

### FAMILY AND CONSUMER SCIENCES AUGUST 2023 NEWSLETTER

I HOPE EVERYONE AS BEEN ENJOYING THEIR SUMMER! I WAS ABLE TO PARTAKE IN MY FIRST POWER OF PRODUCE PROGRAM AND COUNTY FAIR. THE POWER OF PRODUCE HAS BEEN SO FUN, I LOVED WATCHING THE KIDS GET EXCITED TO LEARN NEW THINGS AND TRY OUT NEW FOODS. FAIR WEEK WAS A SUCCESS AND WE HAD VERY TALENTED PEOPLE ENTER ITEMS INTO THE EXHIBITS.

THIS MONTH I WILL BE JOINED BY OUR TWO MASTER CLOTHING VOLUNTEERS TO TEACH A SEWING CRAFT TO THE KIDS AT 4-H CAMP.

AS ALWAYS, IF YOU HAVE IDEAS ON PROGRAMS YOU WOULD LIKE TO SEE DO NOT HESITATE TO REACH OUT.

I HOPE YOU ENJOY THIS NEWSLETTER!



### alue Sallie

County Extension Agent for Family & Consumer Sciences

> Bath County Cooperative Extension Service 219 East Hwy. 60 Owingsville, KY 40360 Phone: 606-674-6121 Fax: 606-674-6687 Email: alexandra.sallie@uky.edu

Waiting for you inside!

- Homemaker News
- Calendars of Events
- Program Flyers
- Health Bulletin
  - Money Wise
    - Recipe

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences

4-H Youth Development Community and Economic Development 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. LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

## BATH COUNTY HOMEMAKERS



Scholarship Winner: Haley Withrow

### Licking River Kentucky Homemakers Association Leadership Day

When: August 8th Time: 10 AM

Where: Montgomery County Extension Office

Register by calling the office.



Bath County Homemaker Kick-Off Meeting

When: August 21st Time: 5:30 PM Where: Bath Co. AG Center Eveyone brings their favorite appetizer dish!

### Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below: Alex Sallie 606-674-6121 alexandra.sallie@uky.edu

### **Club Meeting Dates**

Bethel Nite: TBD

**Country @ Heart**: Second Monday each month @ 5:30 PM \*Location TBD\*

Hill N' Dale: TBD

Salt Lick: TBD

Sharpsburg: TBD

## HOMEMAKER CULTURAL ARTS WINNERS

Mary-Ann Lewis : Apparel- Accessory Joy Warren: Apparel- Basic Sewing Jan Carmen: Counted Cross-Stitch -- 16-24 Kitty Lentz: Drawing- Charcoal Joy Warren: Embroidery - Swedish Kitty Lentz: Painting, Art -Watercolor Kitty Lentz: Painting, Decorative - Metal Kitty Lentz: Photography- Black & White Kitty Lentz: Photography- Black & White Kitty Lentz: Photography- Color Jan Carmen: Quilts - Novelty Brenna Stamm: Paper Crafting- Card Making Brenna Stamm: Miscellaneous- Collage Picture Frame



Overall Winner: Kitty Lentz Turkey Charcoal Drawing



Overall Winner: Joy Warren Swedish Weaving Tea Towel

### Family and Consumer Sciences Extension Calendar



All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		۱ Project Linus @ 10	2 Paper Hugs @ 10 Am	3 Matter of Balance 5 PM	4 Power Of Produce @ 9 AM	5
6	7	8	9 Driver Safety Program @ 12 PM	10 Matter of Balance 5 PM	11	12
13	14	15	16	17 Sew Day @ 9:30 AM Matter of Balance 5 PM	18	19
20	21 Homemaker Kick Off Meeing @ 5:30	22	23	24 Matter of Balance 5 PM	25	26
27	28	29 Savor the Flavor: Cooking Methods @ 5 PM	30	31 Matter of Balance 5 PM		

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All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day: Office closed	5 Project Linus @ 10 AM	<sup>6</sup> Paper Hugs @ 10 AM	7 Matter of Balance 5 PM	8	9
10	11	12	13 Veterans Day of Honor & Valor	14 Matter of Balance 5 PM	15	16
17	18	19	20	21 Matter of Balance 5 PM	22	23
24	25	26 Savor the Flavor: Appliances @ 5 PM	27 Medicare Scams Presentation @ 12 PM	28 Matter of Balance 5 PM	29	30

# RECIPE CLUB

Expand your menu

### MAILED MONTHLY

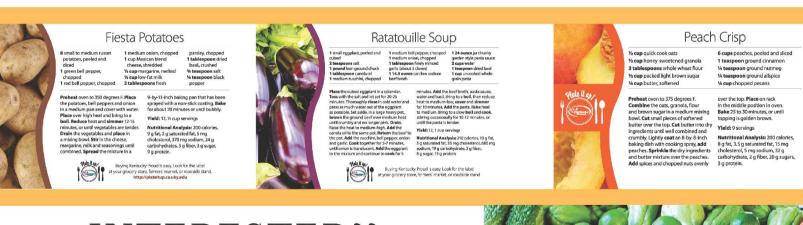
Each month you will receive a recipe card in your mailbox

### POST YOUR DISH ON FACEBOOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

### COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



## INTERESTED??

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

### COOPERATIVE EXTENSION





# DO YOU HAVE CONCERNS ABOUT FALLING?



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage fallsandincrease activity levels.

CGonductedbytheBerkshirePublic Health Alliance and supported by a grant from Elder Services of Berkshire County, INC.

### You will learn to:

- View falls ascontrollable
- •Setgoals for increasing activity
- Make changestoreducefall risks athome.

•Exercise to increase strength and balance.

Who should attend:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns

Classes offered every THURSDAY 5:00pm –6:00pm Beginning Thursday August 3, 2023 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28

Held at the Bath County Extension Office 2914East HWY60 Owingsville, KY 40360

To sign up: You may call Tonya Sanders at (606) 783-2105





## SAFER DRIVING MAY SAVE YOU MONEY

#### Take the AARP Smart Driver<sup>™</sup> classroom course and you could save on your car insurance!\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

## August 9, 2023 at 12 PM

Location:

## Bath Co. Ag Center 2914 E. HWY 60 Owingsville, KY 40360

**Register:** 

## Call 606-674-6121

### **CLASSROOM COURSE**

\$20 for AARP members \$25 for non-members

#### **TO FIND ADDITIONAL COURSES**

Visit: www.aarp.org/driving36 Call: 1-888-773-7160



**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 



The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

We look forward to seeing you!

Cooking Methods: August 29th Time: 5 PM Where: Bath Co. Ag Center

Appliances: September 26th Time: 5 PM Where: Bath Co. Ag Center

Registration is required. To register call: 606-674-6121



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Disabilities accommodated with prior notification.







VETERANS' DAY OF VALOR AND HONOR

OU WITH PRIDE

HONORING ALL WHO SERVED



### WEDNESDAY, 13th SEPTEMBER 2023 10 AM TO 2 PM

### SERVICE OFFICERS

- VA MEDICAL CENTER
- VET CENTER
- COMMUNITY PARTNERS

WE SALUTE

- CLAIMS
- · JOBS
- OTHER RESOURCES

FOR VETERANS, THEIR FAMILIES and CAREGIVERS

FOOD WILL BE PROVIDED

**Bath County Extension** Office 2914 E Hwy 60 Owingsville, KY 40360 164 - EXIT 123

UNDER THE GREEN HOOP

**Cooperative Extension Service** 

Family and Consumer Sciences

4-H Youth Development

Agriculture and Natural Resources

Community and Economic Development

If your organization is interested in having a booth to provide information for Veterans, please contact:

Sassia 859-294-7490



### Phyllis 859-806-4297

Disabilities

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LEXINGTON, KY 40546



**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

# **MEDICARE SCAMS** September 27th, 12 pm Bath county ag center

FOR ACCOMMODATIONS OF PERSONS WITH SPECIAL NEEDS AT MEETINGS, PLEASE CALL (TTY: 711)606-674-6121

THIS EVENT IS FOR EDUCATIONAL PURPOSES ONLY. NO PLAN OR BENEFIT INFORMATION WILL BE SHARED

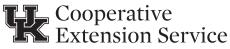
### TO REGISTER CALL 606-674-6121

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ADULT HEALTH BULLETIN



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: LUNG CANCER SCREENINGS



Lexington, KY 40506

HEALTH BULLETIN

THIS MONTH'S TOPIC: TAY HEALTHY AS WINTER APPROACHES

ugust 1 is World Lung Cancer Day, a day

to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

Increase lung cancer screening,
Reduce morbidity and mortality from lung cancer, and

3. Reduce the cost of treating lung

Continued on the next page 😑

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#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# Lung cancer is the leading cause of cancer deaths in Kentucky.



#### Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 packyear history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search "lung cancer screening."

For information on quitting tobacco,

call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

#### **REFERENCE:**

https://www.cdc.gov/cancer/lung/basic\_info/screening.htm

ADULT HEALTH BULLETIN Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: 123RF.com



## M NEYWISEVALUING PEOPLE. VALUING MONEY.

### **AUGUST 2023**

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

### THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer,

but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their

#### dollars

spent on supplies, clothes, shoes, and electronics several ways, according to a recent National Retail Federation survey. Some will compare prices before buying (45%). Others will shop sales

#### **BBPORE YOU SHOP**

Attegenerive or served balist pfotlactsh (301%)) poliese roupohid (271%). Eldet historian gtailos anomidento overf tostsupplingssyggesteads, have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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### TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



#### **AT THE STORE**

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

#### **STICK TO YOUR LIST**

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most. If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

#### **REFERENCES:**

National Retail Federation. (2023). https://nrf.com/ insights/holiday-and-seasonal-trends/back-to-school

U.S. Bureau of Labor Statistics. (2023). https:// www.bls.gov/regions/southeast/news-release/ consumerpriceindex\_south.htm

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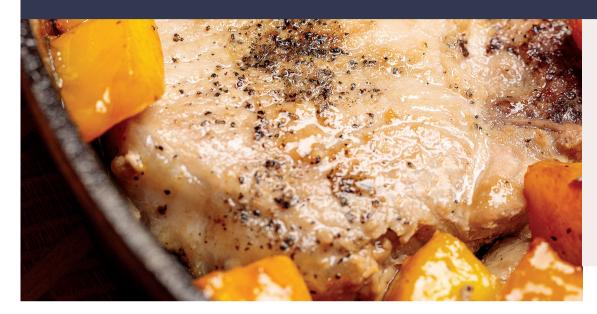
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University of Kentucky College of Agriculture, Food and Environment *Cooperative Extension Service* 

## **Skillet Pork Chops with Peaches**



- 1 tablespoon oil
- 4 center cut pork chops
- (about 1/2 inch thick), trim visible fat\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained\*\* • 2 tablespoons apple cider vinegar

2 tablespoons sugar

\* Boneless pork loin chops can

also be used in this recipe. \*\*Fresh in-season or frozen peaches

may

be substituted for canned peaches.

1. Wash hands with warm

water and soap, scrubbing for at least 20 seconds.

2. If using fresh peaches, wash

cool running water, gently rubbing the skin. Dry. Dice for the recipe. **3.** Heat a large skillet over medium-high heat. Add oil. **4.** Season pork chops with

garlic powder, salt, and black

pepper. Add to pan. Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

- 5. Rewash hands after handling raw meat.
- 6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
- 7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes). Return pork chops to the pan with
- 8. peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes). Serve each pork chop
- **9.** topped with peaches. Refrigerate leftovers within 2 hours.

10.

Makes 4 servings Serving Size: 1 pork chop Cost per recipe: \$7.78 Cost per serving: \$1.95

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This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Nutrition facts per serving:

280 calories: 10g total fat; 3g saturated fat: Oq trans fat: 70mg cholesterol: 400mg sodium; 21g total carbohydrate; 2g dietary fiber: 19a total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

#### Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



LEXINGTON, KY 40546

Putting Healthy Food Within Reach