



Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

October 2023



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Cooperative Extension Service
Taylor County
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AM I SAVING ENOUGH FOR RETIREMENT?

Making the decision to retire has huge financial implications. With the rising cost of living, increased medical costs and longer life expectancy, it is not surprising that outliving their retirement savings is second only to out-of-pocket medical expenses as the biggest financial concern of retirees. Proper planning can help you stay on track with your retirement savings. To determine whether you will have enough income to last throughout your retirement, you need to review your potential income sources, anticipated expenses and life expectancy.

Your potential retirement income sources can come from several places including Social Security, pensions, investment accounts and employer-sponsored savings plans, to name a few. Remember the day and age you choose to retire could play a role in how much income you can receive each month. For example, if you were born after 1938 and choose to receive Social Security benefits at age 62 rather than wait until your full retirement age, your benefit amount will be reduced to compensate for the expected longer period in which you will receive benefits. However, if you wait, the benefit could increase.

Once you know your income sources, you will need to estimate what your potential retirement expenses might be. Remember to include both fixed and variable expenses. Fixed expenses come from purchases like cars or homes that are the same amount each month. Variable expenses include things like utilities that fluctuate each month. You also need to consider whether your average monthly expenses are going to increase or decrease based on the retirement lifestyle you want to have. For example, if you plan to stay home more in retirement, your fuel expenses will likely decrease because you will no longer be driving to work each day. However, if you plan to travel a lot, your fuel costs may stay the same or even increase.

Life expectancies continue to increase, which means you likely will need to stretch your retirement income over a longer period than your parents or grandparents.

Source: Kelly May, Senior Extension Associate

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

2023 OCTOBER Events

KENTUCKY NEAFCS Extension Association of Family and Consumer Sciences



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Blood Drive 12:00 - 7:00 pm Walking Challenge 5:30 pm	3	4	5 Machine Sewing 5:30 pm	6 Low Impact Fitness Club 2:00 pm	7
8	9 Walking Challenge 5:30 pm	10 Trip to Casey Co. Extension Office	11 Vanilla Class 1:00 pm	12 Homemakers for All 4:00 pm	13 Low Impact Fitness Club 2:00 pm	14
KEHA Week →						
15	16 Walking Challenge 5:30 pm Painting Class 1:00 pm 5:30 pm	17 Quick Breads 1:00 pm	18 Leader Lesson 10:00 am Blanket Making 1:00 pm	19 Quick Breads 5:30 pm	20 Low Impact Fitness Club 2:00 pm Machine Sewing 1:00 pm	21
22	23 Walking Challenge 5:30 pm	24 Soup Luncheon 9:00 am Cooking for Two 5:30 pm	25 Cooking Through the Calendar 11:00 am Salsa Canning 2:00 pm	26 Felting Class 1:00 pm	27 Kickstart the Holidays 9:30 am CST	28
29	30 Cooking Through the Calendar 11:00 am Intro to Yeast 1:00pm/5:30 pm	31 Salsa Canning 11:00 am				

Circle of Friends:

Second Tuesday Monthly,
6:30 pm

Modern Day Homemakers:

Second Monday Monthly,
6:30 pm

Harmony Club:

Second Tuesday Monthly,
12:30 pm

Saloma Road:

Second Thursday Monthly,
10:00 am

New Homemaker Group:

Second Tuesday Monthly,
6:30 pm

Mannsville:

Second Thursday Monthly,
6:00 pm

Quilters Group:

First Tuesday Monthly,
9:00 am

Bunco Club:

Third Tuesday Monthly,
6:00 pm

Mastering Skills:

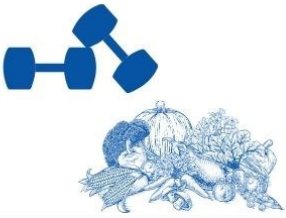
Second Monday Monthly,
12:30 pm

Quilts of Honor:

Fourth Wednesday Monthly,
10:00 am



FCS Programs



Outdoor Walking Challenge

Get moving outdoors! This is a 12-week program ending October 23rd held at different walking locations around the county. Join us for the last four sessions at the Robert and Bernice Miller City Park walking trail every Monday at 5:30 pm.

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 if you have any questions!



Cooking Through the Calendar

Learn how to make the monthly Food and Nutrition Recipe —Italian One Pot Pasta and Beans! We will be making and taste-testing this recipe on Wednesday, October 25th & Monday, October 30th at 11:00 am. Spots are limited! Call at (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.

Cooking for Two

If you are cooking for two at home, this class is a great way to make the most out of your meals and practice basic culinary skills! Sign up with your spouse, parent, child, grandchild, or whoever you live with! The class will be Tuesday, October 24 at 5:30 p.m. Spots are limited! Call or e-mail the Extension Office to sign up.



Salsa Canning

If you love water bath canning or want to learn how to, this class is perfect for you! We will be making and canning salsa from scratch in this hands-on style class. The classes will be Wednesday, October 25 at 2:00 p.m. or Tuesday, October 31 at 11:00 a.m. Spots are limited! Call at (270) 465-4511 or e-mail taylor.ext@uky.edu to sign up.

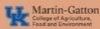
Homemakers Classes

QUICK BREADS

COME JOIN US IN MAKING SOME WONDERFUL ZUCCHINI BREAD, APPLE MUFFINS, & COFFEE CAKE!

TUESDAY, OCTOBER 17TH
AT 1:00 PM
OR
THURSDAY, OCTOBER 19TH
AT 5:30 PM

SPACE IS LIMITED!
CALL THE EXTENSION OFFICE
AT 270-465-4511 TO RSVP!



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



MACHINE Sewing Class

LEARN ABOUT MACHINE SEWING FROM SOME WONDERFUL LADIES.

SPOTS ARE LIMITED! CALL THE EXTENSION OFFICE AT 270-465-4511 TO RSVP.

THURSDAY, OCTOBER 5 AT 5:30 PM
OR
FRIDAY, OCTOBER 20 AT 1:00 PM

Extract-ingly Easy

Make It & Take It

Homemade Vanilla, Cinnamon, Almond, and other extracts save money, and even if they didn't, when it comes to taste and flavor, there is just no comparison. Great for gifts too!

Wednesday, October 11, 1:00 p.m.

Taylor County Extension Office
1143 South Columbia Road, Campbellsville

\$15.00 fee for class
Call 270-465-4511 to reserve your spot.

KEHA Week Special!

Current (2023-2024) members of Taylor County Extension Homemakers \$5.00 fee for class

Participants will receive a kit to make 4-ounces of vanilla extract in class; 2-ounces of cinnamon extract; labels; written instructions; and traditional and non-traditional uses for extracts.

Candle Holder Painting

Monday, October 16
1:00 p.m. or 5:30 p.m.

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

\$20 FEE



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Martin-Gatton College of Agriculture, Food and Environment

FELTING CLASS

Learn about felting from Kim Lohr.

THURSDAY,
OCTOBER 26TH
AT 1:00 PM EST

Class Fee \$5

SPOTS ARE LIMITED!
RSVP BY CALLING THE EXTENSION OFFICE
AT 270-465-4511



Martin-Gatton College of Agriculture, Food and Environment

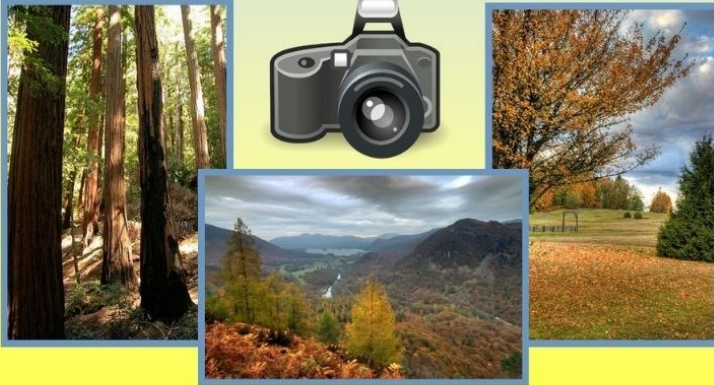
Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Martin-Gatton College of Agriculture, Food and Environment

Taylor County Extension Homemakers 2023 PHOTO CONTEST



"Let's Take a Hike with Taylor County Extension Homemakers!"

HOW TO ENTER...

Select your **BEST PHOTO OF HIKING** in Taylor County, KY.
Email your photo entry to TCHomemakers@gmail.com
October 1-8, 2023 or
stop by the Taylor County Cooperative Extension Office,
1143 South Columbia Ave. Campbellsville, KY
Monday-Friday 8:00 a.m. - 4:30 p.m. ET
to have your photo scanned.

Photos will be accepted at the office October 2-6, 2023.

PICKING THE WINNERS

Photos will be posted to the Taylor County Extension Homemakers Facebook page on October 9.
Voting will take place October 9-14 during the Kentucky Extension Homemaker Association Week.
The winners will be selected by the number of "likes" the photos receive before Midnight ET on October 14.
Winners will be notified by email and announced on the Taylor County Extension Homemakers Facebook page October 16.



THE PRIZES

1st Prize	\$25
2nd Prize	\$15
3rd Prize	\$10

PHOTO CONTEST RULES

- No professional work may be submitted.
- Only one (1) entry per person.
- The entry must have been taken in Taylor County, KY by the person entering the contest within the past two years. (No previously submitted photos should be submitted.)
- A photo **MUST NOT** have distinguishable faces.
- Include the photographer's name, phone number, email address and location of where the photo was taken with the photo entry.

HOMEMAKERS FOR ALL



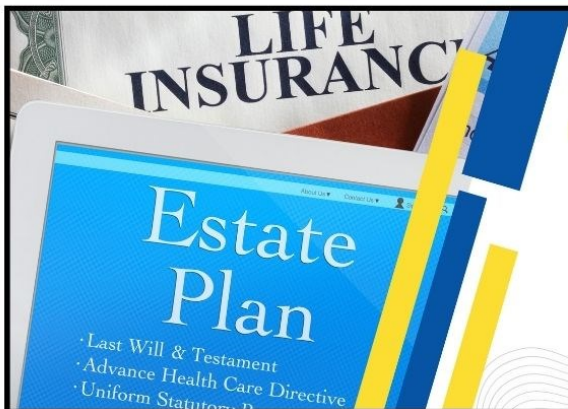
COME LEARN ABOUT THE
TAYLOR COUNTY HOMEMAKERS!

EACH HOMEMAKER CLUB WILL HAVE A BOOTH SET UP
TO LET YOU KNOW WHAT THEY ARE ALL ABOUT!

THURSDAY, OCTOBER 12

4:00 P.M. - 7:00 P.M.

LIGHT REFRESHMENTS WILL BE SERVED



LEADER LESSON: TRANSFERRING CHERISHED POSSESSIONS

Estate Planning for Non Titled Property

Join this month's Homemakers Leader Lesson led by Pulaski County FCS Agent Edith Lovett.

WEDNESDAY, OCTOBER 18TH
@ 10:00 AM EST

This lesson is entirely free and open to anyone who would like to attend!

Please call the Extension Office at (270) 465-4511 to RSVP.

HOMEMAKERS TRIP

Join us to visit the Casey County Cooperative Extension Office and learn about their services provided! Lunch will be at the Bread of Life Cafe and we will shop at local Amish businesses in the area.

TUESDAY, OCTOBER 10TH

We will carpool from the Taylor County Cooperative Extension Office at 9:30 am EST. No van will be rented for this trip.

Excluding the meal and shopping, this trip is entirely free!

SIGN UP NOW!

Spots are limited! Please call (270) 465-4511 to sign up!



Have you heard about the new group of Homemakers? Check it out and join us for:

TACO SALAD TUESDAY

October 10

6:30 p.m.

Taylor County
Extension Office

Bring a topping for
taco salad;
meats, lettuce and chips
will be provided.

LEARN TIPS FOR CREATING A
STYLE OF COZINESS AND
CONTENTMENT FOR YOUR
HOME THIS FALL



Blanket Making for the Taylor Regional Cancer Center Patients



No sewing required! Donate your time making these tie blankets that will be donated to the Taylor Regional Cancer Center patients.



Wednesday, October 18
1:00 PM

Taylor County Extension Office
1143 South Columbia Ave.
Campbellsville, KY



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

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Disability accommodations with prior notification.

Cooperative Extension Service

Kickstart THE HOLIDAYS

Friday, October 27th

Adair County Extension Office
409 Fairground Street, Columbia

Registration begins at 9:00 am CST
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to the **Taylor County Extension Office by October 10th.**

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Disability accommodations with prior notification.

Campbellsville Taylor County EMS

HANDS ONLY CPR TRAINING

Everyone can save a life.

Learn from Campbellsville Taylor County EMS how to properly conduct hands only CPR.

No fee! Free class!

RSVP by calling the Extension Office at (270) 465-4511

Saturday, November 4th
11:00 am EST

Taylor County Cooperative Extension Office
1143 South Columbia Ave,
Campbellsville, KY 42718

This training is for educational purposes only and is not for CPR certification.



Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky.



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Disability accommodations with prior notification.

Living the Sweet Life Diabetes Support Group

JOIN US!
Lowell Ave Baptist Church
Campbellsville

First Thursday of each month 5:30pm-6:30PM EST

FOR MORE INFORMATION CALL:

270-789-2519 or
270-465-4191 Ext 7270

*Leave message and someone will call you back.

SAVE THE DATE

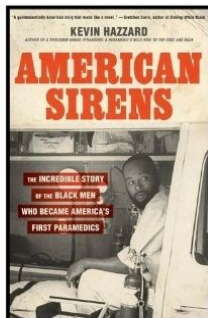
Taylor County
Extension Homemakers'
Annual Holiday Bazaar

Saturday
November 18

October 2023

BOOK OF THE MONTH

American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics By *Kevin Hazzard* (2022)



A fascinating, non-fiction book about how the paramedic and emergency medical technician program started in the Pittsburgh, PA area and spread throughout the country. If you grew up in the time when the undertaker was the emergency response person with their hearse, this book will help you appreciate today's trained and qualified responders in their equipped vehicles. That all changed when with Freedom House EMS in Pittsburgh, a group of Black men who became America's first paramedics and set the gold standard for emergency medicine around the world, only to have their story and their legacy erased—until now. This is a fascinating history of something we take for granted today—paramedics! The story is well written and sprinkled throughout you will find important history lessons. When you go to the Taylor County Library, ask for our Homemakers' booklist. The books that the library has on file are highlighted. If you see a book on the list you would like to read, ask if they could borrow it from another library for you.

If you have a book you would like to review, you can get in touch with me through the Taylor County Extension Office.

Debbie Wilcoxson, Taylor County Cultural Arts Chairperson and member of Modern Day Homemakers

We are collecting gift cards for the gift card tree at the Taylor County Homemakers' Annual Bazaar!

Money raised will go to Ovarian Cancer research.

Gift cards can be dropped off to the Taylor County Extension Office, 1143 South Columbia Avenue, Campbellsville, KY.



Taylor County Extension Homemakers'

ANNUAL SOUP LUNCHEON

A fundraising effort for the Homemaker Scholarship Fund.

A donation of \$8.00 gets you soup, the fixins', dessert, and a drink.

SOUPS AVAILABLE:
Pinto Beans, Chili, Potato & More!

Tuesday, October 24
11:00 a.m. - 2:00 p.m.

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY
(270) 465-4511

CALL AHEAD TO PLACE ORDERS TO GO
OR
EAT IN



Cooperative
Extension Service
Agriculture and Hazard Response
Public and Consumer Science
4-H Youth Development
Community and Economic Development

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Nutty Sweet Potato Biscuits

1 cup all-purpose flour
1/3 cup whole wheat flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt

1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/3 cup chopped walnuts
1 cup mashed sweet

potatoes
6 tablespoons sugar
1/4 cup butter, melted
1/2 teaspoon vanilla
1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into 1/2 inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

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

