

October, 2023

## OCTOBER PROGRAMS & MEETINGS

Monday

3

4-H Cooking Club at 4:30 p.m.

4-H Poultry Club at 5:30 p.m.

Evening Homemakers at 6 p.m.

Thursday

12

Healthy Living with Diabetes at 5 p.m.

Tuesday

17

4-H Art Club at 5:30 p.m.

Thursday

5

Healthy Living with Diabetes at 5 p.m.

Thursday

19

Healthy Living with Diabetes at 5 p.m.

Monday

9

Homemakers Quilt Club at 11 a.m.

Powell & Clark County  
Beekeepers at 6:30 p.m.

Tuesday

24

4-H Cloverbuds at 5:30 p.m.

Tuesday

10

Clay City Homemakers at 11 a.m.

4-H Livestock Club at 6 p.m.

Thursday

26

Healthy Living with Diabetes at 5 p.m.

### 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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Volunteer Spotlight



## Tabatha Spencer

### What is your role in Extension?

Vice-President of Powell County Homemakers and 4-H Council Treasurer

### How did you first get involved with Extension?

I participated in 4-H from 4th grade until I graduated from high school in 1992. I was involved in the Sewing Club, the Cooking/Baking Club, Gardening Club, Livestock Judging, Teen Council, and 4-H Camp.

### Which quality do you most like in a person?

Friendly and a person of their word.

### What do you enjoy most about volunteering?

The socialization and getting to know others. Also, being able to “teach”!

### What is the last book you read?

The Chemist by Stephenie Meyer

### As a child, what did you want to be when you grew up?

An elementary school teacher.

### What is a fun fact about yourself?

I have a four-leaf clover tattoo.



# FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



## Kendyl Redding

Powell County Agent for Family & Consumer Sciences

*Kendyl Redding*

606-663-6405

 [Kendyl.Redding@uky.edu](mailto:Kendyl.Redding@uky.edu)

 Powell County FCS Extension

 [powell.ca.uky.edu/fcs](http://powell.ca.uky.edu/fcs)

**REMEMBER!**

Homemaker dues are due by December 1st!

**REMEMBER!**



## EXTENSION HOMEMAKERS

### AREA MEETING

Those who signed up to attend the Area Meeting in Carlisle will meet at the Extension Office at 8:00 a.m.

### QUILT CLUB

Quilt Club will be meeting on October 9th at 11 a.m.

### EVENING HOMEMAKERS

The Evening Homemaker Club will meet October 3rd at 6 p.m.

### CLAY CITY HOMEMAKERS

will meet October 10th at 11 a.m.



Healthy  
*living with*  
Diabetes

Kentucky Department for Public Health

**OUR FREE, NATIONALLY ACCREDITED AND  
RECOGNIZED DIABETES EDUCATION  
WORKSHOPS ARE NOW AVAILABLE**

**Get the latest information on taking care of your diabetes.  
Develop a healthy eating and activity plan that works for you.  
Get tips on taking medication and reducing your risks for  
short and long-term complications.**

Thursdays, October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>  
5:00 PM – 7:00 PM EST  
Powell County Extension Office

Register by Friday, September 29<sup>th</sup>

Call for more information and to register:  
Powell County Health Department  
606-663-4360







# SURVIVING THE HOLIDAZE

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Coping with Grief and Loss During the Holidays

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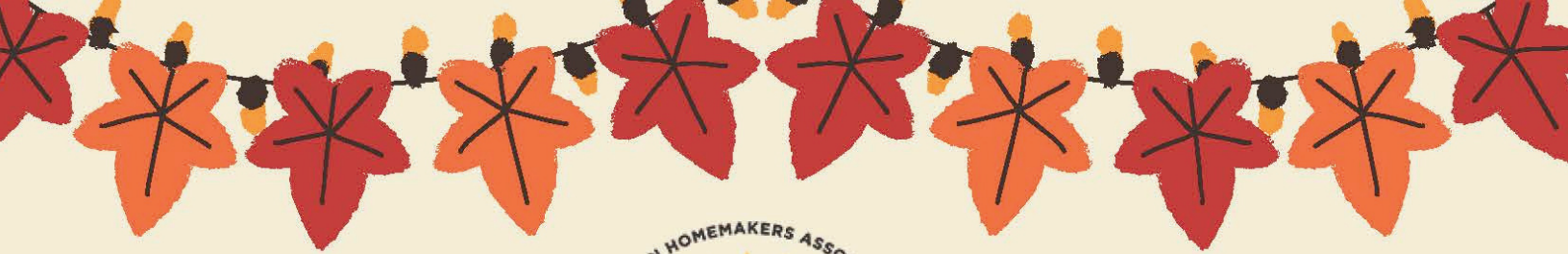
**November 18, 2023**

**4:00 – 5:30 PM**

**Powell County Extension Office**



While the holiday season can be a time with family and friends, for many, it is a time of pain and loneliness because of the deep grief we experience from the loss of a loved one. We will talk about the stages of grief, how to cope with that grief, and the local resources that are here to help.



POWELL COUNTY EVENING HOMEMAKERS

# PLANNING THRIFTY & HEALTHY *Holiday Meals*



**OCTOBER 3, 2023**

**6:00 PM**

Powell County Extension Office  
169 Maple Street, Stanton







# Join Extension Homemakers

The Kentucky Extension Homemakers Association (KEHA) welcomes members regardless age, race, color, national origin, creed, marital status, gender, education or economic status. Any full or part-time homemaker, male or female, rural or urban, teenager or senior citizen and in-between, may belong to KEHA.

As a homemaker member, you will gain new knowledge and skills that improve the quality of life for yourself and your family. Practical demonstrations and discussions are important parts of the meetings. Educational programs are implemented by other members, in cooperation with County Extension Agents, based on the latest research data from the University of Kentucky. County, state and national meetings and workshops provide fellowship combined with concentrated learning opportunities and opportunities to enhance leadership skills.

If you are interested in joining or starting an Extension Homemakers Club in your neighborhood or community, please contact your local Family and Consumer Sciences Extension Agent.

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## Visit a current club!

Clay City Homemakers: 2nd Tuesday @ 11a.m.

Quilt Club: 2nd Monday @ 11 a.m.

Evening Homemakers: 1st Tuesday @ 6p.m.

\*\* All meetings held at the Powell County Extension Office \*\*

 Cooperative  
Extension Service





# ADULT HEALTH BULLETIN

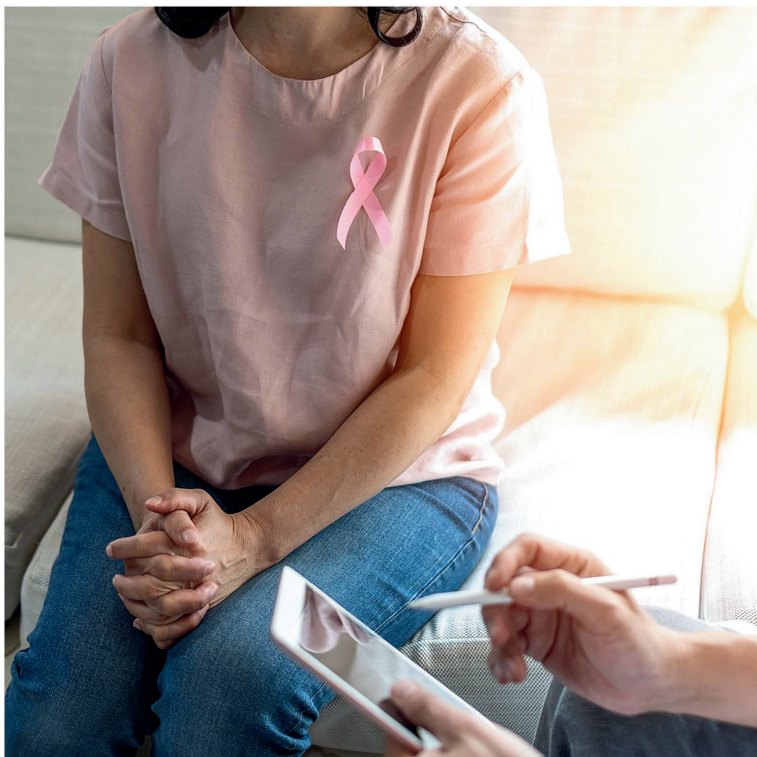


**OCTOBER 2023**

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** ➔



**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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***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>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
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**Stock images:**  
123RF.com, Adobe Stock





# 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.





## 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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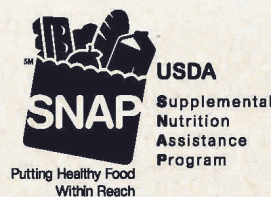
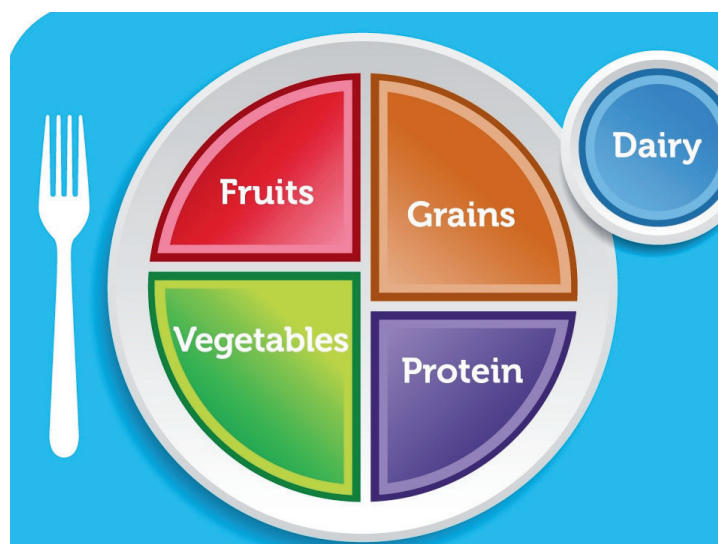
## Supplemental Nutrition Assistance Program

### Nutrition

- This recipe uses white beans. The Dietary Guidelines recommends eating more dry beans, peas, and lentils for protein. Like vegetables, beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods, they are excellent sources of plant protein, also providing iron and zinc.
- Often pasta dishes taste so delicious because of using heavy cream and cheeses high in saturated fat and sodium. This recipe is an example of a delicious comfort food that is still balanced and aligns with the MyPlate goals.

### Cooking Tips

- This dish is not meant to be very soupy. If you prefer it to have more liquid, consider adding another can of tomatoes or more broth. Before adding more liquid, try the dish as it is. It is a truly delicious and unique recipe on its own. This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. You can use any white bean in this recipe.
- Since this recipe isn't meant to be a soup, you may find it more pleasing if you chop the onion, carrot, and celery smaller than you typically would for a soup. Of course, do whatever time allows when cooking. This dish is delicious either way.
- Be sure to keep the pot at a simmer when the recipe calls for it. Allowing it to boil, instead of simmer, can result in an unpleasant texture.
- You can use any small pasta in this dish. Depending on the type of pasta you use, it may take shorter or longer to cook. Whichever pasta you use, be sure it is just barely finished cooking before adding the beans. If the pasta cooks too long, it will not have as pleasant of a texture at the end.



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





# Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.38**  
**Cost per serving: \$0.53**

**This recipe is adapted** from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

**Nutrition facts per serving:**  
150 calories;  
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Cathy Fellows,  
Boone County  
SNAP-Ed Program  
Assistant







# 4-H Youth Development



## Emilee Hager

Powell County Agent for 4-H Youth Development

*Emilee Hager*



606-663-6405



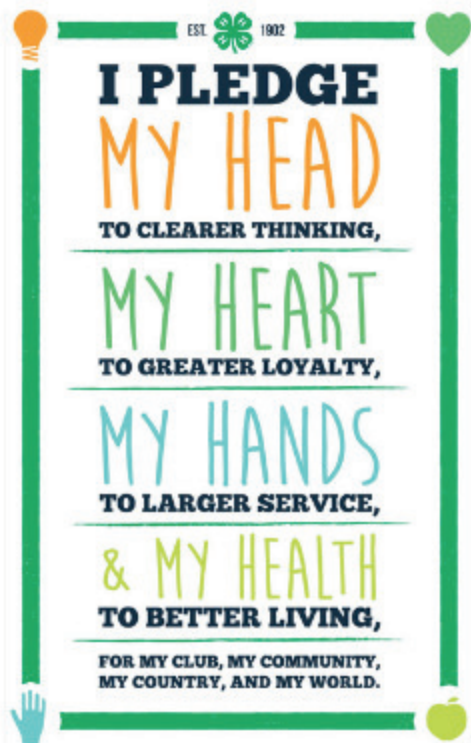
Emilee.Hager@uky.edu



Powell County 4-H



[powell.ca.uky.edu/4H\\_Youth\\_Development](http://powell.ca.uky.edu/4H_Youth_Development)



## 4-H Cooking Club

OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month

- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

For more information contact Emilee at 663-6405

**First Meeting**  
**October 3rd**  
**4:30 to 5:30**

169 Maple Street  
Stanton Ky. 40380

An Equal Opportunity Organization

## 4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH

Opened to ages 5-18 years old

FIRST MEETING OF THE PROGRAM YEAR

OCTOBER 17TH

5:30 to 6:30pm

169 Maple Street  
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405





# 4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 6PM

**Livestock Animal Not Required!**

First Meeting of the New Program Year

**October 10th**

169 Maple Street  
Stanton Ky. 40380

- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405



An Equal Opportunity Organization

**FUN & CREATIVE ACTIVITIES**  
**4-H CLOVERBUD CLUB**

**FIRST MEETING OF THE YEAR**  
Ages 5-8 years old

**Tuesday, October 24th**  
**5:30 to 6:30**

**EXTENSION OFFICE**  
**169 MAPLE STREET**  
**STANTON, KY**

For more information contact Emilee at 663-6405

**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

An equal opportunity organization

# POWELL COUNTY

How can we  
serve you?

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



[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

KENTUCKY  KENTUCKY STATE  
UNIVERSITY  
COOPERATIVE EXTENSION

If you cannot take  
the online survey,  
please call us for  
a printed copy,  
606-663-6405.



## Powell & Clark County Beekeepers

will meet Monday, October 9th at  
6:30 p.m. at the Powell County Extension Office.

*A potluck dinner will be served.*

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

