

August 2024

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



*Kay Denniston*

Bourbon County Extension Agent  
for Family & Consumer Sciences



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

Cooperative Extension Service  
Bourbon County  
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Paris, KY 40361  
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bourbon.ca.uky.edu

## Summer

As summer comes to an end it is always with mixed feelings but this year there is much excitement about a new homemaker and programming year starting. There are many activities, classes, programs and outreach opportunities in the planning stages. Make sure to get those dues in by November 1<sup>st</sup>, so you do not miss out on any of the updates.

One the first annual activities is Recipe for Life. Be sure to let the office know in what capacity you would like to volunteer for the 2024 Recipes for Life and mark your calendars for the training date.

With August also comes the monthly leader lesson trainings. Please get the forms into the office that indicate the people in each club that will be taking those trainings. These are used to contact those individuals with monthly reminders.

There is a BIG BLUE BOOK CLUB starting in September that should be of interest for those of you that are interested in healthy foods and nutrition for little ones. That little one may be your child, grandchild or even a neighbor's child for whom you are interested in preparing healthy snacks. Watch newsletters and Facebook post for dates to sign up and to receive the limited supply of free books.

There have been several questions about the fact that there is a "Fall Annual Meeting". The fact that there are two annual meetings in one year will be 2024 only. Because of my absence at the Spring Annual Meeting there were some awards and presentations that were not made. This Fall Meeting is an opportunity to make up for those items as well as test the idea of moving the annual

to a fall date yearly. The Fall Meeting is being held during the day (noon) and the planning committee has worked at keeping the expense to a minimum. Members spoke and the committee listened.

Check out all the activities in the newsletter and be sure to put those "Save the Dates" on your calendars.

Looking forward to an exciting 2024-25 year.

*Kay Denniston*

Bourbon 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.



### Basic Budget Bites

Create a grocery budget

Creating a grocery budget is one way to help save money at the grocery store. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you determine the cost of food for your family. To use our Food Savings tool, scan the QR code or visit

<https://www.planeatmove.com/budget-calculator>



**Bourbon County Extension Homemakers:**

*Time to pay your dues!*

Don't miss out!  
Mail in or drop off **\$10 dues** to the Bourbon County Extension Office  
**November 1, 2024**

Please be sure to visit our Facebook page for all the upcoming news, class offerings and cancellations

**Facebook – Bourbon County Extension FCS/Homemakers**

Also visit our webpage to download the latest newsletters

<https://bourbon.ca.uky.edu/fcs>

**2024-2025 Bourbon County Officers & Committee Chairs**  
**President – Elizabeth Rankin**  
**Vice President – Julie Ferrell**  
**Secretary – Chantel Langfels**  
**Treasurer – Ann Davis McClain**

**Cultural Arts.....Kristy Horine**  
**Environment.....Connie Vaughn**  
**Family & Individual.....Janice Sosby**  
**Food/Nutrition/Health .....Lee Ann Stipp**  
**Mallory Lowe**  
**4-H Youth Dev.....Celia Tock**  
**International.....Susan Harris**  
**Leadership.....Patty Caswell**  
**Management & Safety.....Peggy Tracy**  
**Publicity/Marketing.....Emily Kucela**  
**Brenda Mason**

**JOIN US for BIG BLUE BOOK CLUB**  
 presents **SNACK CLUB**  
**COMING in September**

UK Cooperative Extension Service  
 Family and Consumer Sciences

HEALTHY HAPPY KIDS



**President's Notes**

**“Alone we can do so little; together we can do so much” – Helen Keller**

Wow!!!! My mother always told me that as I got older the faster time would fly by. Well, I think time as taken the Concorde!!!! It is hard for me to believe that a year as President- Elect has turned into my term as president. The council recently held our yearly planning meeting and did we Plan! Along with the usual annual homemaker activities many special classes and workshops were discussed and scheduled. So get out your calendars and reserve your spots as these are posted. Following the energetic and enthusiastic President Mallory Lowe will be no easy task but with your help, participation, and communications we will make this a great homemaker year. As you and your club begin this new year consider ways to share those special talents you possess with others; whether within your own club, country or community. We all have something to share! Continue to recruit and signup members for this new homemaker year. Please let me know your ideas and thoughts (good or bad). I am looking forward to an exciting and active year!

**Elizabeth Rankin**

President Bourbon County  
Extension Homemakers

**Save the Date**

- August 8.....Area Officer/Chair Training
- August 12-13.....Kay at State Fair
- August 15-25.....,,,,,,,,,,,,,KY State Fair
- August 27.....,,,,,,,,,,,,,Fall Annual Meeting
- August 29.....Recipe for Life Volunteer
- August 29.....Leader Lesson
- September 5.....Recipe for Life
- September 6.....Recipe for Life
- September 7.....POP Club/Farmers Mkt
- September 2....Labor Day/Office Closed
- September 12.....Disaster Awareness
- September 15-20.....Kay at NEAFCS
- September 24.....Farm Field Day
- October 11...Bluegrass Area Annual Mtg
- October 13-19.....KEHA Week
- October 17 .....Homemaker Council
- November 1.....Memberships Due
- November 7.....Holiday Foods

**Get your tickets NOW!!!!**

**A \$10 lunch and the good fellowship!**

The tickets are available at the Bourbon County Extension Office until 4:30 pm August 21<sup>st</sup>.

No tickets sold at door.





**County Fair  
Homemaker  
Enty Results**

1<sup>st</sup> Place with 26 entries  
Veda Miracle - \$75

2<sup>nd</sup> Place with 21 entries  
Connie Vaughn - \$50

3<sup>rd</sup> Place with 19 entries  
Elizabeth Rankin - \$25

**RECIPES  
FOR LIFE**

**Volunteer Training**

**August 29<sup>th</sup>**

**10:00 am**

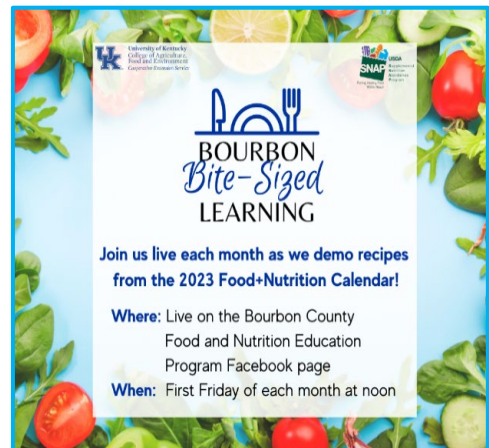
**Bourbon County Extension  
Office**

*Thanks for volunteering!*

Coming to you on Bourbon County Nutrition Education Facebook page.  
If you missed the 1<sup>st</sup> Friday, it is still available on FB and YouTube.



**Stop  
by the  
Extension  
Office  
and pick up  
your  
2024  
calendar  
to cook  
along!**




Join us on Bourbon County Nutrition Education Program Facebook page, September 6 to view Kacy preparing "Ramen Skillet Dinner" or even better - get your ingredients and prepare along with us. Mark your calendar September 6th at noon!



# BLUEGRASS AREA FCS AGENTS PRESENT: ARE YOU PREPARED?

*in recognition of National Preparedness Month*



## In the Face of DISASTER

**Locations:**

- Bourbon County Extension Office: September 12th at Noon
- Clark County Extension Office: September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.

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Agriculture and Natural Resources  
Disaster and Crisis Services  
A USDA/NRIS Program

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International program of Kentucky Cooperative Extension serves all people regardless of economic or social status and of race, religion, or color. Extension activities shall be conducted in cooperation with the local, state, and national governments. Extension is a public service and shall be conducted for the benefit and improvement of the people of the Commonwealth of Kentucky. Extension is a public service and shall be conducted for the benefit and improvement of the people of the Commonwealth of Kentucky. Extension is a public service and shall be conducted for the benefit and improvement of the people of the Commonwealth of Kentucky.

*September is National Preparedness Month*

# ARE YOU PREPARED?



## In the Face of DISASTER

**FREE!!**

**Date: Thursday, September 12th**  
**Time: Noon - 2:00p.m.**  
**Location: Bourbon County Extension**  
**603 Millersburg Rd., Paris, KY 40361**

Option to purchase a disaster preparedness tote for discounted price of \$20. Kit is complete with NOAA weather radio with solar battery charger, can opener, fire/waterproof document holder, first aid kit, and more!

**REGISTER NOW!**



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Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms and most areas of family life feel their effects. As a result of participating in **In the Face of Disaster** program, participants will be able to:


- List steps to take to prepare for a natural disaster
- Find reliable resources on disaster preparation
- Identify items to include in a disaster kit.

**Sign up now!**

## Join the POP CLUB! AND DISCOVER THE POWER OF PRODUCE

Join us the 1st Saturday  
of every month  
**9:00 a.m. - 1:00 p.m.**  
**Paris Bourbon County  
Farmers' Market**

The Power of Produce (POP) Club is a farmers market-based children's program, that seeks to teach children about fruits and vegetables, local food systems, and healthy food preparation through **FUN** activities!



**FARMERS MARKET COALITION**

**Martin-Gatton**  
College of Agriculture,  
Food and Environment

# BOURBON COUNTY EXTENSION OFFICE

# Closed LABOR DAY

September 2, 2024

## Oven Canning is NOT Safe

Oven canning is the process of placing food in jars, applying lids, then heating in an oven for a period of time until “done.” When you remove the jars and allow them to cool, the lids seal, and it is supposedly safe for the jars to sit at room temperature. However, this is not true. Oven canning is not a safe way to preserve food. Just because you used canning jars and the jar sealed, it doesn’t mean the food was preserved and is safe to eat. Food that you can in an oven has not reached a safe internal temperature and you should not store it at room temperature or eat it.

The goal of canning is to destroy spoilage microorganisms and harmful bacteria that would otherwise be able to survive in the food at room temperature. It refers to heat treating closed containers of food for a set amount of time at a set temperature. The canning process uses moist heat to reach temperatures of 212 degrees F inside jars processed in a boiling water bath canner and 240 degrees F inside jars processed in a pressure canner. Using dry heat from an oven will not achieve these temperatures inside jars of food. Food canned in an oven will be underprocessed and runs the risk of bacterial contamination. Low acid foods in particular may be contaminated with the botulinum toxin, which causes botulism, a deadly form of food poisoning.

It is also important to understand that canning jars are not designed for use in an oven. The dry heat can cause the glass to crack or shatter. Jars can explode in the oven causing personal injury and damage to the oven.

You should always use up-to-date, research-based canning recipes and processing procedures when canning food. Not all recipes on the internet or social media are research-based. You can find research-based recipes in the Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving, or the National Center for Home Food Preservation’s website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make changes to ingredients or the processing instructions. Not following the recipe precisely may result in sickness or death.

For more information on safe food canning and research-based recipes, contact Bourbon County Extension Office.

**References:** <https://extension.psu.edu/avoid-open-kettle-or-oven-canning> and <https://www.nal.usda.gov/exhibits/ipd/canning/exhibits/show/techniques/processing/oven>

**Source:** Annhall Norris, Food Preservation and Food Safety Extension Specialist

## Natural Disasters and Vulnerable Populations

September is natural disaster preparedness month. Let's prepare now! Sign up for the Disaster Preparedness Program at Bourbon County Extension Office, September 12<sup>th</sup> at noon.

Did you know that older adults and people with disabilities have the highest rate of disaster-related deaths and are at higher risk during all phases of disasters? This is because frail older adults and people living with various disabilities can face unique challenges. They might need to deal with various medical conditions, medication management, using special mobility or medical equipment, cognitive impairment, and developmental delays. Their needs do not go away in a state of emergency, and they may need some extra consideration, including early evacuation.

Do not wait until the last minute to plan or prepare for a disaster. Instead, consider an individual's specific need and make a plan and a backup plan that includes communication and a point person(s). Learn what resources in your community cater to at-risk populations. For example, check to see what agencies will offer shelters that support medical care. Make copies of important documents, including prescriptions, health and property insurance, information on mobility and medical equipment. Create a list for emergency contacts.

Stock a kit with basic supplies in addition to emergency medical supplies: extra medication, backup mobility equipment and power sources, whistle, radio, flashlight, food and water, blanket, shoes, and extra glasses and batteries for hearing aids. Be sure the person can access or carry the kit (you might consider a backpack versus a tote).

When recovering from a disaster, look for signs of injury, infection, and dehydration. Be able to recognize the signs of stress such as changes in emotions and behavior, increased confusion and/or fear. Be conscious of how the disaster may displace someone and leave them vulnerable, socially isolated, and lonely. Familiarize yourself with recovery assistance to help with post-disaster needs.

For more information, visit the National Institute on Aging resource page, <https://www.nia.nih.gov/health/safety/disaster-preparedness-and-recovery-older-adults>, or call Bourbon County Extension agent for more information specific to your community or better yet join us at the office on September 12<sup>th</sup> to begin your "Preparedness Journey"

**Source:** Amy Kostelic, associate Extension professor adult development and aging

**References:** NIH. (2022). Disaster Preparedness and Recovery for Older Adults. <https://www.nia.nih.gov/health/safety/disaster-preparedness-and-recovery-older-adults>





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



## 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>

Bourbon County Extension Office  
603 Millersburg Road  
Paris, KY 40361  
(859) 987-1895

## THIS MONTH'S TOPIC

# ARE YOU UP TO DATE ON VACCINES?

**A**ugust 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.

Continued on the next page →



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Disabilities accommodations with your notification.

### 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/parents-to-vaccinate.html>

Written by:  
Katherine Jury, MS  
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Stock images:  
Adobe Stock

**ADULT HEALTH BULLETIN**







# BLAZE THE TRAIL

## Bluegrass area Extension Homemakers' annual meeting

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director  
Powell County Tourism Commission

FRIDAY, OCTOBER 11, 2024



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Please Join us:

When:

Friday, October 11, 2024

Where:

Bowen First Church of God  
5555 Campton Rd, Stanton, KY  
40380

Time:

9:30 Am Registration and morning  
refreshments  
10:00 am call to order

Registration Deadline:

September 11, 2024

**Cost \$15**

For questions, contact: Kendyl Redding at 606-663-6405 or  
[kendyl.redding@uky.edu](mailto:kendyl.redding@uky.edu)

**Bluegrass Area Homemaker Annual Meeting Registration**

Complete & return by **September 11, 2024** to Bourbon County Extension Office  
with your check payable to **Bourbon County Extension Homemakers**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Club Name: \_\_\_\_\_

Mailbox member: \_\_\_\_\_ Guest: \_\_\_\_\_

Lunch Selection:     Chicken Salad                     Ham and Cheese  
    Vegetarian