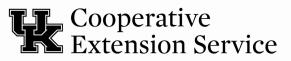
OCTOBER 2023



FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



Keep Moving



Hello Fall! October is a busy month with several classes and preparation for the Homemaking in the Mountains event on October 21st at Breaks Interstate Park. We have many fun things planned for the event and we hope to see you there! Our membership drive for Pike County Extension Homemakers Clubs has also started.For more Homemaker Club information as well as event information check out the rest of the newsletter. As always, feel free to contact me with any program ideas you have! Hope you have a happy fall season!

Best Wishes,

ulsea.

Chelsea Workman County Extension Agent for Family & Consumer Sciences Education chelsea.workman@uky.edu

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development



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- Fall Spiced Pumpkin Bread

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Dates to Remember:

- OCTOBER 2: HOMEMAKING IN THE MOUNTAINS COMMITTEE MEETING AT 1PM
- OCTOBER 10: SENSORY FRIENDLY FAMILY NIGHT AT THE FARMERS MARKET
- OCTOBER 12: LEADER LESSON

RU

- OCTOBER 14: NORTHEAST A REA ANNUAL MEETING AND CULTURAL ARTS AT BOYD COUNTY EXTENSION OFFICE
- OCTOBER 21: HOMEMAKING IN THE MOUNTAINS
- OCTOBER 23: COUNTY EXTENSION COUNCIL MEETING
- OCTOBER 26: FALL YARN ART CLASS

 The Northeast Area Homemaker Annual Meeting is at Boyd County Extension Office. We will be providing transportation if you would like to ride with us. Please call the Extension Office by October 2nd to reserve your seat. Space is limited.

REMINDERS

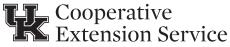
 Please have Cultural Arts items to the Pike County Extension office by October 12th If you do not plan to attend the Area meeting in Boyd County. We will transport these items to the Area meeting for you.

• Homemaker Members at Large: Membership books are available at the Pike County Extension Office

HOMEMAKER CLUB INFORMATION



BELFRY HOMEMAKERS CLUB Meets 2nd Tuesday, 10:30am **Belfry Public Library** COAL RUN HOMEMAKERS CLUB Meets 1st Wednesday, 10:00am **Meeting location varies** MCCOMBS HOMEMAKERS CLUB Meets 2nd Wednesday, 10:00am Lower Johns Creek Community Center PIKEVILLE HOMEMAKERS CLUB Meets 4th Monday, 12:00pm **Pike County Cooperative Extension Office ROBINSON CREEK/VIRGIE** HOMEMAKERS CLUB Meets 2nd Tuesday, 11:00am Long Fork Community Center

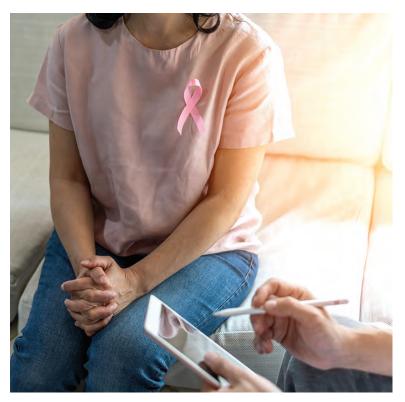


ADULT HEALTH BULLETIN



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: BREAST CANCER AWARENESS



HEALTH BULLETIN

TAY HEALTHY AS WINTER APPROACHES

O ctober 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 😑

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Lexington, KY 40506

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



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.

- 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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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.

Written by: Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



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PIKEVILLE FARMER'S MARKET

Extension Service

PRESENTS

SENSORY-FRIENDLY FAMILY NIGHT

SENSORY-FRIENDLY ACTIVITIES IN AGRICULTURE, COMMUNITY ARTS, FAMILY & CONSUMER SCIENCES, AND 4-H

TUESDAY, OCTOBER 10 4:30-6:00 PM

FARMERS MARKET PAVILION, PIKEVILLE, KY

> Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Cooperative Extension Service

LEADER LESSONS

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LEARN

SEPTEMBER 8 CHERISHED POSSESSIONS

SAVORING THE FLAVOR:SPICES

OCTOBER 12 NOVEMBER 10 PLANNING THRIFTY HOLIDAY MEALS

CALL THE PIKE COUNTY EXTENSION OFFICE TO REGISTER 606-432-2534

ALL LESSONS START AT NOON

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Extension Service

sponsored by: Pite County

tomemaker

Rhododendron Conference Center Breaks Interstate Park - Breaks, VA

Jomemaking in the Mountaing

Saturday, October 21

10:00 a.m. - 3:00 p.m.

Call 606-432-2534 for

more info. See you there!

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Lexington, KY 40506



sewing required!

Thursday Oct. 26 1 1pm-3pm

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Fall Spiced Pumpkin Bread

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

Kentucky Winter Squash

SEASON: August through October. NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION:

To Steam: Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces,
- 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.
- 7-o minutes.

To Bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <u>http://plateitup.ca.uky.edu</u>



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