

Coming Up

Sept. 4 th 4:00 p.m.	Beech Fork Homemakers Club Meeting
Sept. 5 th 1:00 p.m.	Lunch & Learn Life Story
Sept. 11 th 12:00 p.m.	Keys to Embracing Aging
Sept. 11 th 12:30 p.m.	Cutshin Homemakers Meeting
Sept. 11 th 5:00 p.m.	Hyden Homemakers' Club Meeting
Sept. 12 th 12:00 p.m.	Stinnett Homemakers Club Meeting
Sept. 14 th 4:00 p.m.	Pinterest Make and Take Magnetic Memo Board
Sept. 19 th 12:00 p.m.	Plate-It-Up: Fall Spiced Pumpkin Bread
Sept. 22-29 8:30-4:00	Cultural Arts Entries & Mary Breckinridge
Sept. 26 th 8:30 a.m.	IPad/Cookbook Stand RCARS
Oct. 2 nd 8:30-4:00	Mary Breckinridge Baked Goods
Oct. 6-7	Mary Breckinridge Festival
Oct. 9 th 5:00 p.m.	Annual County Homemakers Mtg.

HEALTH SCREENINGS

Every adult should get screened for illnesses when they visit their healthcare provider. Some screenings can be done right in the provider's office. There are some screenings that need special equipment and may need to be done at a separate appointment.

General screenings

- **Diabetes:** This illness can cause many problems with your body including, but not limited to: heart, eyes, kidneys and nerves. You should get screened if you have high blood pressure or take medication for high blood pressure.

- **Hepatitis C Virus (Hep C):** Hep C is an infection of the liver. You should get screened one time for Hep C if you were born between 1945 and 1965 or if you received a blood transfusion before 1992.

High blood cholesterol: High blood cholesterol can lead to dangerous diseases like heart disease or stroke. Have your blood cholesterol checked regularly with a blood test if:

- You use tobacco
- You are overweight or obese
- You have a personal history of heart disease or blocked arteries
- Your family has a history of heart disease

High blood pressure: High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure. Your blood pressure should be checked at least every 2 years.

Lung cancer: You should talk to your healthcare provider about a lung cancer screening if you are between the ages of 55 and 80, smoke now or have quit within the past 15 years.

Colon cancer: A person between the ages of 50 and 75 should get a colon cancer screening. This screening can be done in several different ways, so talk to your healthcare provider about your options. If your family has a history, you may want to talk to your healthcare provider about getting screened before the age of 50.

Women specific screenings

- **Osteoporosis:** This test is used to make sure you have strong bones. This screening can also be done in several different ways. Talk to your healthcare provider about getting this screening done.

- **Breast cancer:** A mammogram is the screening test used to detect

breast cancer. Talk to your healthcare provider about scheduling a mammogram and how often it is needed.

- **Cervical cancer:** This screening is one that typically starts around the age of 21 and is continued until around the age of 65. Talk to your healthcare provider about the screening called a Pap smear. Your provider may also encourage you to be tested for human papillomavirus, also known as HPV.

Screenings are important ways to make sure that you do not have an illness or disease without symptoms. It is important to talk with your healthcare provider to determine which screenings are needed for you. For more information contact Brittany Bowling, Leslie County Agent for Family and Consumer Sciences Education at (606) 672-2154. REFERENCE: www.ca.uky.edu/HEEL/BulletinsSeptember2017

What's Coming Up In Extension

Lunch-N-Learn
Life Story: How Your
History Can Help
September 5th - 1:00 p.m.

Do you have memories that you want to share with family and friends but you don't know how? Do you want to preserve your stories or the stories of someone you love? Are you interested in keeping your memory active? The Life Story Program teaches you how to document and track personal life stories and health histories. Come join us. Call (606) 672-2154 to reserve a spot!

Keys to Embracing Aging
September 11th - 12:00 p.m.

Come join us for the 6th month of our exciting Keys to Embracing Aging program. This month we will focus on Tuning into the times! A healthy snack will be provided.

What you do today will affect your future, especially when it comes to aging. Since there is no magic potion to stop the aging process, it is important to take care of yourself. No one knows this better than today's active centenarians, individuals who are 100 years and older. From them, we have identified 12 healthy behavior practices that encourage optimal aging throughout the life span.

Pinterest Make and Take
Magnetic Memo Board
September 14th - 4:00 p.m.



Please call (606) 672-2154 and pre-register for this class.

Homemakers' Meetings

- Beech Fork Club Homemakers
September 4th - 4:00 p.m.
- Cutshin Homemakers Club Meeting
September 11th - 12:30 p.m.
- Hyden Homemakers Club Meeting
September 11th - 5:00 p.m.
- Stinnett Homemakers Club Meeting
September 12th - 12:00 p.m.

FCS NEWS



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

Plate it Up - Fall Pumpkin Spiced Bread Workshop

September 19th -12:00 p.m.

Bring your own ingredients and bake your own loaf of delicious bread to take home with you.

All Spiced Pumpkin Bread

Ingredients:

1/2 cup all-purpose flour
1 1/4 cup whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1/2 cup melted margarine
1/2 cup sugar
1/2 cup honey
2 cups pumpkin puree
1/3 cup olive oil
2 eggs
1/3 cup chopped walnuts
Yield: 16 Slices

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

Nutritional Analysis: 220 calories; 13 g fat; 2 g saturated fat; 30 mg cholesterol; 270 mg sodium; 26 g carbohydrate; 1 g fiber; 14 g sugars; 4 g protein

Mary Breckinridge Festival Quilts, Canned and Dried Food Entries

September 22nd – 29th - 8:30 a.m. - 4:00 p.m.

All entries may be turned in to the Extension Office by **September 25th – 29th from 8:30 a.m. – 4:00 p.m.** Call (606) 672-2154 if you have any questions. See Flyer for more info.

RCARS- iPad/Cookbook Stand September 26th -8:30 a.m.

We will be joining Letcher County Homemakers at 10:00 a.m. at RCARS to complete at iPad/Cookbook stand. Cost is \$15 per person. Space is limited. We will leave the Extension Office at 8:30 a.m. Call to (606) 672-2154 to reserve your spot.

Mary Breckinridge Festival October 6th & 7th

We will need volunteers to sit with the Cultural Arts and Mary Breckinridge displays at our office on Saturday, October 7th. Please call to sign up to help!

Mary Breckinridge Festival Baked Goods Entries

October 2nd - 8:30 a.m. - 4:00 p.m.

All entries may be turned in to the Extension Office by October 2nd from 8:30 a.m. - 4:00 p.m.

Homemaker Dues are Due October 1st – 9th

Turn in dues before our county meeting and receive a new Leslie County Homemakers T-shirt. Dues will be \$10 again this year.

Leslie County Extension Homemakers' Annual Meeting October 9th - 5:00 p.m.

Please call 672-2154 and pre-register by October 2nd for this meeting to ensure enough food is made for everyone attending.

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.