

Newsletter

September 2025

Breckinridge County

Cooperative Extension Service

1377 S. Hwy 261, Hardinsburg, KY 40143

P: (270) 756-2182

F: 270-756-9016

breckinridge.ca.uky.edu



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Lynnette Allen

Lynnette Allen,
Extension Agent
For Family & Consumer
Sciences Education
Breckinridge County
Email: lallen@uky.edu

September is Healthy Aging® Month

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- **Move more, sit less.** Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.
- **Prioritize mental health.** Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.

Continued on next page....

Cooperative
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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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer, get involved in your community or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.
- **Boost financial wellness.** With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.

It is also important to schedule annual check-ups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

Reference

Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years/>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Homemaker Spotlight



Shirley Macy
New Heights Homemaker

This month, the New Heights Homemaker Club turns the spotlight on Shirley Macy. Shirley has been a member of the Breckinridge County Homemakers for 35 years. She was a member of Hites Run Club and is now a member of the New Heights Club, serving as president. Shirley also served on the county level as secretary, treasurer, as well as, a member of several committees including the Nominating Committee, the Scholarship Committee, and the Christmas Home Tour Committee. She has served as chairperson for the Food, Nutrition and Health Committee on both the county and area level, and has served with Environment, Housing, and Energy Committee. Shirley has also served on the Extension District Board and Council.

Shirley's life outside the homemakers is equally as busy and impressive. As the wife of a minister, Shirley was active with Sunday School and Bible School at the churches where Bill was a pastor. She was also involved with the Board of Missions and worked as a volunteer for many years at Hardinsburg Elementary School.

An excellent seamstress, Shirley enjoys sewing and quilting and has entered quilt blocks in the Homemakers Quilt Block Competition. She can count jewelry making among her accomplishments.

We consider ourselves blessed to have Shirley as a member of the New Heights Homemaker Club.

Submitted by Sheila Stull and Terry Mattingly with special thanks to Nancy Macy



Homemaker Happenings



September 11th

Homemaker Council Meeting 10:30 am, CT

September 18th

County Homemaker Kick-off 10:30 am or 4:30 pm, CT

September 26th

Cultural Arts Contest Drop Off Deadline

October 9th

LTA Annual Meeting in Nelson Co.

Extension Homemaker Club Meetings

Cloverport

Monday, September 15th 1:00 pm CT

Cloverport Methodist Church

Countryside

Monday, September 22nd 5:00 pm CT

Extension Community Building

Flower Rangers

Friday, September 26th 6:00 pm CT

Extension Community Building

Irvington

Tuesday, September 16th 11:30 am ET

Lincoln Trail Christian Church

New Heights

Monday, September 15th 10:00 am CT

Extension Community Building

Lost Art Quilt Guild

Wednesday, September 17th 1:00 pm CT

Extension Community Building

Sunshine Sisters

Tuesday, September 23rd 11:00 am CT

Extension Community Building

Holt House Community Day Concession Stand

The homemakers have been invited to sell concessions at the Holt House Community Day on September 27, 2025

The Council would like to ask each club for volunteers to help and to bring food items, such as, baked goods, bottled water/soft drinks, etc. Final details will be discussed at the next council meeting on September 11th. This opportunity is a great way for the homemakers to generate the needed funds for the upcoming scholarships and annual programs.

September Roll Call & Thought of the Day

Roll Call:

September is the beginning of Autumn.
What is your favorite activity in the Fall?

Thought for the Day:

“The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider.”

– Jane Hirshfield

KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:
A Plan for the
Future



2025 HEALTHY HABITS CHALLENGE

Join us each month for a challenge to create healthier habits in 2025.

Small changes add up to make a difference!

September: Fiber Boost Diet Daily

Everyone needs fiber in their diet. But many people do not reach their basic amount each day. Women should aim for 25 grams per day, while men should reach 38 grams, or 14 grams for each 1,000 calories.

Reasons to boost dietary fiber:

- Aids in feeling full after meal, which helps weight
- Right amount of fiber can help to lower cholesterol
- Helps prevent diseases, such as, diabetes, heart disease, and some cancers
- Regulates blood sugar

Tips to increase fiber intake:

- Eat whole fruit instead of drinking fruit juice
- Build a sandwich or wrap with whole grain tortilla or bread
- Try brown rice or whole grain rice or pasta
- Choose steel cut oats with nuts and berries instead of low-fiber, refined cereal



High Fiber Foods

- Beans
- Oats
- Whole Wheat Pasta or Bread
- Chickpeas
- Lentils
- Flaxseed
- Chia Seeds
- Whole Fruits & Veggies

For more information on increasing fiber intake contact the Breckinridge County Extension Office

Previous Challenges

January

- Drink More Water Each Day

February

- Reduce Added Sugar

March

- Meal Plan, Eat out Less

April

- Sleep, Make it a Priority

May

- Move More, Your way

June/July

- Eat More Fruits & Veggies

August

- Sodium Shake Down

Source: Healthy Choices for Healthy Families, Easy ways to boost fiber in your daily diet, September/October 2021

QUILTING WORKSHOP



Cooperative
Extension Service

UNLEASH YOUR CREATIVITY WITH FABRIC!

Join us for FREE a hands-on beginners quilting workshop. Fabric will be provided or you can bring your own (1/2 yard)

WHAT YOU WILL LEARN:

- Introduction to quilting tools
- Cutting tips
- Simple quilt block construction



*Presented by the
Lost Art Quilt Guild*



OCTOBER 22, 2025

Breckinridge County Extension Community Building
1377 S. Hwy 261 Hardinsburg, KY 40143

10 AM – 2 PM CT

Lunch will not be provided. Be sure to pack a lunch.

Machines limited or bring your own machine!

Register by Oct. 13th by calling The Breckinridge County Extension Office at 270-756-2182

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

stock the freezer lesson

Come learn the benefits of stocking
freezer meals, and make a meal for your
freezer before you go!

If you're a Homemaker
member, this is the October
lesson leader training!

September 30

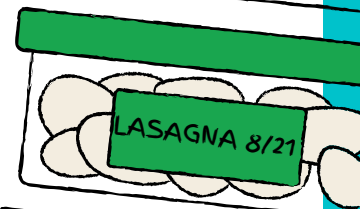
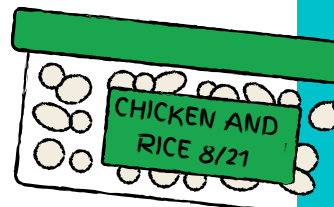
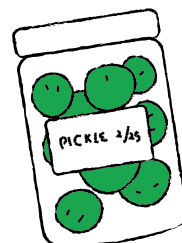
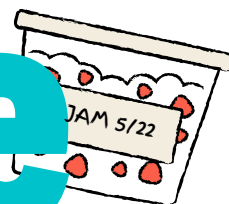
Breckinridge County

Extension Office

10:00 a.m. CT

RSVP required by 9/17

Presented by
Dayna Fentress
Hardin Co. FCS Agent



Upcoming Extension Events



 Cooperative
Extension Service

WITS WORKOUT

An interactive brain health program

Wednesday, October 1st
10 to 11 a.m. CT

**Breckinridge County Extension
Community Building**

1377 S. Hwy 261 Hardinsburg, KY 40143

For more information contact us at (270) 756-2182

An Equal Opportunity Organization

 Cooperative
Extension Service

BRECKINRIDGE COUNTY EXTENSION OFFICE

Cooking Through the Calendar

Join us for a cooking demo & sample delicious, healthy recipes

THURSDAY, NOVEMBER 6TH

11:30 A.M. CT

EXTENSION OFFICE BASEMENT

1377 S. HWY 261

HARDINBURG, KY 40143

FOR MORE INFORMATION CALL

270-756-2182

An equal opportunity Organization

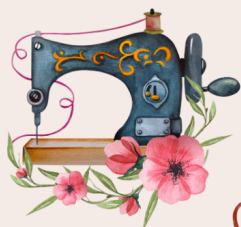


****Cooking Through the Calendar will
be offered the same day as Wits
Work Out in September & November***

Lost Art QUILT GUILD

Monthly Meeting

 Cooperative
Extension Service



September 17th
1 p.m. CT

**Breckinridge County
Extension Community Building**
1377 S. Hwy 261 Hardinsburg, KY 40143

**Contact the Extension Office for
more information at 270-756-2182**

An Equal Opportunity Organization

Diabetes Support Group

Tuesday, September 9th
1:30 - 2:30 p.m. CT

 Cooperative
Extension Service

Join in for an educational presentation
and tips for daily diabetes management!

1377 S Hwy 261, Hardinsburg, KY 40143
Breckinridge County Extension Community Building

Call 270-756-0711 or 270-756-2182 for more information

An equal opportunity organization



Falls Prevention Week (September 22-26, 2025)

Falls continue to be the leading cause of fatal and non-fatal injuries among older adults. They threaten safety and independence. One fall can lead to serious injury, fear of falling, and risk of more falls. To encourage people to take action to prevent a fall, the National Council on Aging (NCOA) spearheads Falls Prevention week every September. To see if you are at risk of falling, complete the Falls Free CheckUp® at <https://www.ncoa.org/tools/falls-free-checkup/>. This online, self-administered fall risk screening tool helps older adults assess fall risk. The 13-question assessment takes a few minutes to complete. Based on your answers, it provides you with an individual fall risk score and personalized recommendations that include actionable steps and resources to reduce fall risk. You can download your report and use it as a tool to discuss with your family and health-care providers. It is estimated that only half of older adults talk to their health-care providers about a fall or fear of falling, yet this conversation is a crucial piece in fall prevention.

Reference

NOCA. (2025). Falls Prevention Awareness Week Toolkit. Retrieved April 14, 2025 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit/>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

1. **Boil** potatoes in 2 inches of water until almost tender.

2. **Cool** potatoes, peel and slice. **Peel**, core and slice apples.

3. **Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.

4. **Layer** potatoes on the bottom of the dish.

5. **Add** a layer of apple slices.

6. **Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.

7. **Repeat** layers of potatoes, apples, sugar, salt and margarine.

8. **Sprinkle** top with nutmeg.

9. **Mix** the hot water and

honey together.

10. **Pour** over top of casserole.

11. **Bake** for 30 minutes.

Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



Kentucky Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

APPLES 1

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.
Source: USDA

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Food and Environment

ADULT HEALTH BULLETIN



SEPTEMBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Breckinridge County
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1377 S. Hwy 261
Hardinsburg, KY
40143
(270)-756-2182

THIS MONTH'S TOPIC

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



Suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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During QPR training,
you'll learn how to see
warning signs of suicide,
how to start talking
with someone who might
be struggling, and how
to connect them
to life-saving help.

➔ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhc.org.



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Breckinridge County

HOMEMAKER KICK-OFF EVENT



Join us for our County Kick-Off Event! We will be offering two (2) sessions for the event.



**Breckinridge County
Extension Office Basement**
1377 S. Hwy 261
Hardinsburg, KY 40143

Topics Covered

- Membership Drive
- Officer & Chairman Duties
- Upcoming Events & Activities
- Developing Club Involvement

AM Session Schedule

10:30–11:30 am Club & County Officers Training
11:30 am Lunch (all invited)
12:15 am Chairman Training

PM Session Schedule

4:30 pm Dinner
5:30 pm Officers & Chairman Trainings

REGISTER NOW

SEPTEMBER 18, 2025

**AM
SESSION**
10:30 AM CT

**PM
SESSION**
4:30 PM CT

*For meal planning,
please register by
September 12th
by calling 270-756-2182*

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BRECKINRIDGE COUNTY RESOURCE FAIR

Come discover the amazing services and programs available in Breckinridge County! This fun and interactive event brings together organizations offering support in:

- Housing Resources
- Food Pantry
- Mental Health
- Healthcare Services
- Academic Support
- Financial Services
- Recreational Services
- And more!

As an added bonus, the Farmers Market will be open to enjoy — and there will be free refreshments while supplies last!



TUESDAY
23 September 2025



TIME
2:00 PM– 5:00 PM CST



**BRECKINRIDGE COUNTY
EXTENSION OFFICE**
1377 S HIGHWAY 261
HARDINSBURG, KY 40143





LINCOLN TRAIL EXTENSION HOMEMAKERS

Annual Meeting

Thursday, October 9, 2025

9:30 a.m. ET Registration & Snacks

10:00 a.m. ET Meeting/Lunch

*Location: St. Gregory Church Event Center
350 St. Gregory Church Rd
Cox's Creek, KY 40013*

*\$20 Registration Fee due to the
Extension Office by October 1st*

*For more information contact the Breckinridge County
Extension Office at 270-756-2182*

Annual Meeting Registration Form

Name: _____

Phone Number: _____

Homemaker Club: _____

Lunch Choice (please circle one)

Ham

Fried Chicken

Vegetarian

Please return this registration slip & \$20 Fee to the Breckinridge County Extension Office by Wednesday, October 1st

Checks are to be made payable to *Breckinridge County Extension Homemakers*