



hello PUMPKIN

October 2024

FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER



How is it FALL already? Thank you to the Homemaker members that entered cultural arts exhibits and attended the annual meeting. Fast Lane Foods provided a delicious meal that consisted of pulled pork, grilled chicken, potato salad, cole slaw, and baked beans. An assortment of desserts were provided by Homemaker club leaders. Alexandra and Christine two of our current members presented on *Herbs of Field and Garden*. Don't forget that the biggest fundraiser is approaching. Drop off donations for Santa's Castle to the Extension office during business hours Monday-Friday 8AM-4:30PM. If you are unable to donate items, cash/check donations can be made too.

Reminders

- 2024-2025 Owen County Homemaker Membership due **Monday, November 25, 2024** (see insert)
- Pick up craft bags from Extension office to decorate for Santa's Castle.

Upcoming Events

- Fall Break: October 7 - 11
- 4-H Sewing Project Day: October 7th
- Trick or Treat & Storywalk: October 15th
- Pillow Making Day: November 6th
- Santa's Castle: December 7th
- See calendar for club meeting details



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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Disabilities accommodated with prior notification.

Dear Fellow Homemakers,

It's hard to believe that Fall is here and cooler temperatures are on their way. I hope your Summer has been a good one. As I am approaching one year as your new president, there are a few things I would like to share with you that I have learned along the way. Homemakers has one major fundraiser a year that is supported by all Homemaker clubs and mailbox members. The proceeds are broken down into three categories: Homemaker scholarship, Owen County Project graduation donation, and Owen County 4-H. This fundraiser is Santa's Castle. Each homemaker is asked to donate 10 gently used items to this event. Also, cash donations are accepted. The children in the Community then come and shop for their family members for Christmas. Support of this event has slowly waned and there remains just a few dedicated members that do most of the work. I am asking for more participation from each of our homemakers. Let's see if we can make this the most successful Santa's Castle yet!

Thank you.

Deborah Arnold

Owen County Extension Homemaker President





SANTA'S CASTLE

Sponsored by: Owen County Homemakers

Saturday, December 7th 10 AM-12 PM



Ages 3-12

\$7 per child

Max 7 gifts
per child

2024

Owen County
Cooperative
Extension
265 Ellis Road
Owenton, KY 40359



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Sew & Go



Homemakers learning how to make a better quilt. Thanks to Elizabeth Peck and Kay Wilson from Quilmakers Shop.

Recap of 18th Homemakers County Extension Annual Meeting



Cultural Arts had **50** entries!
28 moving onto Northern KY Area Annual Meeting on October 10th at Dry Ridge Christian Church.



4-H SEWING PROJECT DAY

Zip It Up!

Make a small zippered bag that is perfect for pencils, travel, personal care items, cosmetic bag, or a gift. Easy to follow sewing instructions.

Monday, October 7th
12 PM -4 PM

CALL (502)484-5703 TO REGISTER!

* Must have completed Unit I Sewing (skirt or pajama bottoms)
*Please eat before. Snacks will be provided.

VOLUNTEERS WELCOMED FOR FIRST SEWING PROJECT DAY.
CALL THE EXTENSION OFFICE (502) 484-5703

KEHA Week 2024
October 13th-19th
Become an Olympic Extension Homemaker





PILLOW MAKING DAY



Wednesday, November 6th
9:00 AM-4:00 PM
Owen County Extension



Craftin' for the Community on Saturday, September 21st was a big success! Thank you to everyone that reserved a table. The Owen County Children's Fund and Senior Citizens Center benefited from your generosity. Also, thank you for all the donated items for Meeting the Needs and Hope Lives Pregnancy Center.

ADULT

HEALTH BULLETIN



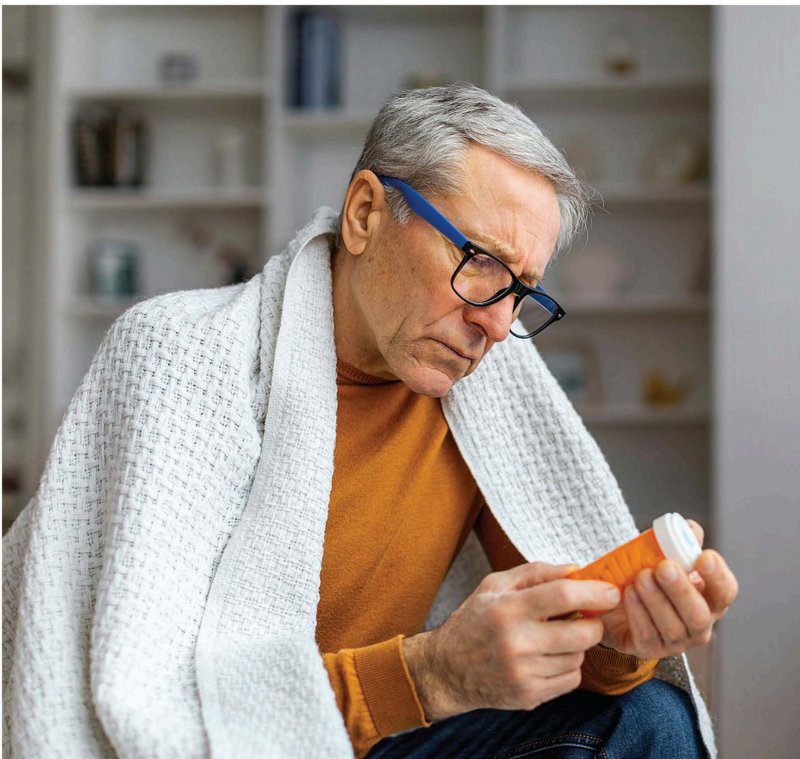
OCTOBER 2024

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

Owen County Cooperative Extension Service
265 Ellis Road
Owenton, KY 40359
(502)484-5703
owen.ext@uky.edu

THIS MONTH'S TOPIC

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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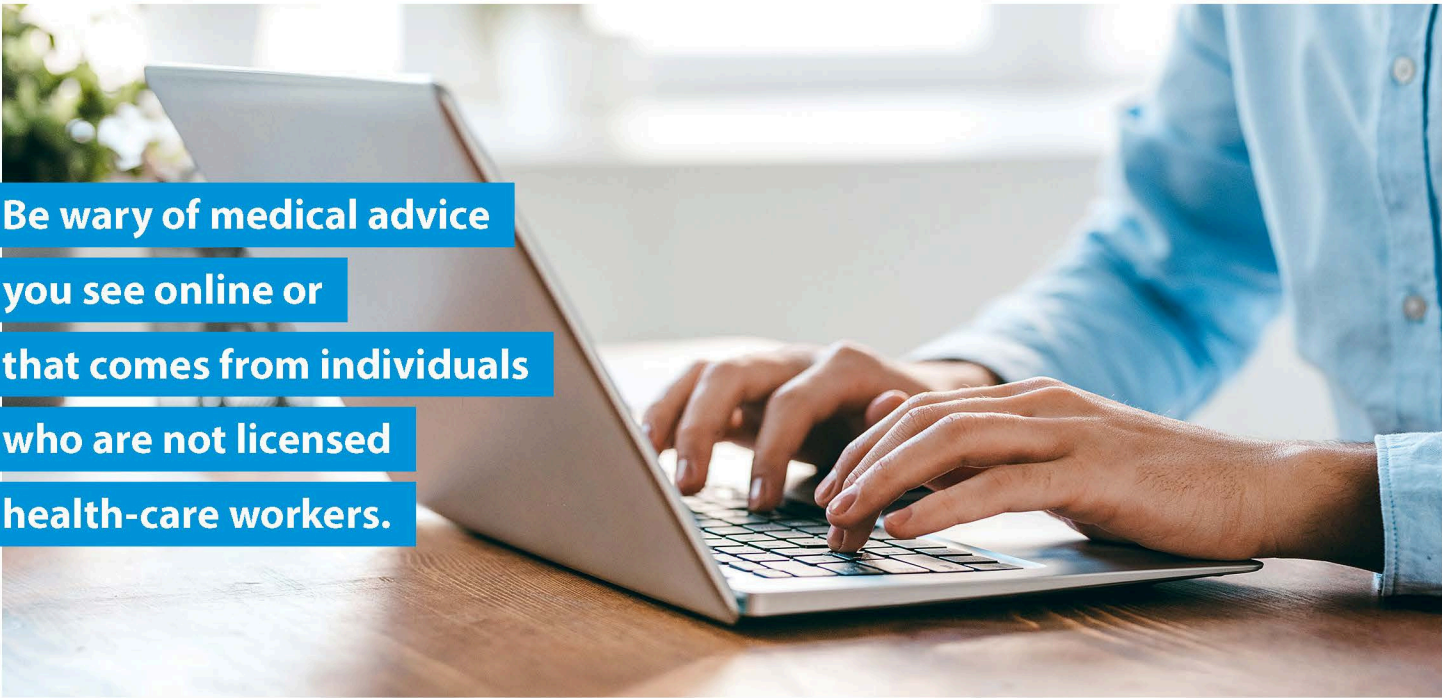
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**Be wary of medical advice
you see online or
that comes from individuals
who are not licensed
health-care workers.**

→ Continued from the previous page

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:
<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



Aging and Alzheimer's

What You Need to Know

Greater Cincinnati Alzheimer's Association

serving northern Kentucky, southeast Indiana, and southern Ohio counties

Boone County Cooperative Extension



ALZHEIMER'S IS NOT NORMAL AGING

It's important to understand the **signs, symptoms**, and ways we can **reduce our risk** of developing Alzheimer's disease or other forms of dementia as we age. In this **day-long** workshop we will cover the essential information, awareness, safety, and how to begin conversations around dementia in our community and with loved ones.

FRIDAY, OCTOBER 11, 2024

8:30—9:00 Registration

9:15—Morning Sessions begin

Noon—Lunch

1:00—Afternoon Sessions begin

3:30—Adjourn

**Boone County Cooperative Extension
Service Office**

(enter building across from flagpole)
6028 Camp Ernst Road ♦ Burlington, KY 41005

Register at (859) 586-6101 or
<https://boone.ca.uky.edu/online-registration>

*Lunch provided for those registered by
10/3/2024*



Cooperative
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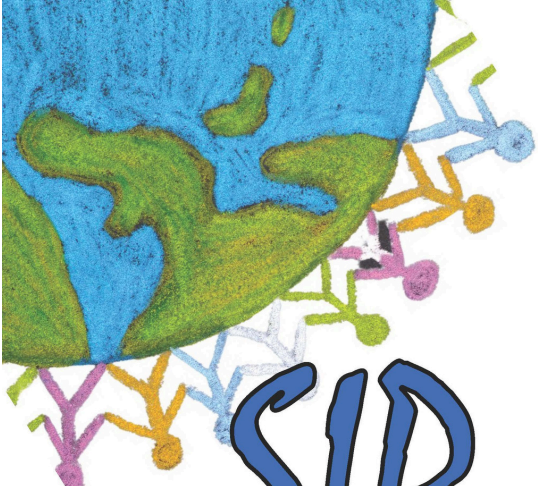
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UK Cooperative Extension Service

Northern Kentucky Extension Homemakers Association presents

SIP and PAINT

with an International Flair

Paint along with Susan Miller, Boone County Extension Agent for Community Arts

- Discover Extension Homemakers along with your friends and family members! Join or learn how to join the group(s) in your county!
- Create a personalized mixed-media 6x6x1.5" stretched canvas with your own peaceful thoughts or saying to take home to display on a shelf or wall or give as a gift
- Enjoy internationally inspired foods, snacks, and mocktails
- Spend time exploring your creative side with old and new friends

Saturday, October 26, 2024

10:00 a.m.—2:00 p.m.

Boone County Extension Office, 6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)

859-912-1902 for information from Jennifer



DETACH AND RETURN THIS COMPLETED FORM WITH CHECK PAYABLE TO Boone County Extension Homemakers before October 13, 2024

Your name _____ (include additional names you are paying for on the back of this slip)

Your phone number: _____ Your email: _____

Number of tickets _____ @ \$15.00 = _____

who: _____ Intend to paint _____ Don't intend to paint (same price regardless)

Send completed form and check to: Jennifer Spriggs, 6422 Linkview Ct., Florence, KY 41042

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JOIN US FOR FALL ON THE SQUARE

TUESDAY
OCTOBER 15

TRICK OR TREAT AND STORYWALK

5-7PM



- ✦ Bear Dog BBQ Food Truck
- ✦ Over 15 trick or treat stations

Join Community Partners and Three Rivers to read a Halloween story and trick or treat around the courthouse square!

OLD COURTHOUSE SQUARE, OWENTON



Contact Sarah.Young@ky.gov for more information

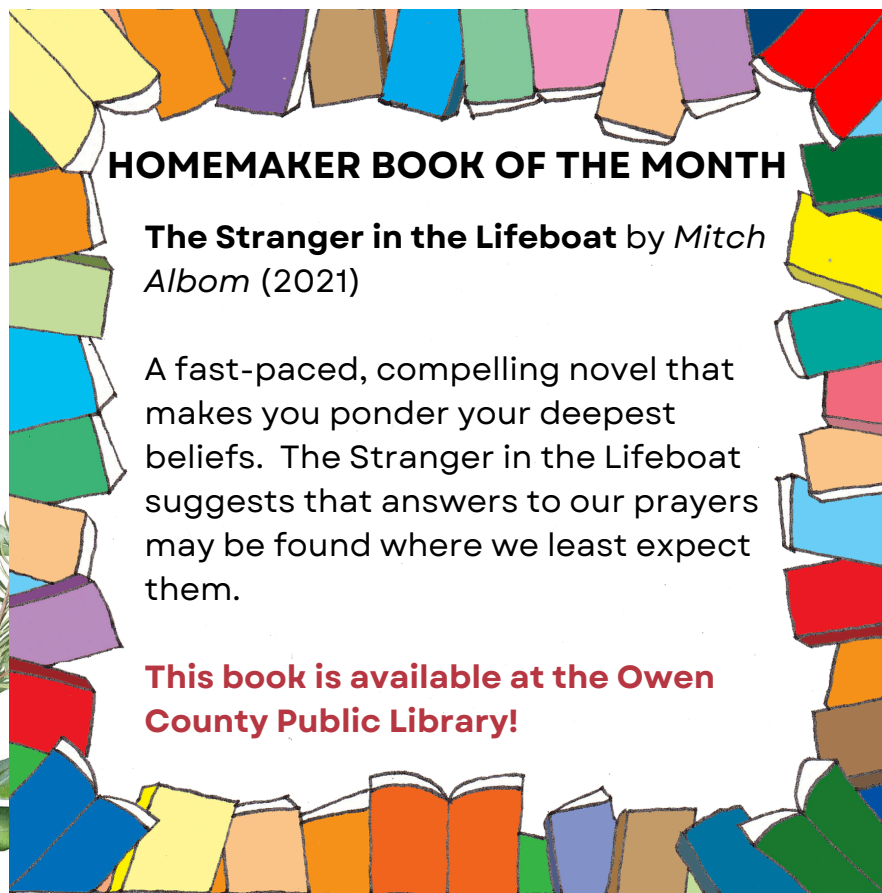
POPUP DRIVER'S LICENSE



November 14, 2024

Owen County Cooperative Extension

***Must register with drive.ky.gov**
Registration for this popup event opens
October 31, 2024 at 12AM



HOMEMAKER BOOK OF THE MONTH

The Stranger in the Lifeboat by *Mitch Albom* (2021)

A fast-paced, compelling novel that makes you ponder your deepest beliefs. The Stranger in the Lifeboat suggests that answers to our prayers may be found where we least expect them.

This book is available at the Owen County Public Library!



OWEN COUNTY

CHAMBER MARKETPLACE

NOVEMBER 23 10AM-2PM

FEATURING DOZENS OF LOCAL VENDORS!

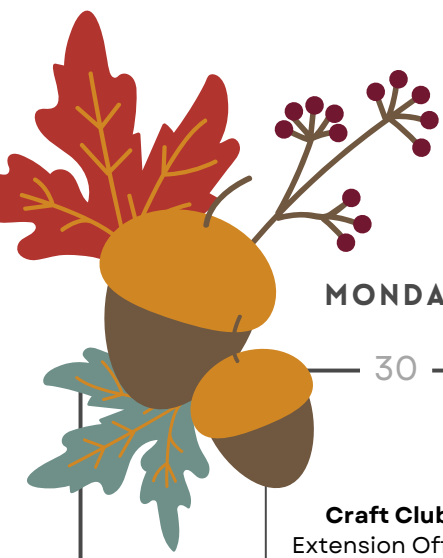
HANDMADE

JEWELRY, WREATHS, CROCHET, WOODCRAFT'S,
HOMEMADE CANDLES AND WAX MELTS,
HANDMADE POTTERY, HAND PAINTED ITEMS,
AND MUCH MORE.

OWEN COUNTY HIGH SCHOOL
2340 HWY 22 E
OWENTON, KY 40359



The Owen County Chamber of Commerce presents the 2024 Chamber Marketplace Craft & Vendor Expo, an event designed to give businesses without a storefront an opportunity to showcase items in front of holiday shoppers. The event features local and regional direct-sale vendors, ranging from handmade items to baked goods. Food vendors are on-site throughout the day. If you would like vendor information please email Elainacornett@gmail.com or click the following event registration link: <https://forms.gle/45oAU9D5pCsVJ66z5>



OCTOBER 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

30	1	2	3	4	5
Craft Club Extension Office 6 PM	 International Coffee Day	Pleasant Home Extension Office 11 AM			 Taco Day
6	7	8	9	10	11
4-H Sewing Project Day Extension Office 12 PM - 4 PM		SEW ALL DAY Extension Office 9 AM	Northern KY Area Annual Meeting Dry Ridge Christian Church 8:30-10 AM Registration 10 AM Meeting	Sweet Owen Sweet Owen Store 11AM	Farmers Day 
13	14	15	16	17	18
Sew & Go Extension Office 11 AM 	Cotton Club Extension Office 6 PM	 HAVE A BOSS-SOME DAY		Memory Makers Extension Office	Memory Makers Extension Office
20	21	22	23	24	25
		Embroidery Class Extension Office 6 PM			
27	28	29	30	31	1
		Craft Club Extension Office 6 PM	Crochet & Fellowship Extension Office 9 AM	 HAPPY HALLOWEEN	
					2

HOPE



Kendal Bowman



Agriculture & Natural Resources Agent

KENTUCKY SWEET POTATO BREAD



Servings: 16 Serving Size: 1 slice Recipe Cost: \$4.63 Cost per Serving: \$.29

Ingredients:

- 1/4 cup margarine
- 1/2 cup brown sugar
- 2 eggs
- 1 cup cooked mashed sweet potatoes
- 3 tablespoons milk
- 1 tablespoon grated orange peel
- 1 1/2 cups self-rising flour
- 1/2 cup whole wheat flour
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 2 tablespoons chopped pecans

Directions:

1. In a mixing bowl, cream 1/4 cup margarine and 1/2 cup brown sugar.
2. Add eggs and mix well.
3. Add sweet potatoes, milk, and grated orange peel; mix well.
4. In a separate bowl, mix flours, allspice, nutmeg, and pecans.
5. Blend the wet and dry mixtures, stirring only until just combined.
6. Spray a 9-inch x 5-inch x 3-inch loaf pan with nonstick cooking spray.
7. Pour mixture into pan and bake at 350°F for 45 to 50 minutes.
8. When the loaf is removed from the oven, allow to cool for 10 minutes before applying glaze.

Glaze:

- 1 tablespoon margarine
- 1 tablespoon reduced fat cream cheese
- 1/4 cup confectioner's sugar
- 1 1/2 teaspoon milk
- 1 1/2 teaspoon orange juice
- 1 teaspoon grated orange peel

Directions:

1. In a small mixing bowl, mix the margarine and cream cheese.
2. Add the confectioner's sugar, milk, orange juice and orange peel. Mix well.
3. Remove loaf from pan and spread.