



BUILDING STRONG FAMILIES FOR KENTUCKY

 Cooperative Extension Service

October 2024

3341 Zion Road
Henderson, KY 42420
(270) 826-8387

Check out our new and improved website

<https://henderson.ca.uky.edu/fcs>

Sewing Classes

We will meet every Thursday at 10:00 a.m.

- to those who want to learn to sew and/or
- to those who want to learn a new project

You can bring projects to work on or we will provide you with a supply list at each class for new projects that we have patterns for.

Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.



WELCOME
TRACIE ETTENSOHN
Henderson Co Agent for Family & Consumer Sciences

Continue to watch and listen to TV-Lifestyles on News25 every second Tuesday of each month!
Radio- every Thursday morning on WSON at 6:50 a.m.

First Day is
October 8, 2024

Jessica James
Jessica James

County Extension Agent for Agricultural and Natural Resources

Rohdene Rollins
Rohdene Rollins

FCS Program Assistant

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Roll Call:

October is national book month. What is a good book you've read lately?

Thought for the Day:

"Just keep moving' down the line"

Long Lonely Highway
-Elvis Presley -1964

Reminders

Homemaker Lesson Trainings for 2024-2025

October 15th Lesson
(Daviness Co.)

October 16th Lesson
(Henderson Co.)

Composition in Photography -10 a.m.
Time Well Spent: Organizing Tips for Increased Productivity -11 a.m.

Remember to bring items for the birthday box for Christian Community Outreach

Homemakers Club Meetings

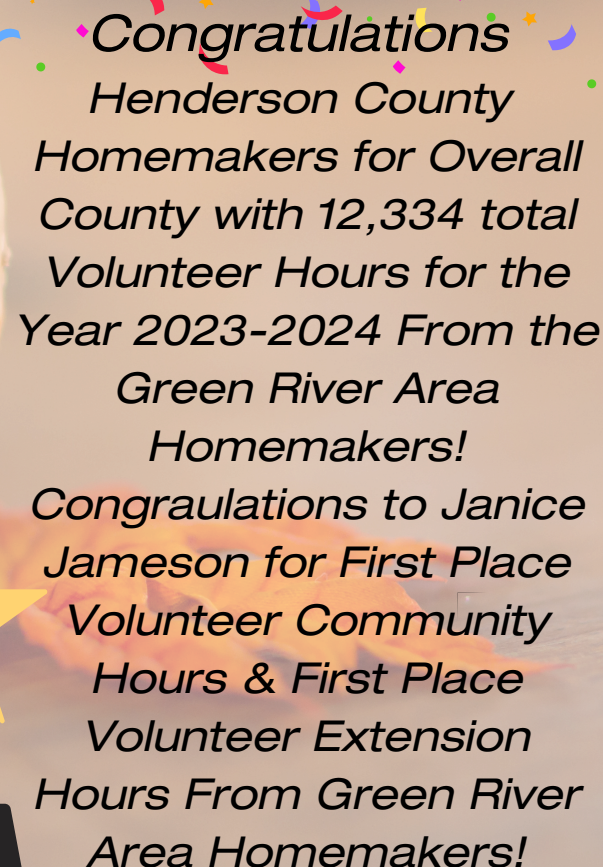
Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- Wednesday, October 16th, at 10:30 a.m. at the Columbia -Ruler's parking lot. We will car pool to Audubon State Park Museum in Henderson, KY. Admission fee to the museum is \$6.00 for Seniors.

Central- 2nd Thursdays at 11 a.m. at St. Paul's Episcopal Church, 5 South Green Street, Henderson, KY.

Crafty Cats- October 24th at 6 p.m. at Redbanks Pleasant Point.



Congratulations
Henderson County Homemakers for Overall County with 12,334 total Volunteer Hours for the Year 2023-2024 From the Green River Area Homemakers!
Congratulations to Janice Jameson for First Place Volunteer Community Hours & First Place Volunteer Extension Hours From Green River Area Homemakers!

Let's Cook Together



When: October 15th, 2024

Time: 11:00 a.m.

*Where: Henderson County Cooperative Extension
Expo Kitchen*

*3099 Zion Road, Henderson, KY
(270)826-8387*

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



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accommodated
with prior notification.



DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Free & Open
To the Public

Registration
Not Required!

Meets 3rd Thursday each month—March through October

Time: 5:00 pm-6:00 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

Sponsored by:

HCDC

HENDERSON COUNTY DIABETES COALITION

MEETING DATES FOR 2024

MARCH 21	JULY 18
APRIL 18	AUGUST 15
MAY 16	SEPTEMBER 19
JUNE 13	OCTOBER 17



Hemoglobin A1C Tests for the Henderson Community

November 12, 2024

**We are celebrating National Diabetes Month!
Get Your FREE Hemoglobin A1C TEST!**



Where

University of Kentucky Cooperative Extension Education & Expo Center

3099 Zion Road (located behind Farm Bureau)

Appointments can be scheduled ahead by calling the UK Cooperative Extension Office at **270-826-8387**.

Appointments can be made for that day starting at 7:00 a.m. until 2:45 p.m. A limited number of walk-in slots are available but scheduling a time is the best way to ensure you can get a test. **No fasting is necessary for this test.** If you have had this test within the last 3 months you don't need to have another one yet.

HCDC

HENDERSON COUNTY DIABETES COALITION

Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED

HAPPY Halloween

Fall Spiced Pumpkin Bread

- 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 cup salt
- 1/2 cup melted margarine
- 1/2 cup sugar
- 2 cups pumpkin puree
- 1/3 cup olive oil
- 2 eggs
- 1/3 cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flour, 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. **Yield:** 16 slices

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.

