

Carter County
August 2023

 Cooperative
Extension Service

Family and Consumer Sciences Newsletter

Greetings From your FCS Agent

What a summer! We have been going non stop these last two months! I want to mention the highlights and on the next page I've included a few photos from June and July.

- I was able to lead 12 sessions of Bingocize at the Chapel House! A total of 28 seniors participated. Two were recognized for attending all 12 sessions and 5 made it to 11 of the 12! These men and women are stronger, have more energy, and are more confident....but most importantly they had fun! I'm so proud of them and it was a joy being their instructor!
- The first annual Longest Day of Play was a success! We had over 250 participants and 16 organizations set up! This event would have not been possible without our co-hosts, Carter County 4-H, Carter County Schools, Carter County Health Department, Primary Plus, and the Grayson Sports Park.
- We successfully completed the most exhausting and most fun week of the year! Super Star Chef 2023 was a success! Twenty 9-12 year old's learned how to prepare healthy, simple meals for them and their families.
- We had three summer playdates with guest speakers and field trips to Creative City and Carter Caves!
- Other programs included the Homemaker Annual Meeting, Kids Days at the Farmers Markets, Farmers Market Senior Voucher distribution, and Food Preservation Class.

None of these events or programs would be possible without our entire office staff, community partners, volunteers, and each of you! Thank you so much for supporting our programs. I love getting to work in this community!

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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Mark Your Calendars

- August 4- Sit and Sew 9-3
- August 7-Carter County Fair Exhibit Entry 11-1 @ the Fairgrounds
- August 22- Carter County Extension Council 10am, District Board to follow.
- August 24- Estate Planning Class 6-8pm
- August 25-Laugh and Learn Playdate at Sports Park 10am
- August 29-Homemaker Opening Day 10am

For more information or to register for any of these programs, please call 474-6686

Homemaker News

- Please let the office know of your officers for the upcoming homemaker year.
- Carter County Extension Homemakers had a fantastic annual meeting June 17th at the Tea Room on the Hill. Special thanks to our committee members Sue, Jeanne, Carol Ann, Janice, Starlene for planning and setting up!
- **Congrats** to Carter Caves Club for winning Club of the year and Denton/Willard for the Membership Increase Award.
- The silent auction raised over \$400 for the Jane Qualls 4-H camp scholarship!
- Thank you to Sue, Harley, and Melanie for volunteering for Super Star Chef! That program is so much work and we couldn't have done it without you!
- Please join us for opening day this year! This is your chance to help plan the homemaker events for the year. We will also do an officer and chairman training. I hope to do a better job of preparing our chairman this year for your responsibilities. Bring your ideas and your appetite!
- It's that time of year to start recruiting new members. Talk to your friends and family and invite them to your club meetings.
- Club leaders, I will plan on making a schedule to visit this fall. Please let me know your meeting times and locations if you haven't already.
- As always, contact me with any questions or ideas!

Estate Planning

Free Class!



**Carter County
Extension Education
Center**

**AUGUST 24
6-8PM**

Please call 474-6686
or email
whitney.morrow@uky.edu
to register.

Seminar will be taught by
Jennifer Bailey Dalenberg
Attorney at Law

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HOMEMAKER OPENING DAY

AUGUST 29 10AM

JOIN US FOR OUR
COUNCIL MEETING, OFFICER TRAINING, AND A
TACO BAR!

WHITNEY WILL PROVIDE THE MEAT
CALL TO SIGN UP FOR A SIDE!
ALL ARE WELCOME!



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LUNCH & LEARN

Join us on your lunch break for a FREE nutritious lunch and a brief lesson.

Noon at the Carter County Extension Office.

September 20, 2023 Transferring Cherished Possessions

October 18, 2023 Savoring the Flavor :Cooking with Spices

November 29, 2023 Planning Thrifty Holiday Meals

March 20, 2024 Generational Differences

April 17, 2024 Self-Care

May 15, 2024 Strong Bones

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SIT AND SEW

Bring your own unfinished projects to
work on and fellowship with others!

1st and 3rd Fridays
9am-3pm

Carter County Extension
Education Center

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ADULT HEALTH BULLETIN



AUGUST 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

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Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

**ADULT
HEALTH BULLETIN**

Written by:
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123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

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THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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Green Bean Medley

1 pound fresh green beans	1½ tablespoons lime juice	1 medium red bell pepper, sliced to narrow lengthwise strips
6 tablespoons light soy sauce	2½ tablespoons sesame oil	2 cups sliced mushrooms
1½ teaspoons balsamic vinegar	4 teaspoons minced garlic	2 cups yellow sweet corn, fresh or frozen

Place the green beans in a large saucepan with one inch of water. Bring to a **boil, cover** and **steam** for 5 minutes. Green beans should still be firm. **Drain.** In a small bowl **stir** together soy sauce, balsamic vinegar and lime juice; set aside. **Heat** the sesame oil in a large skillet over medium heat. **Add** minced garlic and **cook** until it starts to brown. **Add** red bell pepper and mushrooms; **stir** to coat with oil. **Cook** 3 minutes. **Add**

corn and green beans; **stir** to coat with oil. **Cook** an additional 2 minutes.

Stir in the soy sauce and lime juice mixture and **simmer** for a couple of minutes, **uncovered** to reduce the sauce. **Serve.**

Yield: 6, 1 cup servings.

Nutritional Analysis: 150 calories, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 640 mg sodium, 17 g carbohydrate, 3 g fiber, 6 g sugars, 4 g protein.