



# August 2024 Homemaker/FCS Newsletter



Trigg County Cooperative Extension  
2657 Hopkinsville Road  
Cadiz, Ky 42211  
(270) 522-3269  
<https://trigg.ca.uky.edu>  
FB: Trigg County Cooperative Extension  
Family and Consumer Sciences

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Greetings Lovely Homemakers,

I am super excited because it is time to begin a NEW YEAR in HOMEMAKERS! The theme this year is **"BLAZING THE WAY WITH KEHA"**. As we move into our new Homemaker year, I am anxious to hear your ideas and suggestions. Feel free to contact me anytime by phone at 270-522-3269, email at [teresa.garcia@kysu.edu](mailto:teresa.garcia@kysu.edu), or share your ideas with your club president who can forward them to me. I also have some new ideas I would love to share with you!!

We will have an **Officer Training Workshop** for all Club & County Officers, and any Homemaker who is interested in learning more about the duties and responsibilities of Homemaker Offices and Chairs. This will be after our Council Meeting on Monday, September 9, at the Trigg County Cooperative Extension Office.

We will begin with our **Council Meeting** at 10:00, then **Lunch** at 12:00, followed by the **Officer Training Workshop** at 1:00. Please call or email to register to attend so I can get a count for lunch and materials. I hope that those of you who work, may be able to come for your lunch hour at 12:00 or for the Officer Training at 1:00.

If you work and come for lunch you could also pick up your officer materials. **I will provide a yummy lunch, Door Prizes and Extra Fun!**

Also, plan to attend the **Trigg County Homemakers Annual Meeting and PotLuck Dinner** on Monday, September 30th. Registration that evening will be 4:30 and Dinner will start at 5:15, with meeting following. Please email or call me by Sept. 13th so I can order enough plates, cups, etc....

For Door Prizes, we ask that each Club bring a \$10.00 door prize, wrapped or in a gift bag. I will bring one from the Mailbox Club. Our guest speaker will be from "Simple Blessings" and we would love for each attending Homemaker to bring with you an item to donate to Simple Blessings! See attached flyers for additional information.

I am looking forward to a Terrific Year with you all as we Blaze the Way with KEHA!

Blessings,  
Teresa



## 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.

**Upcoming Events, Classes & Recap:**

**Wits Workout:**

August 13 & 27, 9:30 to 10:30 am, (2nd & 4th Tuesdays, each month) at the Senior Center, 127 Joy Lane. This is a fun, interactive program focusing on brain health. All are welcome!

**Cooking Through the Calendar:**

I am discontinuing these classes for now.

**Beginning Crochet Classes:**

**New Class in October**  
**10-10, 10-17, 10-24, 10-31**  
**4:00pm-5:00pm**  
**At the extension office**

**County Council Meeting/Lunch/Officer Training Workshop: (see attached flyer)**

September 9, 10:00 am at Ext. Office  
(I plan to have your Yearbooks available here)

**Trigg County Annual Meeting: (see flyer)**

Monday, September 30, at the Trigg County Senior Center.  
Registration begins at 4:30pm, Dinner at 5:15 pm, with meeting following.  
Bring a Potluck Dish, donation for Simple Blessings, and each Club provides a \$10.00 door prize.

**Pennyrile Area Extension Homemakers Annual Meeting: (see flyer)**

October 18, 2024 \$18.00 due before Sept. 30th to Trigg County Extension Office

**As always, please call or email to register for all classes and events so I can have enough materials and supplies ready!**

**Let's GROW our HOMEMAKERS Clubs this year!**

Bring someone with you who may be interested in learning more about Homemakers to the Annual Meeting on September 30th! (please register for accurate count).

If you know of a past member, give them a call and ask if they may want to re-join!

Share information about Ham Festival Entries with your friends who sew, bake, can, craft, etc!



**September Lesson: Robert's Rules Refresh**

- Watch Party: August 27, 10:00am
- Trigg County Extension Office
- Access to Simple Parliamentary
- Procedure go to <https://trigg.ca.uky.edu>

**Club Dates & Times**

**Roaring Springs:**

2nd Monday each month,  
6:00 pm, members homes

**Happy Homemakers:**

2nd Monday each month,  
6:30 pm, Extension Office

**Ebony Twilight:**

2nd Saturday each month,  
1:00 pm, Montgomery Church

**Millennial Homemakers:**

Last Thursday each month,  
5:30 pm, Extension Office

**Mailbox Club:**

Receives lessons in the mail

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Please let me know if you would like for me to add any additional information about your club in the newsletter!

## Canning & Freezing Information:

The Cooperative Extension Service has FREE canning and freezing publications available for those who preserve home-grown food or fruits and vegetables purchased from Farmers' Markets or other producers.

We also check canner gauges for accuracy (the type with a numbered gauge with a needle, (Presto), not the "jiggler" type). This service is also FREE!



I demonstrated the following "Farm to Table" recipe, Tomato Basil Salad, at the recent Ag. Fair Day, and it was a hit! I heard several people say it was delicious and refreshing! I have made it at home since. My husband, Rodger, and I love it! If you love basil, give it a try. Another favorite way to use fresh Basil is on Roasted Vegetables. YUM! Try growing some fresh Basil in a small container on your windowsill.



## Tomato Basil Salad

- |  |  |
|--|--|
| <b>¼ cup</b> fresh basil leaves                                      | <b>3 tablespoons</b> crumbled, fat free feta cheese  |
| <b>1</b> pint cherry, grape or other salad tomatoes, halved (2 cups) | <b>3 tablespoons</b> olive oil                       |
| <b>1</b> large cucumber, chopped (2 cups)                            | <b>2 tablespoons</b> white balsamic or white vinegar |
| <b>3</b> green onions, chopped (½ cup)                               | Salt and freshly ground pepper                       |
| <b>1</b> small yellow bell pepper, seeded and diced                  |  |

**Roll** basil leaves lengthwise and **cut** across into ¼ inch strips. **Combine** basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. **Whisk** olive oil with vinegar. **Drizzle** over salad ingredients and **lightly toss** to cover. **Season** with salt and pepper to taste.

**Yield:** 4, 1 cup servings

### **Nutritional Analysis:**

150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.



## Ham Festival will be coming up October 11 & 12.

**Consider entering our Bake Off, Cultural Arts Exhibit, Canning Entries, Or Pork Recipes! We will send out the Categories and Classes for Entries as soon as we have it updated!**



Trigg County Homemakers Council Meeting  
&  
Officer Training Workshop

**September 9th, 2024**  
**Trigg County Cooperative Extension Office**

**Trigg County Homemaker Council Meeting: 10:00 am**

**Lunch Provided: 12:00 pm**

**Officer Training Workshop: 1:00 pm**

**All Homemakers are welcome!**

**Please attend if you will hold a Club or County Office/Chair this year,  
or if you are interested in an office in the future!**

**Offices:**

**President**  
**Vice President**  
**Secretary**  
**Treasurer**

**Educational Chairman:**

**Cultural Arts**  
**Environment, Housing, and Energy**  
**Family and Individual Development**  
**Food, Nutrition, and Health**  
**Leadership development**  
**Management and Safety**  
**International**

**I promise to try to make it fun with Good Food, Door Prizes, Etc!**

Please call Teresa at 270-522-3269 or email [teresa.garcia@kysu.edu](mailto:teresa.garcia@kysu.edu) to register for the  
**ANNUAL MEETING**

and/or the

**COUNCIL MEETING & OFFICER TRAINING**

**2 weeks before each, so I can have enough supplies, materials, and food ready for you!**

*good  
food*



## Trigg County Homemakers Annual Meeting

Monday, September 30th

Registration 4:30, Potluck Meal at 5:15, with meeting following.

(Please call the office at 270-522-3269 or email Teresa at [teresa.garcia@kysu.edu](mailto:teresa.garcia@kysu.edu) to register by Sept. 13th for accurate count for supplies)

**Please bring a potluck dish to share and  
A donation for Simple Blessings**

**Donations can be Monetary, Toiletry Items, or Paper Products  
Examples: Paper towel, toilet paper,  
feminine hygiene products, deodorant, tooth paste, diapers, etc.**

**And each club will provide a \$10.00 Door Prize!  
Each club will have at least 1 Door Prize Winner:**

**Ebony Twilight Homemakers  
Happy Homemakers  
Millennial Homemakers  
Roaring Springs Homemakers  
&  
Mailbox Members**

(Teresa will provide door prize and a few extras)

**You are welcome to bring guests who may be interested in becoming  
Homemaker Members!**



Annual meeting location:  
Trigg Co Senior Citizens Center  
127 Joy Lane, Cadiz





# Between the Rivers



**Pennyriple Area Extension Homemakers Annual Meeting**

**October 18, 2024**

**155 W Cumberland Ave,  
Grand Rivers, Kentucky 42045**

**Registration starts at 10:00 am  
Program starts at 10:30 am**

**Guest Speaker: Bobbie Foust**

**Cost: \$18.00 Due before September 30th to your County Office.**

**Entertainment: Liberty Boys**



**Cooperative Extension Service**

Agriculture and Natural Resources  
Food and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Information regarding this event is available in large print upon request. All people regardless of disability are invited to attend and will not be discriminated against on the basis of race, color, religion, sex, national origin, ancestry, or age. Persons with physical or mental disabilities are invited to attend this event. If you have any questions regarding accessibility, please contact the event coordinator. Accessibility information may be available with prior notice. Program interpretation may be made available in large print, Braille, or other format. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky's Cooperative Extension Service are equal opportunity providers.



# 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>

Trigg County Extension Office  
2657 Hopkinsville Road  
Cadiz, KY 42211  
(270) 522-3269

## THIS MONTH'S TOPIC

# ARE YOU UP TO DATE ON VACCINES?



**A**ugust 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>

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**ADULT  
HEALTH BULLETIN**

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