

**Hancock County
Extension
Family & Consumer
Science Education**



Cooperative Extension Service

Hancock County
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July 2023

Hancock County

Building Strong Families for Kentucky

Save The Date

The 2024 State Meeting has been set for May 7-9, 2024 at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Watch for details soon!

Welcome New KEHA Officers!

Welcome to the 6 newly elected KEHA State Officers and Chairman who will serve three-year terms beginning July 1.

1st Vice President- Ann Porter, Mason Co.

Treasurer-Patsy Kinman, Grant Co.

Leadership Dev. Chair-Nancy Snouse, Greenup Co.

Environment Housing & Energy Chair-Rhonella Chaffin, Lawrence Co.

Food Nutrition & Health Chair-Esther Bailey, Lincoln Co.

Marketing & Publicity Chair-Sharon Fields, Greenup Co.

Dates to Remember

All Homemakers-Club and Mailbox Members

July 4-3:30 pm.-Snowcone Fundraiser at Vastwood

August 5-7:00 am.-Pancake and Sausage Breakfast at HC Fair

August 24-5:30 pm.-Hancock County Homemakers Annual Meeting-Potluck

August 27-2:00 pm.-Hancock County Council Meeting at Hawesville Baptist Church

September 19-10:30 am.-Green River Area Meeting at Buck Creek Baptist Church

Sunshine Circle Homemakers

Block of the Month Quilt Classes-5:00 pm. at Hancock County Development Complex

July 25

August 29

September 26

No monthly business meetings during July &

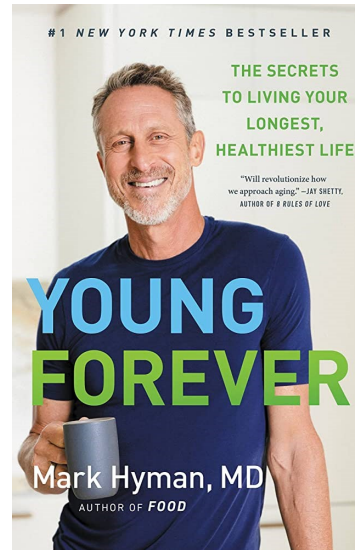


Book Corner

Young Forever: The Secrets to Living Your Longest, Healthiest Life

Young forever frames aging as a disease, one that can be treated with actionable steps. By examining the root causes and side effects of aging, Dr. Hyman gives a guided list of science-based strategies to improve and maintain your overall health. Our diet and lifestyles have a lasting impact on how we age, and with simple changes we can have more sustainable and longer lives.

2023-2024 Book list is now available!



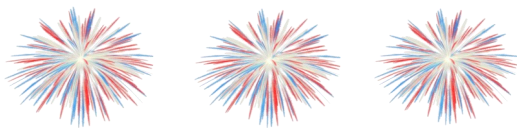
REPORTS DUE

July 1 is the due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.

Reports are due for Individuals and Clubs-Visit the **REPORTS** webpage. Be sure to use forms dated 2022-2023 to cover the period from July 1, 2022 to June 30, 2023.

County Fair Cakewalk Donations

Please bring single layer cakes, 2 dozen cookies, brownies, cupcakes, or bundt cakes. All items need to be in disposable containers. Bring the evening of Friday, August 4th, or Saturday, August 5th by 10 am. Thanks in advance!



A great way to make preparing reports more fun is to host a “reporting party”! Clubs and/or county organizations choose to set a date to meet and gather all reports at one time. Stations can be set up for each point to gather information for each type of report due. Snacks and a party theme may make the event enjoyable!

Helping Older Adults Plan For Natural Disasters

Source: Amy Kostelic, Associate Professor UK School of Human Environmental Sciences

Tornadoes, floods, wildfires, and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations, and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety, and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families, and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water, and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodation like staying with family or friends, hotels or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable, but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers, and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

For more information about helping older adults during emergencies and other topics, contact the Hancock Cooperative Extension Service.



On June 22, Paula Mason (Sunshine Circle Homemaker) and Angie Swihart (Family and Consumer Sciences Agent) held a Sewing Day Camp. They assisted the youth with some great projects that you can see displayed at the Hancock County Fair!



KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart

Angelia Swihart

Hancock County Extension Agent for
Family & Consumer Science Education



Contact us for more information
at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth
Development Education– Hancock County



→ **3-DAY COOKING CAMP** ←
 SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be “food safe”!



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

DATE: July 19,20 & 21

TIME: 10AM-2PM

LOCATION:
Hawesville United Methodist Church,
360 Main St. Hawesville

Presenter: Angie Swihart,
Hancock Co. FCS Extension Agent

TO SIGN UP, call: Hancock Co. Extension Services @ 270-927-6618

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

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 LEXINGTON, KY 40546





Zucchini Rosemary Pizza

4 cups shredded zucchini, (about 4 medium zucchini)	½ teaspoon salt	2 tablespoons olive oil
½ cup mozzarella cheese	¼ teaspoon pepper	1 tablespoon fresh rosemary, minced (or 1 teaspoon dried rosemary)
1 teaspoon oregano	½ small red onion	
1 egg	2 small tomatoes	¼ cup grated parmesan cheese
	2 garlic cloves, minced	

Preheat the oven to 450 degrees F. **Shred** the zucchini with a cheese grater. **Squeeze** out as much water as possible. In a large bowl, **measure** 4 cups of shredded zucchini. **Stir** in mozzarella cheese, oregano, egg, salt and pepper. Lightly **spray** a 12-inch pizza pan with cooking spray. **Spoon** mixture onto pan to form a ½ inch high crust. **Bake** 15 to 20 minutes, until mixture is set and slightly browned, being careful not to burn. **Chop** half of a red onion and the tomatoes into small diced pieces. In a small bowl, **mix**

together the olive oil, minced garlic and fresh rosemary. **Spread** the mixed topping evenly over the baked crust. **Spoon** onion and tomatoes over the pizza. **Bake** an additional 10 minutes or until crust is crisp or becomes slightly brown. **Remove** from oven; **sprinkle** parmesan cheese over the top and **serve**.

Yield: 8 slices

Nutritional Analysis: 90 calories, 7 g fat, 2 g saturated fat, 35 mg cholesterol, 300 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 4 g protein.



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

Kentucky Zucchini

SEASON: June through October

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before preparation.

Source: www.fruitsandveggiesmatter.gov

The storage life of summer squash is brief; use within two to three days.

PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

ZUCCHINI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

June 2015

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