

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

August 2024



CHRISTY'S CORNER

Hello! It's hard to believe summer is flying by! Hopefully you have gotten to enjoy all summer has to offer. August 4th is **National Chocolate Chip Cookie Day**. Ruth Graves Wakefield invented the chocolate chip cookie due to her running out of baker's chocolate for her cookie recipe in 1937. So she used semi-sweet chocolate instead. **National Pickleball Day** is August 8th. This popular paddle sport continues to gain popularity. Pickleball is a paddle sport that combines tennis, badminton, and table tennis in one. Pickleball has been around since 1965 and originates on Brainbridge Island, Washington. August 21st is **National Senior Citizens Day**. This day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. According to the 2017 census, 47 million seniors live in the United States. By 2060 that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. Please see the flyer on **Renewable Northern Kentucky** on August 27th. This program will be at the Boone Co. Enrichment Center. The speakers will be from Rumpke and Owen Electric. *Homemaker Volunteer Service Unit Logs* are due to the Extension Office by **September 1st**. See Christy if you need a copy of the form. Enjoy the rest of summer! Take care

Sincerely, Christy

Dates to Remember



2024

8/5/24	WITS Workout	CCES	1pm-2:15pm
8/9/24	Let's Make Homemade Vanilla and healthy smoothies	CCES	10am-11:30am
8/12/24	WITS Workout	CCES	10am-11:15am
8/16/24	Lunch & Learn	CCES	noon-1pm
8/27/24	Renewable Northern KY	Boone CEC	5:30pm-9pm

Remember to call the office at (502) 732-7030 to sign up!



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for
Family & Consumer Sciences Education

If you are not rich, notice how you make yourself poor.

Cooperative Extension Service
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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Pineapple



The pineapple is a tropical plant with an edible fruit; it is the most economically significant plant in the family Bromeliaceae. The pineapple is indigenous to South America. The vitamins and minerals in pineapple could help shorten viral and bacterial infections and strengthen your bones. Pineapple contains nutrients and beneficial compounds, such as vitamin C, manganese, and enzymes, to help aid digestion. One cup of pineapple chunks contains 16.3 grams of sugar, which is lower than several other fruit's sugar contents, including pears, oranges, apples, cherries and mangoes, according to data from the US Department of Agriculture's Food Search database.

Crunchy Hawaiian Chicken Wrap

Servings: Makes 6 servings Serving Size: 1 wrap Recipe Cost: 8.53 Cost per Serving: 1.42

Ingredients:

- ¼ cup light mayonnaise
- 2 tablespoons vinegar
- ¼ cup sugar
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- 1½ teaspoons chili powder
- 3½ cups coleslaw salad mix
- ¼ cup canned crushed pineapple in 100% juice, drained
- 1 cup fresh chopped baby spinach
- 3 cups diced cooked chicken
- 6 8-inch whole-wheat tortillas



Directions:

- In a large mixing bowl, whisk mayonnaise, vinegar, sugar, garlic powder, onion powder and chili powder for the dressing. Mix well.
- Add coleslaw mix, pineapple, spinach and chicken to the mixture. Serve immediately or cover and refrigerate.
- For each wrap, place ½ cup filling on the bottom half of the tortilla and roll in the form of a log. Place seam side down. Cut diagonally. Serve immediately.

NOTE: Filling may be made up to one day in advance. Assemble wraps when ready to serve.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

Nutrition facts per serving: 300 calories; 7g fat; 12g saturated fat; 0g trans fat; 55mg cholesterol; 490mg sodium; 35g carbohydrate; 1g fiber; 1g sugar; 6g added sugar; 25g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Renewable Northern KY:



A Dinner and Discussion on Recycling and Solar Energy



Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.



When:
Tuesday, August 27, 2024 6-9pm
Dinner line opens at 5:30pm,
Program to start at 6pm!



Register at:
859.586.6101 or
[https://boone.ca.uky.edu/
online-registration](https://boone.ca.uky.edu/online-registration)



Where:
Boone County Extension Enrichment Center
1824 Patrick Drive, Burlington, KY 41005

**Dinner will
be served,
so you must
RSVP!**

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



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2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include *appliqued and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

ADULT HEALTH BULLETIN



AUGUST 2024

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

NAME Carroll County Extension Office
 500 Floyd Drive
 Carrollton, KY 41008
 (502) 732-7030

THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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 Disabilities accommodated with prior notification.

An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT HEALTH BULLETIN

Written by:


Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





University of Kentucky
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500 Floyd Drive
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