

Family and Consumer Science

Ohio County
1337 Clay Street
Hartford KY 42347
(270)298-7441
ohio.ca.uky.edu



Nan Montgomery

Nan Montgomery
Agent for Family & Consumer Sciences

We need your help filling out a community needs survey. Please scan the QR code or visit go.uky.edu/serveKY on your phone or computer. We also have paper copies available at the Extension office. Please help us reach our goal of 650 completed surveys.

How can we **serve you, Kentucky?**

Take a **ten-minute survey** to help us develop programs addressing needs in your community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION
An Equal Opportunity Organization.

Martin-Gatton
College of Agriculture, Food and Environment

KENTUCKY STATE UNIVERSITY
College of Agriculture, Community, and the Sciences

Follow us online!

Classes are listed on our Facebook page and website!
Following us online is an easy way to keep up with Ohio County FCS Extension.

Family and Consumer Sciences Facebook Page
<https://www.facebook.com/UKFCSExt>

University of Kentucky Family and Consumer Sciences Podcast
Extension Podcast: <https://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.
<http://ohio.ca.uky.edu/>

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

Homemaker Happenings

Thought of the Day- "Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are." -Brene Brown

Roll Call: In October we celebrate Halloween. What was your favorite costume?

Dates to Remember:

- October 5th- Celebrate the Baby
- October 24th- Homemaker Leader Lesson, Daviess County @ 10:00 A.M.
- November 7th - Homemaker Dues are due!
- November 7th- Homemade Pie Crust Workshop; 4:30 P.M.
- November 8th - Homemaker Council @ 9:30 A.M.
- November 18th- Homemaker Christmas Bazaar
- December 12th- Christmas Ornament Workshop; 10:00 A.M.



Thank you to all the homemakers that helped with fair check in and fair sitting!



Homemakers can prepare an exhibit to place at public establishments like banks, libraries, the Extension office, store fronts, or the courthouse. Distribute fliers into the community advertising the volunteer service units and their value to your local county this past year. Let's grow our Homemakers!



We had a great time at the Green River Area Annual Meeting in Mclean County. Thank you to everyone who attended! Ohio County will be hosting next year!

ADULT HEALTH BULLETIN



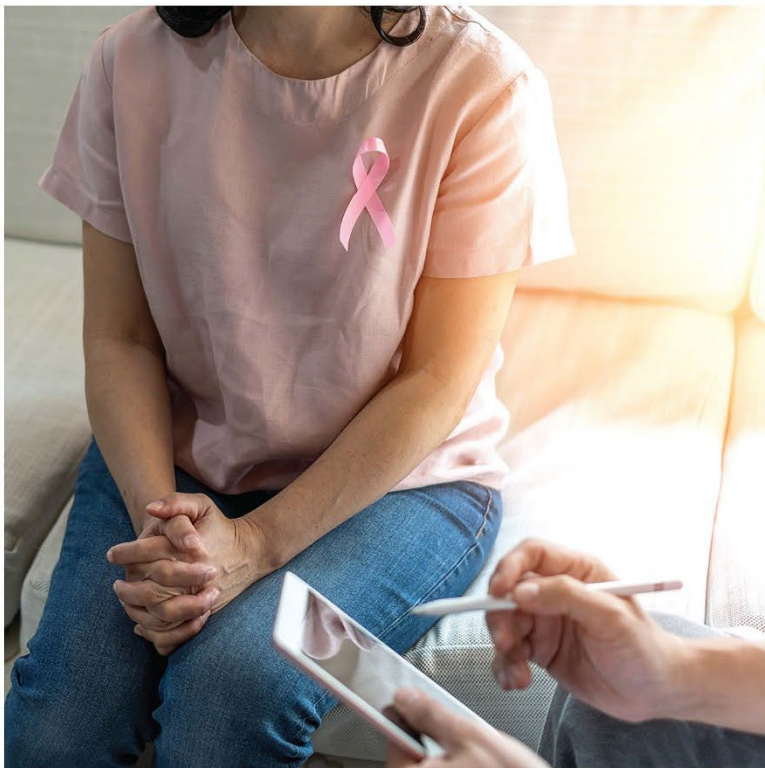
OCTOBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Ohio County Extension Office
1337 Clay Street
Hartford, KY 42347

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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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.



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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:
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123RF.com, Adobe Stock



HOMEMADE PIE CRUST WORKSHOP

AT OHIO COUNTY EXTENSION OFFICE

TUESDAY, NOVEMBER 7,
2023

4:30 PM

THIS WORKSHOP IS FREE!

CALL THE EXTENSION
OFFICE AT
(270)-298-7441
TO REGISTER



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Save
the
date

Ohio County Homemakers 44th Annual Arts & Crafts Bazaar

November
18th, 2023

8 am – 2 pm

Ohio
County
Extension
Office
1337 Clay Street
Hartford, KY

Breakfast & Lunch
Available
Crafts
Baked Goods Galore
Free Admission
Free Parking



Join us Tuesday, December 12,
2023 at 10:00 for a FREE

Christmas Ornament Workshop

at the Ohio County Extension Office
Call the Ohio County Extension
Office at
(270) 298-7441
to register!

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Butternut Squash and Turkey Chili

2 tablespoons olive oil	1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes	2 (14.5-ounce) cans petite diced tomatoes	1 (15.5-ounce) can white hominy, drained
1 medium onion, chopped	1 cup low-sodium chicken broth	1 (15-ounce) can no-salt-added kidney beans, drained and rinsed	1 (8-ounce) can tomato sauce
4 cloves garlic, minced	1 (4.5-ounce) can chopped green chilies		1 tablespoon chili powder
1 pound ground turkey			1 tablespoon ground cumin
			1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
 190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



It's time to renew your Homemaker membership. It's also never too early to start your Holiday Shopping and what better gift than a membership to the Ohio County Homemakers?! Payments are due to the Extension office by November **10th** ! Simply fill out the form and return to our office.

Detach and return with your payment (\$15.00) to Ohio County Extension Office P.O. Box 66 Hartford, KY 42347
Make checks payable to Ohio County Homemakers

Name _____

Complete Mailing Address: _____

Phone or Cell Phone: _____

Please list your age (required for our report we send to state) _____