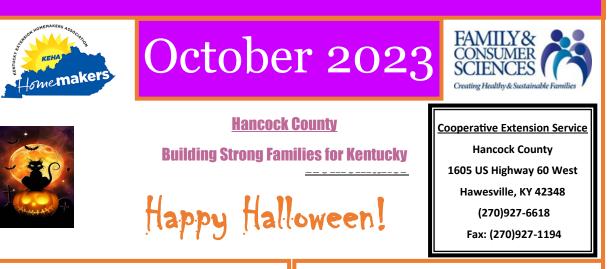


Hancock County Extension Family & Consumer Science Education



<u>Roll Call</u>

In October we celebrate Halloween. What was your favorite costume ever?

<u>Thought for the Day</u>

"Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are." -Brene Brown

<u>Memberships</u>

Are you or someone you know interested in becoming a homemaker? Now is enrollment time! See any homemaker or come by the Extension Office for an enrollment form and pay your dues. We also have gift cards if you want to give the gift of membership. There is a club for you!



Homemaker Lessons

This month's lesson will be Planning Thrifty & Healthy Holiday Meals.

Hawesville Homemakers will meet on October 9th at 6:00 pm at the Hawesville Baptist Church. The lesson will be taught by Lesa Keown.

Sunshine Circle Homemakers will meet October 10th at 5:30 pm at the Hancock County Development Complex. The lesson will be taught by Paula Mason.



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

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Disabilities accommodated with prior notification







2024 State Meeting!

Make plans to attend the 2024 KEHA State Meeting at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green!

May 7-9, 2024

Blazing the Way with KEHA

The lodging room blocks are now open for reservations!

Holiday Inn University Plaza 1021 Wilkinson Trace, Bowling Green, Kentucky 42103 Phone: 270-745-0088 (group code KEH for conference rate) Standard room \$126 + tax (1-2 people) "Triple" room rate is \$181 + tax (3 people per room) "Quad" room rate is \$181 + tax (4 people per room) "Quad" room rate is \$236 + tax (4 people per room) NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees.

Make your reservations by April 6, 2024, to secure the conference rate.



Extension Service

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VOLUME 14 • ISSUE 10

Hancock County Extension Office | 1605 Hwy 60 W | Hawesville, KY | 42348| (270) 927-6618

ORGANIZING TIPS FOR INCREASED PRODUCTIVITY TIME WELL SPENT:

with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if people are not as productive as they would like to be. To be productive you must be intentional and complete necessary tasks. However, many Productivity allows you to make progress on you lack routines at home or work.

THE POWER OF CLUTTER

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or an office over time. Start small with one drawer, on-the-job workspaces. You can organize a home way through your home, garage, or office — one having organized spaces can reduce stress and many organizational strategies to at-home and improve your overall well-being. You can apply closet, cabinet, or bookshelf. Then work your Whether at work or doing household chores, Clutter can distract from completing tasks. space at a time.

- trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider Clear the clutter. Begin by removing visible donating it to an individual or organization who could put it to use. -
- purpose. Group like-items together and find solutions (like bins, baskets, or baggies) that a way to contain them. Use simple storage Group like-items. Next, sort items by you already have on hand. ŝ



When storing an item, consider how frequently store them. Everything should have a "home" in your home or office. When everything has Give everything a "home." After grouping a designated space, it keeps clutter at bay. your items, be intentional about how you you use it and how easy it is to access. ŝ

THE POWER OF PERSONAL ROUTINES

sleep, meal, and exercise routines. Develop a sleep routine by setting consistent sleep and wake times, Three powerful personal routines to establish are even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or eading a book.

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REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME



meals. Finally, exercise routines (such as an evening walk) can ensure you get the recommended 150 minimize the daily stress of, "What's for dinner?" Planning and shopping for your weekly meals in to 300 minutes of exercise per week for general wellness, according to the U.S. Department of advance helps establish meal routines. This can It can also help you plan for affordable, healthy Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES As you consider "professional" routines, note that

these routines might apply to more than just paid provide care for loved ones, or enjoy hobbies for which organizing your time might increase your employment. For example, you may volunteer, productivity. Consider the 4 P's:

- Production. Create "production" routines. For Prep. Develop the routine of prepping for the might include packing your bag and/or lunch, next "work" day before you go to bed. This laying out clothes, or making a to-do list.
- example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
 - Pause. Take small, intentional breaks to help you recharge throughout the day.

friends, family, or co-workers outside of work. Play. Set aside time each week to focus on taking care of yourself and having fun with

you. Take time to explore what works — and what doesn't — and adjust your organizational systems or routines as needed. Additionally, look for ways For example, part of your "sleep" routine might Regardless of how you choose to organize your time and space, remember that it must work for to incorporate organization into your routines. include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agen Spent: Productivity Skills for Success, developed about the free four-lesson curriculum, Time Well your time and workspace, prioritizing tasks, and productivity versus procrastination, organizing by Kentucky FCS Extension. Topics include work-life balance.

REFERENCES:

Organizing Your Time and Workspace. University of Kentucky Family and Consumer Sciences Extension Huff, N., Bejda, M., May, K., & McCulley, M. (2022). Service. #FRM-TWS.002.

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Homemaker Happenings

Hancock County Homemakers

Oct 2- 11:45 am NHES Girls with Pearls Oct 5-5 pm Set up Hwy 60 Yard Sale Oct 6 & 7- Hwy 60 Yard Sale Oct 15-2:00 pm HC Homemaker Council Oct 20-5:30 pm Set up for Jingle Mingle Oct 21-9 am to 3 pm Jingle Mingle Oct 23-11:45 am NHES Girls with Pearls Oct 27-5 pm Set up for Sorghum Festival Oct 28-8:30-5:30 pm Sorghum Festival Nov -11:30 am SHES Girls with Pearls

Sunshine Circle Homemakers

Oct 10-5:30 pm Business Meeting

Don't forget your tickets for the Barn Quilt being given away at the Sorghum Festival! Tickets can be bought from any homemaker or stop by the Extension Office! Tickets are \$1 each or 6 for \$5!







Angelia (Angie)Swihart

Anglia Swihart Hancock County Extension Agent for Family & Consumer Science Education



Becoming Free Indeed: My Story of Disentangling Faith from Fear

By: Jinger Vuolo (2023)

Vuolo gives a heartfelt reflection on her beliefs and interprets how she once let fear guide her faith. Contrasting her own up bringing into faith compared to that of her brother-in-law's faith, Vuolo realized she had let constricting rules guide her life, not God's word. Through reflection, family influence, and the help of pastor Jeremy Vuolo, she has developed a new sense of faith and conviction.





Hancock County Homemakers will be having a yard sale October 6th and 7th. It will be located at 350 Hawes Blvd. (next to Bill's IGA) Donations can be brought on Thursday, October 5th after 4 pm. If you are interested in volunteering please contact Lesa Keown or Paula Mason.





Scan to find our Facebook Page

Green River Area Homemakers Annual Meeting

On September 19th, the Green River Area Homemakers had their annual meeting. McLean Co. hosted the event at the Buck Creek Baptist Church Fellowship Hall. Regular business was conducted and lunch was served.





Hancock County Homemakers were represented by Paula Mason, Lesa Keown, Kitty Cook, Carolyn McCarty and Angie Swihart, FCS Agent.





Paula Mason was installed as the Secretary for the Green River Area by Patsy Kinman, KEHA Treasurer.







The Hancock County Homemakers present:

The Jingle Mingle

When: October 21st Time: 9 am to 3 pm. Where: Hancock County Development Complex Cost: \$25 (members) \$30 (non-members) Lunch will be provided

8 different Christmas crafts will be offered, you can pick 3.



Frosted Lantern



Christmas Dish Towel



Denim Ornament



Snowman Top Hat Centerpiece

Register and Pay before by October 17th at the Hancock County Cooperative Extension Office. For more information, call 270-927-6618. Angie Swihart, Agent for Family & Consumer Sciences

Pinwheel Orna



Paper Gift Tags, Christmas Trivet, Christmas Card



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HEALTH BULLETIN

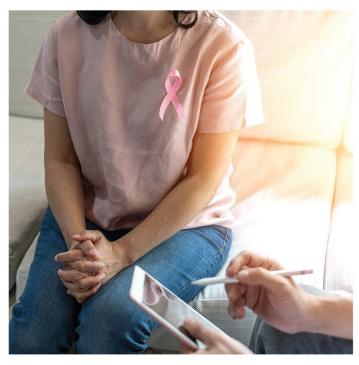


ADULT

OCTOBER 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 Hancock County Extension Office 1605 Hwy 60 W Hawesville, KY 42348 (270)927-6618

THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page 🧲

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Lexington, KY 40506

Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

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

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness



Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: 123RF.com, Adobe Stock