



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

LYON COUNTY HOMEMAKERS

OCTOBER 2023

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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences



HELLO HOMEMAKERS,

IT'S MY FAVORITE TIME OF YEAR! THERE IS SOMETHING ABOUT THE LEAVES CHANGING AND THE TEMPERATURES DROPPING THAT GETS ME EXCITED FOR THE BUSY DAYS AHEAD. OF COURSE, IT'S TIME TO START THINKING ABOUT PLANS FOR UPCOMING HOLIDAYS AND SCHEDULING WHEN FAMILY IS COMING AND GOING, BUT IT IS ALSO TIME TO GET SIGNED UP FOR SOME FUN HOMEMAKER ACTIVITIES THAT ARE COMING SOON. AT PRINTING, WE ONLY HAVE 3 PEOPLE SIGNED UP TO ATTEND AREA ANNUAL DAY IN CRITTENDEN COUNTY. MANY YEARS WE HAVE TAKEN 20 OR 30 PEOPLE JUST FROM LYON COUNTY. OUR HOMEMAKER NEIGHBORS HAVE SPENT A LOT OF TIME PLANNING AND GETTING READY FOR THIS DAY. LET'S SHOW THEM SOME LOVE AND GET SIGNED UP TO GO SEE CLASSY AND GRASSY. AND BY THE WAY, THIS BLUEGRASS GROUP CURRENTLY HOLDS THE NUMBER 11 SINGLE ON THE BLUEGRASS CHARTS. YOU CAN HEAR THEM NOW FOR JUST THE COST OF REGISTRATION AND WILL BE ABLE TO BRAG ABOUT SEEING THEM AS THEY ARE GETTING FAMOUS! COME JOIN THE FUN!

-ANGIE

Homemaker Sign Fundraiser

It's time for a new and fun Homemaker fundraiser. You may have noticed when you are traveling through town that we have a digital sign at the Extension Office. Starting January 2, 2024, you can rent a slide on that sign to show your pride for a loved one or friend and all proceeds will go the Lyon County Homemaker general fund. For example, if I wanted to recognize my granddaughter on her birthday, I would stop by the Extension Office and ask Olivia and Miranda to complete a fundraiser form. I would have them check the calendar to see if February 11th is available, and if so I would complete the form with my message to be played on the screen on February 11. My message would say "Happy Birthday Ophelia." You might want to say "Happy Anniversary Dixie and Pete," or "Congratulations on Retirement Paula." The cost to rent the sign will be \$25 and your message will run for 24 hours. Only one message per day will run so you must call early to get the days you want. This is an easy way to support Homemakers and get your message out to those in town. Call 270-388-2341 to reserve your date and pay by phone, or stop by and sign-up in person. Can't wait to see all your sweet messages encouraging the folks of Lyon County!



Freezer Meals



November 6, 2023 @ 6:00 PM
For the supply list and Zoom link contact
angie.york@uky.edu

Meal prepping can be a great way to save time and money. In this class we will prep 6 freezer meals for the crock pot. This will be an interactive class so grab your supply list, get your groceries, and be ready for some fun!

- 6 MEALS
- 1.5 HOURS PREP
- MORE TIME FOR THE PEOPLE AND THINGS YOU LOVE



OLD KENTUCKY HAYRIDE MUSICAL

HOMEMAKERS FALL ANNUAL AREA MEETING

October 27th
Marion Baptist Church
131 E. Depot Street, Marion, KY 42064

Live Performance by:
Classy & Grassy

Food
MARION PIT BBQ

Make sure to dress like you are going on a hayride!

THE CRITTENDEN COUNTY HOMEMAKERS HAVE GIVEN YOU A GREAT OPPORTUNITY. PLEASE MAKE SURE TO GET YOUR REGISTRATION ON TIME. NOT ONLY WILL YOU GET GREAT HOMEMAKER FELLOWSHIP, BUT YOU WILL GET TO HEAR ONE OF THE GREATEST BLUEGRASS GROUPS ON THE CIRCUIT TODAY. MORE INFORMATION ABOUT CLASSY AND GRASSY CAN BE FOUND AT:

[HTTPS://WWW.THESINGLETONBROTHERS.COM/](https://www.thesingletonbrothers.com/)

\$15 Registration Fee is due to the Lyon County Extension Office by October 13, 2023.

Martin-Gatton
College of Agriculture,
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SEW SIMPLE

November 7, 2023 at the
Caldwell County Extension Office
1025 US-62, Princeton, KY 42445
9:00 AM to 3:00 PM

- LEARN TO MAKE 3 POT HOLDER DESIGNS GREAT FOR CHRISTMAS GIFT GIVING
- ALL SUPPLIES WILL BE PROVIDED.
- BRING YOUR SEWING MACHINE WITH MANUAL AND BASIC SEWING SUPPLIES
- BRING A SACK LUNCH

THE COST TO ATTEND IS \$15. SEATS ARE LIMITED. TO SIGN UP FOR SEW SIMPLE PLEASE CALL THE LYON COUNTY EXTENSION OFFICE AT 270-388-2341 AND PAY BY PHONE TO HOLD YOUR SEAT.

November Homemaker Leader Lesson

Healthy Eating Around the World

In this lesson we will take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Crittenden County FCS Agent, Rebecca Woodall, will be teaching the lesson. You will have two opportunities to attend. November 1, 2023 at 10:00 AM at the Lyon County Extension Office or on November 2, 2023 on Zoom at 5:00 PM.

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

JOIN ME OCTOBER 17, 2023 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.



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

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Disabilities accommodated with prior notification



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.



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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/dpcp/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

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Save The Date

If you have been in Lyon County Homemakers for a while, you know how fun Pretend Store is for both the Homemakers and the children we are serving. We have not been able to have a traditional Pretend Store since 2019, but that changes this year. Please mark your calendars for December 5, 2023 for Pretend Store Set-up and December 6, 2023 for Pretend Store with the kids. Times for each day will be communicated at a later date. If you have never been a part of this program, in the meantime, please start collecting items for the preschoolers to "purchase" for their families. **PLEASE READ THE FOLLOWING:** there is no room at the Extension Office for donations. They will need to be dropped off at Lee S Jones Convention Center on December 5, 2023 at the designated time.



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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Crafting With Christy

When: November 6, 2023

Where: Location TBA

Time: 1:00 PM

Cost: \$10

Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.