

Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

September 2023

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Family & Consumer Sciences Agent

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Cooperative Extension Service

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RECOGNIZING AND MANAGING TEEN DEPRESSION

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include: sad feelings, frequent crying, loss of interest or pleasure in activities that once made a person happy, significant weight loss or weight gain, an increase or decrease in appetite, anger, agitation, fatigue, trouble concentrating, withdrawal from family and friends, change in sleep pattern, thoughts of death, and thoughts, plans, or attempts at suicide.

If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

Source: Kerri Ashurst, Senior Extension Specialist



2023
SEPTEMBER
Events

KENTUCKY
NEAFCS
Extension Association of
Family and Consumer Sciences



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Low Impact Fitness Club 2:00 pm	2
3	4	5 Walking Challenge 5:00 pm	6	7 Cooking Through the Calendar 1:00 pm	8 Low Impact Fitness Club 2:00 pm	9
10	11 Painting Class 5:30 pm Walking Challenge 4:30 pm	12 Painting Class 1:00 pm Card Making 5:30 pm Sidetracked 6:30 pm	13 Card Making 1:00 pm Blanket Making 1:00 pm	14 Machine Sewing 5:30 pm Water Bath Canning 5:30 pm	15 Low Impact Fitness Club 2:00 pm	16
17	18 Dehydrating Class 11:00 am Walking Challenge 5:30 pm	19 Cooking Through the Calendar 5:30 pm	20 Machine Sewing 1:00 pm	21	22 Low Impact Fitness Club 2:00 pm Senior Resource Summit 4:00 pm	23
24	25 Fall Craft 1:00 pm/5:30 pm Walking Challenge 5:30 pm	26 Garden Gloves Sewing 5:30 pm	27 Water Bath Canning 1:00 pm	28 Leader Lesson 10:00 am Rolls 5:30 pm	29	30

Circle of Friends:

Second Tuesday Monthly,
6:30 pm

Harmony Club:

Second Tuesday Monthly,
12:30 pm

Mannsville:

Second Thursday Monthly,
6:00 pm

Mastering Skills:

Second Monday Monthly,
12:30 pm

Modern Day Homemakers:

Second Monday Monthly,
6:30 pm

Saloma Road:

Second Thursday Monthly,
10:00 am

Quilters Group:

First Tuesday Monthly,
9:00 am

Quilts of Honor:

Fourth Wednesday Monthly,
10:00 am



FCS PROGRAMS



Outdoor Walking Challenge

Get moving outdoors! This is a 12-week program ending October 23rd held at different walking locations around the county. It is not too late to join! We will meet every Monday evening at 5:30 pm, but will meet at 4:30 pm on Monday, September 11th. Labor Day will be made up on Tuesday, September 5th at 5:00 pm.



Cooking Through the Calendar

Learn how to make the monthly recipe from the Food and Nutrition Recipe Calendar! We will be making and taste-testing One Pan Shrimp and Veggies on Thursday, September 7th at 1:00 pm and Tuesday, September 19th at 5:30 pm. Spots will be limited! Call at (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.



Dehydrating Class

Dehydrating is a great way to preserve foods! Join Russell County FCS Agent Megan Gullett on Monday, September 18th at 11 am and learn how to dehydrate different types of foods. Spots will be limited! Call at (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.



Low Impact Fitness Club

Join me for low-impact movement and indoor walking exercises every Friday at 2:00 pm at the Extension Office! This program will be designed for seniors and adults with mobility or cognitive barriers, but all individuals are welcome. Please call (270) 465-4511 or e-mail taylor.ext@uky.edu if you have any questions!



Water Bath Canning: Strawberry Jam

If you missed our first water bath canning class, you don't want to miss this one! Join FCS Agent Katelyn Squires on Thursday, September 14th at 5:30 pm or Wednesday, September 27th at 1:00 pm to water bath can strawberry jam! Spots are limited! Call the Extension Office at (270) 465-4511 to sign up.



"Sewing" A Garden Series: Garden Gloves

Learn how to sew your own gardening tools through this mini-series! We will begin with sewing gardening gloves from old sweatshirts on Tuesday, September 26th at 5:30 pm. This class will be led by some great volunteers and in collaboration with Horticulture Agent Kara Back.

Homemaker Workshops

HALLOWEEN PAINTING

Paint this festive Halloween decor using new painting techniques, taught by Taylor County Homemaker, Jackie Thomas.

**SPOTS ARE LIMITED!
CALL THE EXTENSION
OFFICE AT 270-465-4511
TO RSVP!**

**MONDAY, SEPTEMBER 11
AT 5:30 PM
OR
TUESDAY, SEPTEMBER 12
AT 1:00 PM**

CLASS COST: \$20



CARD MAKING CLASS



\$20 fee

Lead by Lori Matteucci

Spots are limited! Call
the Extension Office at
270-465-4511 to RSVP!

TUESDAY, SEPTEMBER 12

**AT 5:30 PM
OR**

**WEDNESDAY, SEPTEMBER 13
AT 1:00 PM**

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

**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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MACHINE Sewing Class

LEARN ABOUT MACHINE SEWING
FROM SOME WONDERFUL
LADIES.

**SPOTS ARE LIMITED! CALL
THE EXTENSION OFFICE
AT
270-465-4511 TO RSVP.**

**THURSDAY, SEPTEMBER 14 AT 5:30 PM
OR
WEDNESDAY, SEPTEMBER 20 AT 1:00 PM**

Wooden Garden Flag

**September 25
1:00 PM or 5:30 PM**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

No cost!
RSVP by calling the Extension
Office at (270) 465-4511

HAPPY FALL, Y'ALL!



Join us as we make more blankets to donate
to the Taylor Regional Cancer Center!

No sewing required!

**Wednesday, September 13, 2023
1:00 PM - 3:00 PM**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

Flock for a Cure 2023



It is almost Flocking Season in Taylor County and time for those fun-loving and ever popular flamingos to return. This flocking season will be September 11-30, 2023 .

Enclosed with this newsletter is an order form for you to use or to share. Last year, Taylor County Homemakers donated more than \$7,100 to the UK Ovarian Research program and received the KEHA award for top donations across the state. We need your help to continue the success of this fundraiser to help the fight against ovarian cancer. Through KEHA, our funding to this program helps provide free screenings for ovarian cancer to women in

Kentucky.

Homemakers who would like to join the Flocking Crew should contact the Extension Office. Typically the time required is two to three hours on Monday, Wednesday, or Friday morning during the flocking season.



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It's time to Travel

Homemakers will take a trip to Keeneland in Lexington, KY. Join us to tour the grounds, share a meal, and observe the horse sales!

We will leave from the Taylor County Extension Office at 8:00 am on Tuesday, September 12th. Excluding the meal, this trip is free!

RSVP

Call the Taylor County Extension Office at (270) 465-4511 to RSVP or if you have any questions.



A New Extension Homemakers Group

Looking for a fun way to connect with friends? Interested in learning and sharing new ideas?

Join us on Tuesday, September 12, 6:30 –

8:30 p.m., at the Taylor County Extension Office to find out more and play **Bunco**

Light refreshments will be served.



SENIOR RESOURCE Summit

A FREE EVENT!

- DOOR PRIZES •
- GIVEAWAYS •
- REFRESHMENTS •

WHEN: Friday, September 22, 2023

TIME: 4:00 - 8:00 p.m.

WHERE: Taylor County Extension Office
1143 S. Columbia Avenue
Campbellsville, KY 42718

Event Co-Sponsors:



You are invited!

The Senior Resource Summit event is designed to help guide seniors, their families, and caregivers on services and products that will enrich the lives of the aging population in our community.

More than 20 vendors will be available to answer your questions!

SPEAKERS

4:00 p.m. *How to Prepare for the High Cost of Growing Older*
John Dotson, Kentucky Elder Law, PLLC Attorney at Law

5:00 p.m. *Understanding a Hospital Stay Today –
What to Expect from Admission to Discharge*
Taylor Regional Hospital Case Management

6:00 p.m. *Family & Consumer Science – Embracing Life as we Age*
Taylor County Cooperative Extension Service
AND
Understanding Hospice vs. Palliative Care
Hosparus Health and Pallitus Health Partners

7:00 p.m. *Pharmacy 101: Everything you need to know about Pharmacy*
Hometown Pharmacy and Eastridge Phelps Pharmacy

TO RSVP OR FOR MORE INFORMATION:

Jennifer Van Mersbergen, Hosparus Health Community Outreach Manager
270-403-2413 or jvanmersbergen@hosparus.org

ADULT

HEALTH BULLETIN



SEPTEMBER 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>

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THIS MONTH'S TOPIC:

STRETCH YOUR BOUNDARIES — TRY YOGA!



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana).

Continued on the next page →



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Disabilities accommodated with prior notification.

Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



➔ Continued from the previous page

Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

REFERENCES:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

ADULT
HEALTH BULLETIN

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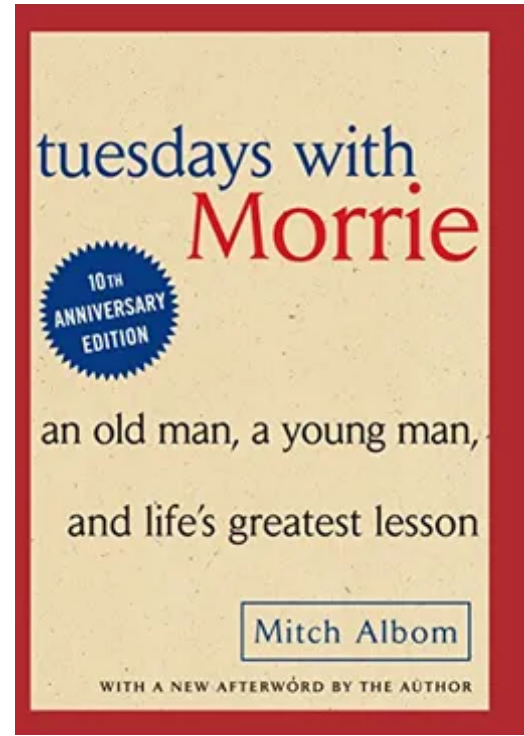
BOOK OF THE MONTH

Tuesdays with Morrie By Mitch Albom (1997)

A story of learning how to live through the knowledge of an approaching death. A professor and his student share one last lesson in learning what it truly means to live and love. Morrie Schwartz was diagnosed with Lou Gehrig's disease in 1994 and through his diagnosis he realized that the world continued regardless of his personal tragedy. In his final year, Morrie provided lessons on how to not carry self-pity, and how to embrace love and connection to others.

Mitch Albom rediscover his sociology professor from twenty years ago. Morrie was in the last months of dying from ALS (a motor neuron disease called Lou Gehrig's disease). Mitch started visiting Morrie in his home study every week every Tuesday (just like the visits where Mitch would meet with Morrie in his office every Tuesday every week while in college). Their rekindled relationship turned into final 'class' lessons on how to live! Love this book! It was a book I couldn't put down!

'Tuesdays With Morrie: An Old Man, a Young Man, and Life's Greatest Lessons' is listed on the 2023-2024 KEHA Booklist under 'Classics and Old Favorites'. (You can get this book in large print!)



Debbie Wilcoxson, Chairperson for Cultural Arts and Humanities; Member of Modern Day Homemakers

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



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Summer Squash Pizza

Topping

2 yellow summer squash, thinly sliced
1 cup thinly sliced onion
1 green pepper, thinly sliced

2 teaspoons chopped fresh rosemary
 Salt and pepper to taste
3 tablespoons olive oil
2 tablespoons grated Parmesan cheese

Crust

½ tablespoon rapid rise yeast
1 tablespoon sugar
½ cup warm water
½-1 cup whole wheat flour
½ teaspoon salt
2 tablespoons olive oil

Preheat oven to 400 degrees F. **Place** sliced squash, onion and pepper in roasting pan. **Sprinkle** with rosemary, salt, pepper and 2 tablespoons of olive oil. **Toss** to coat. **Bake** in preheated oven for 20 minutes, or until onions are lightly brown and squash and peppers are tender. **Set aside.** **Increase** oven temperature to 450 degrees F. In a medium mixing bowl, **dissolve** yeast and sugar in warm water. Let yeast proof, about 10 minutes. **Stir** in ½ cup flour, salt and oil. **Mix** until smooth then **rest** for 5 minutes. **Add** additional flour as needed to be able turn dough out onto a lightly floured surface. **Roll** into a

flat ¼ inch thick crust. **Place** crust onto a baking sheet. **Bake** 5 minutes to set crust. **Remove** from oven and distribute vegetable mixture on crust. **Bake** an additional 10 minutes or until crust is firm, being careful not to burn. **Remove** from oven, **sprinkle** with cheese and remaining tablespoon olive oil. **Cut** into quarters and **serve**.

Yield: 4 servings

Nutritional Analysis: 310 calories, 19 g fat, 3 g saturated fat, 0 mg cholesterol, 340 mg sodium, 33 g carbohydrate, 6 g fiber, 7 g sugars, 9 g protein.

