reporting daily
- Set one goal for yourself
- Track those daily steps!!!

People with the most steps in the youth and adult groups at the end of the month receive a prize!



Use QR CODE to register and to complete daily reporting!

FOR MORE INFORMATION CALL THE GREEN COUNTY EXTENSION OFFICE AT 270-932-5311 OR EMAIL [KATELYN.SQUIRES@UKY.EDU](mailto:katelyn.squires@uky.edu)



Kickstart THE HOLIDAYS



Friday, October 27th

Adair County Extension Office
409 Fairground Street, Columbia

Registration begins at 9:00 am CST
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to the
Adair County Extension Office
by October 11th

Cooperative
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



Martin-Gatton
College of Agriculture,
Food and Environment

HOLIDAY BAZAAR

CRAFTS, FOOD, JEWELRY, HOME
DECOR, CLOTHES, SANTA & ELF,
PHOTOGRAPHER AND SO MUCH
MORE!

9 a.m. - 2 p.m. CST

November 11th

Green County Extension Office
298 Happyville Rd Greensburg KY

GET MORE INFORMATION
CALL 270-932-5311

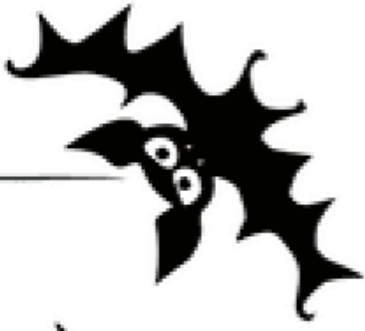
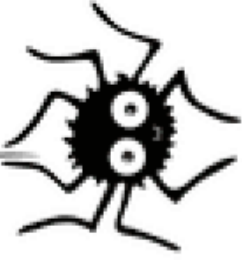
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OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Cooking from the Calendar 12pm Help Hope Hands 9am	6	7
8	9 KEHA WEEK Homemaker Council Meeting 4pm	10 KEHA WEEK Summersville 5:30pm	11 KEHA WEEK	12 KEHA WEEK Help Hope Hands 9am	13 KEHA WEEK	14
15	16 Town & Country at Susan Videls 5pm	17	18	19 Passport Trip: See Flyer Help Hope Hands 9am	20	21
22	23	24	25	26 Lesson Leader Training 12p Help Hope Hands 9am	27 Kickstart the Holidays Program in Adair Co: See Flyer	28
29	30 Circle of Friends 4:30pm LCA Homemaker Council Meeting in Adair Co 9:30am	31	1	2	3	4

Homemakers

Holidays and Observances: 9: Columbus Day, 31: Halloween

**UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498**

RETURN SERVICE REQUESTED



Fall Spiced Pumpkin Bread

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

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

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.

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>

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

Continued on the next page ➔



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

