

# Hancock County Extension Family & Consumer Science Education



## October 2023



### Hancock County

**Building Strong Families for Kentucky**

# Happy Halloween!

**Cooperative Extension Service**

**Hancock County**  
 1605 US Highway 60 West  
 Hawesville, KY 42348  
 (270)927-6618  
 Fax: (270)927-1194

## Roll Call

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

## Thought for the Day

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

## Memberships

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.

KEHA WEEK  
 PLANT A SEED.....  
 HELP US GROW.  
 OCTOBER 8-14, 2023





# 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 \$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.



**Sorghum Festival**  
**October 28th**  
**Hancock County Fairgrounds**

Quilts can be turned in at fairgrounds Oct 27th @  
5 pm or Oct 28th @ 8:30 to 9 am.





## TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

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

### THE POWER OF CLUTTER

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

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



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

### THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a sleep routine by setting consistent sleep and wake times, 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 reading a book.

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## REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish meal routines. This can minimize the daily stress of, "What's for dinner?" It can also help you plan for affordable, healthy meals. Finally, exercise routines (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of 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 employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P's:

- Prep.** Develop the routine of prepping for the next "work" day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- Production.** Create "production" routines. For 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.

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

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

### TIME WELL SPENT CURRICULUM

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

### REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension 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!



**KENTUCKY STATE  
UNIVERSITY**  
Cooperative Extension Program

**Angelia (Angie) Swihart**

*Angelia Swihart*

Hancock County Extension Agent for

**Family & Consumer Science Education**

## **Book Corner**

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 upbringing 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.



# **YARD SALE**

**October 6th & 7th**

**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 19<sup>th</sup>, 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.



Denim  
Ornament



Frosted Lantern



Christmas Dish Towel



Snowman Top Hat Centerpiece



Pinwheel Orna



Paper Gift Tags, Christmas Trivet, Christmas Card

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





# ADULT HEALTH BULLETIN



**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

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***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.***



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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>

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**ADULT  
HEALTH BULLETIN**

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