

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

August, 2024



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension
Service**

Boyd County
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Happy August Everyone!

Now that August is here, it's time to get the kids ready to go back to school (I'm sure the parents have been ready since May!) and it's time to start thinking about the Boyd County Fair! The Boyd County Fair will be held August 13th-17th at our Extension Education Center Grounds. Feel free to stop by and look at all of our fair entries and purchase some delicious baked goods from the Boyd County Extension Homemakers! (I always wonder why I gain weight during fair, the answer is always peanut butter fudge).

We have some non-fair events taking place this month as well. On August 1st, we have Cooking Through the Calendar making Peanut Butter Oatmeal Bites AND we also have Longaberger Basket Bingo that night with doors opening at 5 p.m. at the Extension Office. On the 9th, we will learn how to de-clutter our spaces (trying to practice what I teach) for August's Lunch and Learn, and on the 27th we have the August Laugh and Learn at the Frank's Building, so bring those kids! Finally, on Saturday, August 31st from 6 p.m. to 8 p.m., the Catlettsburg Leadership Community Development Council will be hosting a Farm to Table dinner benefiting local FFA Chapters and 4-H, with assistance from the Extension Office.

As always, my door is always open for discussion and ideas! Please feel free to stop by!

Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences

Jacqueline Doucet

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**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.



Message from the President



Hey There Homemakers,

It seems like summer just started and now it's August and things are getting busier and busier. Back to school, the Fair, the Catlettsburg Labor Day parade, Chairman and Officer training, and then we start a new year of Homemakers. Hopefully, you have been keeping up with your volunteer hours, searching out new ideas for lessons, and recruiting new members.

I am sure you are rested up and ready to go! Together we can make this year the best one ever. You are what makes this organization what it is, without our volunteers we wouldn't be able to accomplish as much as we do. I am proud of our Boyd County Homemakers (Agent note: I am too!) Together there isn't anything we **CANNOT** do. Keep up the awesome job, y'all make me look good. 😂

Keeping you in my prayers always,

Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hillendale, **August 1st at 10 a.m.**, Boyd County Extension Office. **August's Recipe: Peanut Butter Oatmeal Bites.***
- *Longaberger Basket Bingo, **August 1st at 5 p.m.-8 p.m.**, Boyd County Extension Office.*
- *Homemaker Council Meeting, **August 7th at 10 a.m.**, Boyd County Extension Office.*
- *Fair Take-In, **August 12th at 10 a.m.**, Frank's Building, Boyd County Education Center.*
- *Northeast Area Homemaker Leader Lessons, **August 21st at 10 a.m.**, Frank's Building, Boyd County Education Center.*
- *Northeast Area Homemakers 2024 Leadership Toolbox Lessons, **August 24th, 2024 at 9 a.m.**, Expo Building, Boyd County Education Center.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*





KEHA Upcoming Events & Announcements



- **August 15th:** *Due date for county reports to be submitted, including both program of work reports (online) and volunteer service logs (paper form).*
- **September 15th:** *Due date for Area VSU logs to be submitted to the state chair for Leadership Development (Nancy Snouse).*
- **October 13th-19th:** *KEHA Week.*
- **October 15th:** *Deadline for submitting session proposals for the 2025 KEHA State Meeting.*
- **May 6th-8th:** *2025 KEHA State Meeting, Hyatt Regency, Lexington, KY.*



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Fall 2024



Homemaker

LEADER LESSONS

Leader Lessons:

- Addiction 101
- Suicide 101
- Pathways to Wellness

Wednesday, August 21st, 2024

Boyd County Extension Education Center

Frank's Building

10 am-2 pm

Registration: 15.00 per person

Lunch will be provided

Contact 606-739-5184 to Register.





Northeast Area
Homemakers

2024 Annual Meeting

Saturday, October 12, 2024

Registration: 10 AM

Meeting :11 AM

Recipes from the 2024 Food and Nutrition Recipe Calendar



August's Recipe: Peanut Butter Oatmeal Bites

Join us at the Boyd County Extension office for our
monthly cooking demonstration and sampling.
Try tasty Nutrition Education Program Calendar
recipes and discover strategies to eat healthier
and cook at home!

August 1st
at 10 a.m. Boyd County
Extension Office



2024 Laugh and Learn Playdate: Upcoming Dates

1 pm-3 pm

Snacks will be
provided!

June 11th

Topic: Insects

October 15th

Topic: Pumpkins

July 9th

Topic: Summer/Sun

November 12th

Topic: Turkey/Thankfulness

August 27th

Topic: Apples

December 17th

Topic: Gingerbread

September 24th

Topic: Wind/Fall

***Adults must accompany all
children during the program.

Pre-registration is required to attend

To Register call 606-739-5184

Frank's Building

1758 Addington Road, Ashland, KY 41102

**Program will be canceled if there is no school in Boyd County.*



CATLETTSBURG LEADERSHIP
COMMUNITY DEVELOPMENT COUNCIL,
INC.



*Treat yourself to a
Riverside Farm to Fork*



Dinner



To Benefit Local FFA Chapters & 4-H



Saturday, August 31st, 2024

6 pm-8 pm

Port of Catlettsburg & 26th Street

TICKETS

\$35 SINGLE

\$65 COUPLE

Tickets Available at the Boyd County Extension Office

Locally Raised Meat & Produce Will Be Served
For Dinner.



ENTERTAINMENT PROVIDED



Boyd County
Extension Office

Martin-Gatton College of Agriculture, Food and Environment



CATLETTSBURG LEADERSHIP
COMMUNITY DEVELOPMENT COUNCIL,
INC.



*Treat yourself to a
Riverside Farm to Fork*



Dinner



To Benefit Local FFA Chapters & 4-H



SPONSORSHIP LEVELS

Honored: \$1,500 Recognition on Placemat and 8 Complimentary Tickets

Platinum: \$1,000 Recognition on Placemat and 6 Complimentary Tickets

Gold: \$500 Recognition on Placemat and 4 Complimentary Tickets

Silver: \$350 Recognition on Placemat and 2 Complimentary Tickets

Bronze: \$200 Recognition on Placemat



Boyd County
Extension Office

Martin-Gatton College of Agriculture, Food and Environment





Peanut Butter Oatmeal Bites



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

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites

Serving size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





2024 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office
2nd Friday of every month.

Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!

Please call 606-739-5184 to Register.
This program is FREE

~~January 12th~~

Healthy Ways to Flavor Your Food

~~May 10th~~

Savvy Sellers & Bargain Hunters

~~February 9th~~

Stocking and Using Pantry Staples

~~June 14th~~

Freezing Fresh Fruits

~~March 8th~~

Savvy Online Grocery Shopping

~~July 19th~~

Savor the Flavor; Using Kitchen Tools &
Appliances

~~April 12th~~

Travel Safety: Know Before You Go.

~~August 9th~~

Clutter Free Living.

*Topics subject to change *Program subject to weather

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September 13th

Cooking for 1 or 2

October 11th

Carbon Monoxide: Exposure and Prevention

November 8th

Managing Holiday Expenses

December 13th

Planning Holiday Meals on a Thrifty Budget

*Topics subject to change *Program subject to weather

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ADULT HEALTH BULLETIN



AUGUST 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>

THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT
HEALTH BULLETIN

Written by:

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Adobe Stock

