



Family & Consumer Sciences

# TAYLOR COUNTY FCS EXTENSION NEWSLETTER

November 2023



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

**FAMILY &  
CONSUMER  
SCIENCES**  
Creating Healthy & Sustainable Families

**Cooperative Extension Service**  
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
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## HOLIDAY ONLINE SHOPPING SAVVY

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with https:// web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

**Source: Kelly May, Senior Extension Associate**

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

2023  
NOVEMBER  
Events

**KENTUCKY**  
NEAFCS  
**Extension Association of  
Family and Consumer Sciences**



SUN MON TUE WED THU FRI SAT

			1	2	3 Low Impact Fitness Club 2:00 pm	4 Hands Only CPR 11:00 am
5	6 Cooking Through the Calendar 1:00 pm/5:30 pm	7 Painting Class 5:30 pm Hat Class 5:00 pm	8 Painting Class 1:00 pm	9	10 Low Impact Fitness Club 2:00 pm	11
12	13	14 Holiday Meal Planning 5:30 pm	15 Blanket Making 1:00 pm	16 Christmas Planners 10:00 am	17 Low Impact Fitness Club 2:00 pm	18 Bazaar 8:00 am
19	20 Christmas Planners 2:00 pm	21 Holiday Meal Planning 5:30 pm	22	23 <b>HAPPY THANKS GIVING</b> Extension Office Closed	24	25
26	27 Seasoning with Spices 1:00 pm/5:30 pm Painting Class 5:30 pm	28 Painting Class 1:00 pm Creative Gift Wrapping 5:30 pm	29 Creative Gift Wrapping 10:00 am	30		

Circle of Friends:

Second Tuesday Monthly,  
6:30 pm

Harmony Club:

Second Tuesday Monthly,  
12:30 pm

Mannsville:

Second Thursday Monthly,  
6:00 pm

Mastering Skills:

Second Monday Monthly,  
12:30 pm

Modern Day Homemakers:

Second Monday Monthly,  
6:30 pm

Saloma Road:

Second Thursday Monthly,  
10:00 am

Quilters Group:

First Tuesday Monthly,  
9:00 am

Quilts of Honor:

Fourth Wednesday Monthly,  
10:00 am

Sidetracked Homemakers

Second Tuesday Monthly,  
6:00 pm

Bunco Club:

Third Tuesday Monthly,  
6:00 pm





# FCS Programs



## Holiday Meal Planning

Join us to learn several budgeting strategies that can help you spend less while having a delicious meal your family will enjoy. This class will be held on Tuesday, November 14th and Tuesday, November 21st at 5:30 pm. Spots are limited!

## Low Impact Fitness Club

Join me for low-impact exercises every Friday at 2:00 pm at the Extension Office! This program will be designed for seniors and adults with mobility or cognitive barriers, but all individuals are welcome. Please call (270) 465-4511 or e-mail [taylor.ext@uky.edu](mailto:taylor.ext@uky.edu) if you have any questions!



## Cooking Through the Calendar

Learn how to make the monthly Food and Nutrition Recipe —Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes! We will be making and taste-testing this recipe on Monday, November 6th at 1:00 pm and 5:30 pm. Call at (270) 465-4511 or e-mail [taylor.ext@uky.edu](mailto:taylor.ext@uky.edu) to sign up.

## Seasoning with Spices

Increase your knowledge about various types of spices and how to incorporate them into preparation and cooking! Join us for Savor the Flavor: Seasoning with Spices on Monday, November 27th at 1:00 pm and 5:30 pm. Participants will also get to take home Homemade Seasoning Mix!



## Hat Class

Design your own hat using recycled materials! We will be making flower patches to sew onto hats on Tuesday, November 7th at 5:00 pm. Bring scraps of your favorite fabric, buttons, baubles, brooches, or pieces of costume jewelry to design your hat with. You can purchase a hat for \$4 from the Extension Office. Please call to RSVP!





# Homemakers

## Upcoming Classes



**\$20 for all four**

### THANKSGIVING PAINTINGS

Learn how to paint these Thanksgiving paintings for tier trays, to put on wreaths, and more! Join Homemaker President Jackie Thomas on November 7th at 5:30 pm and November 8th at 1:00 pm.



**\$20 Fee**

### CHRISTMAS DOOR HANGER PAINTING

Paint your own Christmas Door Hanger with Homemaker President Jackie Thomas! This class will be held on November 27th at 5:30 pm and November 28th at 1:00 pm.



### CREATIVE GIFT WRAPPING

Join Homemaker Vice President Cindy Williams to learn some creative gift wrapping tips and tricks! This class will be held on November 28th at 5:30 pm and November 29th at 10:00 am.



### CHRISTMAS PLANNER

Want a stress-free Christmas? Learn from Homemaker Vice President Cindy Williams how to make a Holiday Planner and begin organizing the best holiday ever! Join us on November 16th at 10:00 am and November 20th at 2:00 pm.

All classes will be held at the Taylor County Extension Office at 1143 S Columbia Ave, Campbellsville, KY 42718. Spots are limited! Call (270) 465-4511 to sign up.



# REMINDERS

## Membership Dues

Don't forget to pay for your annual Homemakers Membership! Dues are \$10. Make sure to turn your dues in to the Extension Office by December 15th.

## Blankets

Join us to make no-sew blankets on Wednesday, November 15th at 1:00 pm. These blankets will be donated to cancer patients.



## Thanksgiving Hours

The Extension Office will be closed on Thursday, November 23rd and Friday, November 24th. Normal hours will resume on Monday, November 27th.

## Bunco Club

There will be no Bunco Club meeting in November or December. The next club meeting will be on January 16th.



## Passport Opportunity

Campbellsville University School of Music will present the Christmas Tapestry at Ransdell Chapel on Friday, December 1st at 10:00 am and 7:00 pm.



**Win this Quilt!**

All proceeds go to Ovarian Cancer Research!

Quilt is 100" x 100", fitting a King size bed.

A donation of \$5 will enter your name into the drawing for this beautiful hand-made quilt!

Donations can be made at the Extension Office at 1143 South Columbia Avenue, Campbellsville, KY or to your favorite homemaker!

**Martin-Gatton** Cooperative Extension Service  
College of Agriculture, Food and Environment

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Annual  
Taylor County Homemakers'

*\* \* \**  
**HOLIDAY  
BAZAAR**

**NOVEMBER 18, 2023  
9:00 AM - 2:00 PM**

**TAYLOR COUNTY EXTENSION OFFICE  
1143 SOUTH COLUMBIA AVENUE  
CAMPBELLSVILLE, KY**

*Sweet Shoppe  
Pictures with Santa  
Vendors  
Soup Lunch Available*





# ADULT HEALTH BULLETIN



**NOVEMBER 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>

Taylor County Extension Office  
1143 S Columbia Ave  
Campbellsville, KY 42718  
(270) 465-4511

## THIS MONTH'S TOPIC:

# KNOW YOUR FAMILY HEALTH HISTORY



**N**ov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

Continued on the next page →



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Disabilities accommodated with prior notification.



## ***Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.***

### **→ Continued from the previous page**

You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge. Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.



#### **REFERENCE:**

[https://www.cdc.gov/genomics/famhistory/famhist\\_basics.htm](https://www.cdc.gov/genomics/famhistory/famhist_basics.htm)

**ADULT  
HEALTH BULLETIN**

#### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





November 2023

# BOOK OF THE MONTH

*Jackie Thomas, Mailbox Member and Taylor County Homemaker President*

## **Baking Yesteryear: The Best Recipes from the 1900s to the 1980s**

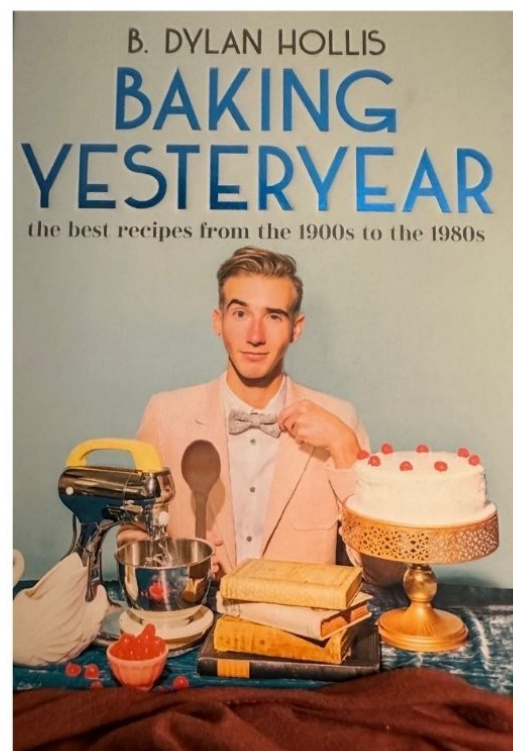
*By B. Dylan Hollis (2023)*

Travel back in time on a delicious trip decade-by-decade as Dylan shows you how to bake vintage forgotten greats. With a big pinch of fun and a full cup of humor, you'll be baking everything from Chocolate Potato Cake from the 1910s to an Avocado Pie from the 1960s.

This book has the best recipes from the 1900's to the 1980's. You'll travel back on a delicious trip decade by decade. Dylan shows you how to bake the vintage forgotten recipes. He has baked hundreds of recipes from antique cookbooks and selected only the best for this cookbook. You'll read and maybe want to try 101 recipes that will take you on a journey through the past. If you like recipes books, this is a must for your collection.

*Jackie Thomas: Mailbox Member and Taylor County Homemaker President*

This book is on the KEHA Booklist under Family and Consumer Science. It is not at the TC Library; but, go ask the librarian to borrow it from another library. Or, order and buy it for your own collection.







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## Country Ham and Broccoli Grits

**1 tablespoon** olive oil  
**1 pound** fresh broccoli florets  
**½ cup** minced onion  
**¾ teaspoon** crushed red pepper flakes

**2 cloves** minced garlic  
**4 cups** 1% milk  
**1 cup** uncooked quick grits  
**1 cup** 2%, shredded cheddar cheese

**6 ounces** country ham, cut into ½ inch pieces  
**1 large** egg, beaten  
Salt and pepper to taste

**1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**  
**2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.  
**3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

**4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

**Yield:** 16, ½ cup servings.

**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

