

Anderson County

Family & Consumer Sciences

Newsletter September/October 2022



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

Cooperative Extension Service

Anderson County

1026 County Park Road

Lawrenceburg, KY 40342

(502) 839-7271

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anderson.ca.uky.edu

Dates to remember:

Note: Unless specified all events will be held at the Anderson County Extension Office

September 22nd

Anderson County Homemaker Council Meeting
9:30 am

September 22nd

Leader Lesson: Swedish Weaving 10 am @ the
Lincoln County Extension Office

September 28th

Registration for Ft. Harrod Area Homemaker
meeting due

October 7th

Heritage Craft Camp committee @ 1 pm Boyle
County Extension Office

October 9th-15th

Homemaker Week

October 13th

Ft. Harrod Area Homemaker Meeting 10 am @
the Lincoln County Extension Office

October 25th

Leader Lesson: Organizing your Space 10 am @
the Woodford County Extension Office

October 28-th 29th

Heritage Craft Camp @ the Boyle County Extension
office 9 am-5pm both days.

November 29th

Area Homemaker Council Meeting 9 am @ the
Boyle County Extension Office

A note from your Agent:

Happy fall! As most of you are aware I will soon be out taking care of a newborn, so I wanted to give you some updates.

While I am away if there's anything you need, you can contact the Mercer County FCS agent Tara Duty. She has agreed to be a point of contact for me while I am away. I have listed her contact information in the newsletter.

For the Homemaker leader lessons that will occur while I am away you will be able to attend them at the office that is hosting the lesson. Please see the attached schedule for where the lessons are for September and October, and call them to register. Also be sure to register for the Annual Area Homemaker meeting, Heritage Craft Camp and pay your Homemaker dues.

I hope you all have a wonderful fall and I will see you all again soon!

Maxx Alviar

Anderson County Extension Agent for
Family & Consumer Sciences



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

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Disabilities
accommodated
with prior notification.

**Remember if you need anything at
all feel free to contact Tara. She is
here to help!**



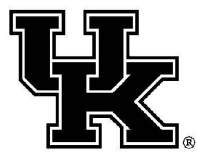
**Tara Duty
Mercer County Agent for Family
and Consumer Sciences
tara.duty@uky.edu
859-734-4378**



Leader Lessons 2022-23

Clubs Teach	Lesson Title	Date/10:00 a.m.
September	Let's Be Safe: Charcuterie Boards	Thursday, August 25
October	Swedish Weaving	Thursday, September 22
November	Organizing Your Space	Tuesday, October 25
January	Productivity & Procrastination	Friday, December 9
<i>No lesson in December</i>		
February	Intuitive Eating	Monday, January 30
March	Mental Health and Stress	Tuesday, February 28
April	Sweet Swaps	Thursday, March 23
May	Living with Loss	Friday, April 28

For September and October meetings Please contact the host offices to register!



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FORT HARROD AREA EXTENSION HOMEMAKERS ASSOCIATION ANNUAL MEETING

OCTOBER 13, 2022

LINCOLN COUNTY EXTENSION OFFICE

104 METKER TRAIL, STANFORD KY

REGISTRATION STARTS: 9:15 AM

MEETING STARTS: 10:00 AM

REGISTRATION FEE: \$18



RSVP DUE BY SEPTEMBER 28TH

REGISTRATION FORM

NAME: _____

COUNTY: _____

ADDRESS: _____

PHONE: _____

MAKE CHECK PAYABLE TO: LINCOLN COUNTY HOMEMAKERS

MAIL FORM AND FEE TO: KATHY DIAZ

3060 KY HIGHWAY 198

HUSTONVILLE, KY 40437

MORNING REFRESHMENTS AND LUNCH
FEATURING SMOKED BRISKET, SIDES,
DISSERT AND DRINK INCLUDED.

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NO LATE REGISTRATIONS OR REFUNDS.



FORT HARROD AREA HERITAGE CRAFT CAMP



Join us for two fun-filled days of heritage skills and craft classes, door prizes, and lots of fellowship!

October 28-29, 2022



8:00 - 9:00 A.M.
REGISTRATION

9:00 A.M. - 12:00 P.M.
CLASSES

12:00 P.M.
LUNCH

1:00 - 5:00 P.M.
CLASSES

\$15 registration fee includes refreshments, goody bag, & chances for door prizes.

Individual class fees are separate.

\$8 fee for lunch per day (optional).



Boyle County
Extension Office
99 Corporate Dr.
Danville, KY 40422



(859) 236-4484
boyle.ext@uky.edu



For more information & to register: tinyurl.com/yc83fs8v



facebook.com/heritageskillsday



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ADULT HEALTH BULLETIN



SEPTEMBER 2022

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:

RECOVERY FROM MENTAL HEALTH, SUBSTANCE USE DISORDERS



September is National Recovery Month. Recovery Month celebrates the gains made by those in recovery from substance use and mental health. We celebrate them just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Recovery Month is held every September to increase awareness and understanding of mental health disorders and substance use disorders and to celebrate those in recovery. Mental health and substance use disorders affect

Continued on the back →



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People can get help by calling or texting the Suicide and Crisis Lifeline at 988 or calling the KY Help Call Center at (833) 859-4357.

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all communities nationwide. With commitment and support, those affected can improve their health and overall wellness. Recovery Month spreads the message that people can and do recover every day.

Substance use disorder is on the rise, and the COVID-19 pandemic has a large part to play in this.

During the pandemic, we have also seen a significant rise in mental health problems including depression, anxiety, and addiction. According to the Centers for Disease Control and Prevention (CDC), 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19. In fact, the same CDC report revealed that drug overdose deaths in the U.S. reached an all-time high in 2021, increasing 15% from 2020.

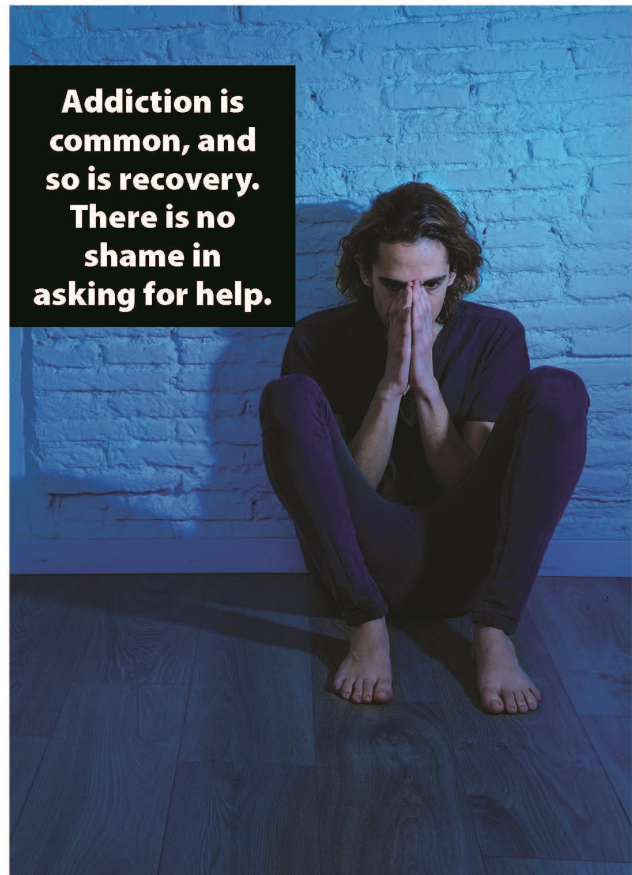
The good news, according to the latest U.S. National Survey on Drug Use and Health, is more than 75% of people addicted to alcohol or drugs recover. That means their condition improves and substance use no longer dominates their life. Through Recovery Month, people become more aware and able to encourage those in need to seek recovery services for help. Addiction occurs far more often and in many more people than some might realize, especially after two years of a pandemic. Addiction is common, and so is recovery. There is no shame in asking for help.

988 Suicide and Crisis Lifeline

People can call or text 988. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

KY Help Call Center: (833) 859-4357

Individuals seeking treatment for themselves or others — as well as family members who have questions or are in need of support — can call toll-free and speak with a specialist about available treatment services most relevant to their needs.



The Call Center is manned Monday through Friday from 8:30 a.m. to 5:30 p.m. (EDT). During nonbusiness hours callers may leave their name and contact number and a specialist will be in touch.

SOURCES:

- Czeisler M. É., Lane R. I., Petrosky E., et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>.
- [https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20\(Recovery%20Month,nation%20who%20make%20recovery%20in](https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20(Recovery%20Month,nation%20who%20make%20recovery%20in)
- https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer_Volume6.pdf

ADULT
HEALTH BULLETIN

Written by:
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123RF.com, Adobe Stock



FN-AN.001

WHAT'S THAT DATE MEAN?

Except for infant formula, manufacturers are not required to print use by dates, sell by dates, and best by dates on food labels. Manufacturers voluntarily print these dates on packages to indicate the date the food will retain top quality and flavor. They are freshness and quality dates, not food safety dates. The food is not necessarily spoiled or unsafe after this date but may have lost some of its freshness and nutritional value.

Use by – This is the last recommended date to use the food at its peak quality according to the manufacturer. After this date, the quality of the food begins to go down.

Infant formula must be labeled with a “Use by” date. This date is based on nutrient content testing, and the nutritional value of the formula cannot be guaranteed after this date. The date can usually be found on the bottom of the container.



Best by – This date is similar to the use by date, and many times you will see them combined in a statement such as “best if used by.” This date tells the consumer when a product will be at its best flavor and quality. After this date, the food is not necessarily spoiled, it is just of lower quality.



Sell by – This date indicates the last recommended day of sale. Retail stores should pull products after the sell by date; however, it is legal to sell food after this date. Most food is safe to eat after the sell by date as long as there are no signs of spoilage and the food has been stored, handled, and prepared properly.



Freeze by – This date indicates when you should freeze a product to maintain the best quality.

You should cook or place fresh meat, fish, and poultry in the freezer for longer storage within one or two days of you buying and storing it in your home refrigerator. Once frozen, the date does not matter.



REFERENCE

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>

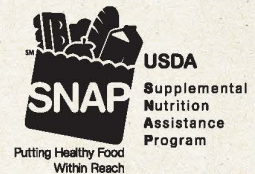
Annhall Norris, Extension Specialist for Food Safety and Preservation

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POTATO HASH



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

Nutrition facts

per serving:

160 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 75mg sodium; 26g carbohydrate; 3g fiber; 3g sugar; 0g added sugar; 4g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Teri King, Meade County EFNEP Assistant Senior

- 2 tablespoons olive oil
- 1 tablespoon butter
- 3 pounds petite red or gold potatoes, diced to 1/2-inch cubes
- 2 diced onions
- 2 diced red bell peppers
- 1 tablespoon minced garlic
- Salt and pepper to taste
- 1/2 cup Parmesan cheese

1. Heat olive oil and butter in a large nonstick skillet over medium heat.
2. Add potatoes and toss to coat with oil.
3. Cover and cook for 10 minutes, stirring from time to time.
4. Add onion and peppers. Cook an additional 5 minutes or until golden brown.
5. Add garlic and cook 2 more minutes.
6. Season with salt and pepper.
7. Sprinkle with Parmesan cheese.

Makes 12 servings

Serving size: 1/2 cup

Cost per recipe: \$9.97

Cost per serving: \$0.83

