



OCTOBER 2022 NEWSLETTER

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



Agent Note

We have officially made it to fall, my favorite time of year! If you have program suggestions, please let me know, and we will work on offering them. I am in the process of finding instructors from Homemaker member recommendations, and I hope we can offer the programs soon.

I have some exciting news: We have collected over 300 medicine bottles for Doctors Without Borders! Great job, Jessamine County Homemakers! You can still drop off your label-free medicine bottles at the Extension Office.

Lastly, a reminder that we will not have Lunch N' Learn this month, but we will resume for our final Lunch N' Learn of the year in November.

Karli Giles

County Extension Agent
Family & Consumer Sciences

Calendar of Events

- Oct 5 6 p.m, Beginner's Crochet
- Oct 12 6 p.m. Beginner's Crochet
- Oct 13 9:15 a.m. Area Homemaker Annual Meeting
- Oct 25 10 a.m. Organizing Your Space
- Oct 28-29 Fort Harrod Area Heritage Craft Camp
- Nov 2 6 p.m, Wreath Class



Follow us Online!

**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



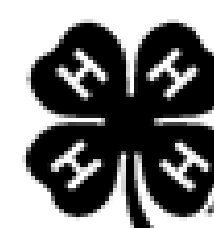
Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences
Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>



It's Time To Renew Your Homemaker Membership

Don't forget to renew your Homemaker Membership. County dues are \$10.

Due November 15th

Upcoming Leader Lesson Schedule

Organizing Your Space

October 25th @ 10 a.m.

Jessamine County Extension Office

Taught by Elizabeth Coots, Woodford Co. FCS Agent

Productivity and Procrastination

December 9th @ 10 a.m.

Jessamine County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent

Intuitive Eating

January 30th @ 10 a.m.

Jessamine County Extension Office

Taught by Karli Giles, Jessamine Co. FCS Agent

Mental Health and Stress

February 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Tara Duty, Mercer Co. FCS Agent

Sweet Swaps

March 23rd @ 10 a.m.

Jessamine County Extension Office

Taught by Maxx Alviar, Anderson Co. FCS Agent

Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by the Garrard County FCS Agent

Jessamine County Extension Homemaker Clubs

Sewing Club

First Saturday of the month, 9:30 a.m. at the Extension Office
*will not be meeting in October

Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Sit N' Sew

Third Wednesday of the month, 9:30 a.m.. Ag Center Room A

Upcoming Dates

Fort Harrod Area Annual Meeting

October 13th, 9:15 a.m.

Organizing Your Space Leader Lesson

October 25th, 10 a.m.

Fort Harrod Area Heritage Craft Camp

October 28th and 29th, Boyle County

Organizing Your Space

October 25th @ 10 a.m.

Jessamine County Extension Office

Taught by Elizabeth Coots, Woodford Co. FCS Agent

Register by calling 859-885-4811



Organizing your time and workspace not only improves job performance, but it can enhance your overall well-being while decreasing stress levels and boosting productivity. Your job performance might not be at a company, factory or office; it might be in your kitchen, your hobby space or garden. This lesson will compare aspects of a productive workspace to those of a non-productive workspace, describe techniques that maximize time and apply organizational concepts for enhanced productivity.

Teacher Submission Form: It's Sew Fine: Sewing Expo 2023

It's time to submit a class for the 2023 It's Sew Fine: Sewing Expo. This is an opportunity for garment construction, home dec, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **April 13-14, 2023**. Depending on class structure, accommodations for teachers will be offered at a local hotel. Your class can be full day, half day or if needed 1 ½ days in length.

The deadline for submission is December 1st. Click on the link to go to the submission form.

Submitting an application does not guarantee class selection. Committee will make final class selections.

COOPERATIVE EXTENSION



Application Link

<https://tinyurl.com/n8222wyp>



Scan me!

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

\$25 PER PERSON

CROCHET CLASS

15 spots available

LEARN HOW TO CREATE YOUR VERY OWN CROCHET PUMPKINS

Join us for two nights to learn how to crochet your very own pumpkins! All you have to do is bring one skein of medium weight yarn and the rest of the supplies will be available for you. The first night will be spent learning the basics, getting a decent start on your pumpkins and having fun. The second night will be spent finishing up your project and time for questions. Payment will be accepted on the night of the class.



OCT. 5TH 6-8P & OCT. 12TH 6-7P

Jessamine County Extension Office
95 Park Dr. Nicholasville, KY 40356

Sign up now by calling 859-885-4811 or
emailing karli.giles@uky.edu



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

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40546

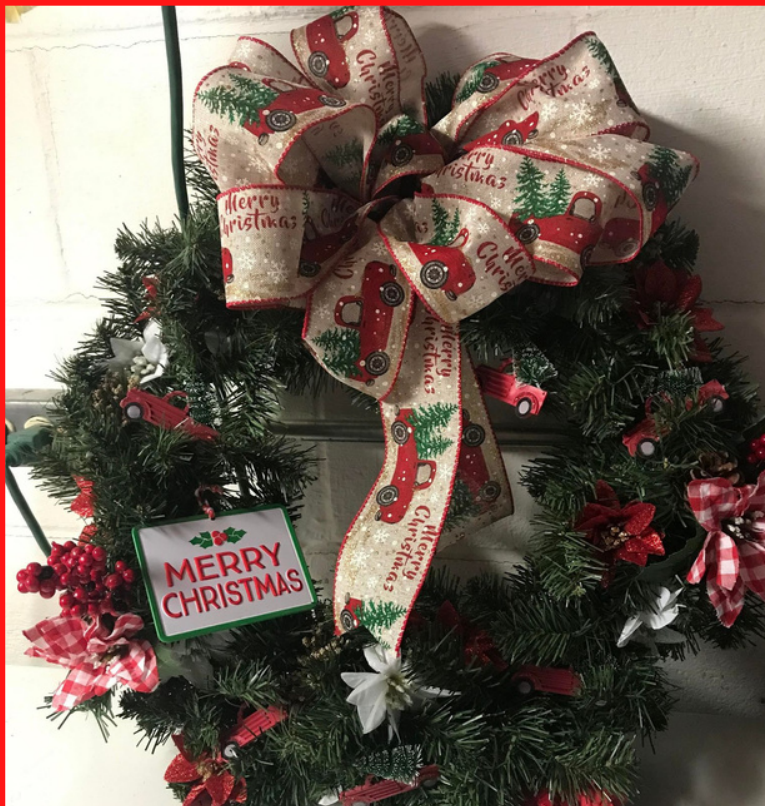


Disabilities
accommodated
with prior notification.



CHRISTMAS WREATH CLASS

Taught by Julie Johnson



November 2nd
6 p.m.
cost \$20

Supplies needed:
Needle nose pliers
wire cutters

all other supplies are provided

You will have the option to select from a grapevine or evergreen wreath.

To register, call 859-885-4811 or email karli.giles@uky.edu, and please indicate which wreath base you want.



ADULT



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

HEALTH BULLETIN



OCTOBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletin:
[http://fs-hes.ca.uky.edu/
content/health-bulletins](http://fs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October as National Breast Cancer Awareness Month. This month is devoted to educating everyone about breast cancer and the importance of early detection and timely, high-quality care. Other than skin cancer, breast cancer is the most common cancer among American women.

Fast facts about breast cancer

- 1 in 8 women will be diagnosed with breast cancer in her lifetime — that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are **being female** and **getting older**.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it's not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Continued on the back →



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

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, childbirth, or breastfeeding status, marital status, age, or disability. For more information, contact the National Center for Education of the University of Kentucky, State University, U.S. Department of Agriculture, and Kentucky Councils, Cooperating. LEAMINGTON, KY 40546



Disabilities
accommodated
with prior indication.

For those at average risk, doctors recommend getting a mammogram every year starting at age 40.



→ Continued from page 1

Symptoms of breast cancer

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

If you have any of these signs, see your doctor right away. Keep in mind that some people diagnosed with breast cancer have no symptoms.

Know your risks

Knowing your family history is vital. Talk to your family and share that family health history information with your doctor to see how that history influences your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

Get screened

For those at average risk, doctors recommend getting a mammogram every year starting at



age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.

Make healthy lifestyle choices

Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

Know your normal

It is important to know what is normal for you and your body. If you notice something that does not look or feel right, notify your health-care provider. Early detection and effective treatment are critical to reducing breast cancer deaths.

REFERENCES:

- <https://www.cdc.gov/cancer/dpcc/resources/features/breastcancerawareness>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

ADULT
HEALTH BULLETIN

Written by:
Dr. Natalie Jones, MPH, DPH
Edited by: Alyssa Simms
Designed by: Rusty Mansseau
Stock Images:
123RF.com

HEALTH BULLETIN



OCTOBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletin: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: OSTEOPOROSIS AWARENESS



Osteoporosis is a disease of the bones that causes bone to become weak. It occurs through bone loss and/or because the body makes too little bone. Osteoporosis means “porous bone.” The Bone Health & Osteoporosis Foundation (2022), describes the bone looking like a honeycomb. The spaces in the bone become larger and more spread out in osteoporotic bones. This causes lost bone density and weak and fragile bones. Bones affected by osteoporosis are more prone to breaking. In serious cases, bones can break from just a common sneeze (Bone Health & Osteoporosis Foundation, 2022).

Unfortunately, osteoporosis is both common and serious. The BHOE (2022) reports that approximately one in two women and one in four men age 50 and older will break a bone because of the disease. While various bones can break, common breaks include those of the hip, spine, and wrist. In addition to frail and broken bones, osteoporosis can cause pain, height loss, and poor posture. It can limit

Continued on the back ➔

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

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, creed, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, ancestry, national origin, age, disability, or genetic information. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

Risk factors for osteoporosis include family history and disorders related to the autoimmune system, blood, hormones, and diet.

➔ **Continued from page 1**

mobility and increase risk for falling and long-term care placement. It can also lead to immobility, social isolation, and depression (BHOE, 2022).

Some refer to osteoporosis as a silent disease because you cannot necessarily feel it coming. Therefore it is important to recognize risk factors that may cause bone loss and increase the risk for osteoporosis. Some risk factors include family history and disorders related to the autoimmune system, blood, hormones, and diet. Various medical procedures and cancers can increase risk. Neurological disorders, like multiple sclerosis, strokes, and Parkinson's are associated with osteoporosis. In addition, various autoimmune disorders, digestive issues and other medical and mental health conditions can increase the risk for osteoporosis.

If you are a caregiver for someone living with osteoporosis or if you or someone you know is at risk or you wonder about risk, the Bone Health & Osteoporosis Foundation (BHOE) recommends finding a health-care provider qualified to diagnose and treat it.

In addition to primary care providers, the BHOE recommends the following specialists when it comes to prevention, diagnosis, and treatment. Be sure to ask if they treat osteoporosis.

- Endocrinologists
- Family physicians or general practitioners
- Geriatricians
- Gynecologists
- Internists
- Orthopedists
- Physiatrists
- Rheumatologists

Other health providers knowledgeable about low bone density and osteoporosis include nurses, nurse practitioners, physical and occupational therapists, pharmacists, physician assistants, and registered dietitians. If you do not have someone to call or cannot find help, contact your local Extension agent or call a local hospital and ask for referral services or for the department that treats osteoporosis.

Prepare for your visit

To make the most of your visit, BHOE recommends several tips, including attending the appointment with your loved one so that you can listen, take notes, and/or ask questions.

- **Write things down.** Before the appointment, write down all of your questions and concerns in rank order of importance. Be sure to take a pen and paper with you to the appointment to write down the answers or recommendations.
- **Ask questions.** If you do not understand something or additional questions come up during the appointment, ask for clarification.
- **Bring a list of current medications,** including over-the-counter, supplements, and herbal remedies. In some cases, certain medications may lead to bone loss and/or increase fall risk.
- **Be honest about lifestyle habits.** Truthful information about diet, exercise, family history, smoking, and drinking can help health-care providers more accurately assess bone health.

For a specific list of questions to ask your health-care provider, the BHOE created a printable checklist: <https://www.bonehealthandosteoporosis.org/wp-content/uploads/Talking-with-your-Healthcare-Provider-checklist-2.pdf>

REFERENCES:

- Bone Health & Osteoporosis Foundation (BHOE). (2022). Communication with your doctor and healthcare team. Retrieved August 19, 2022 from <https://www.bonehealthandosteoporosis.org/patients/communication-with-your-doctor>
- Bone Health & Osteoporosis Foundation (BHOE). (2022). Information for caregivers: Choosing a health care professional. Retrieved August 19, 2022 from <https://www.bonehealthandosteoporosis.org/patients/patient-support/information-for-caregivers>
- Bone Health & Osteoporosis Foundation (BHOE). (2022). What is osteoporosis and what causes it? Retrieved August 19, 2022 from <https://www.bonehealthandosteoporosis.org/patients/what-is-osteoporosis>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Mansour
Stock images:
123RF.com





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

Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356



KEHA Week is annually celebrated the second full week of October. This year the dates are October 9-15, 2022!