

# Breast Cancer Awareness Month

## MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES

 Cooperative Extension Service

October 2024

### Greetings

Happy Fall! October has lots of opportunities for celebrating the season. Everything from fried apple pies to pumpkin painting. Included in this newsletter is a calendar with events and meetings that have been planned for our clients to take advantage of. There are opportunities for education and for fun throughout the month.

Our annual Pink Ribbon Luncheon date has been set for Thursday, October 24th at noon. If you plan to attend, please call the office to register so that we know how much food to prepare. Our guest speaker will be Dr. Rebecca Baker, who is the founder of Betty's Beautiful and Brave Heart Foundation. The foundation was formed in memory of her mother, who lost her fight with breast cancer. The foundation supplies free boxes of items that will be helpful to ladies going through breast cancer treatments. The theme for the day is Fabric of Hope and our two quilt guilds have designed a beautiful quilt which will be given as a grand prize for one lucky survivor.

We hope that you will be available to attend this wonderful celebration of survivors and the memory of those who have lost their fight with this terrible disease.

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*Cathy Sparks*

CEA for FCS/4-H  
Youth Development  
Education



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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



  
Disabilities accommodated with prior notification.



*“FABRIC OF HOPE”*

PINK RIBBON  
LUNCHEON

THURSDAY, OCTOBER 24, 2024

NOON

FREE LUNCH, EDUCATIONAL INFORMATION, FREE GIFTS FOR  
EVERYONE ATTENDING

DRAWINGS FOR DOOR PRIZES

CALL THE MAGOFFIN COUNTY EXTENSION OFFICE  
TO PRE-REGISTER @ 606-349-3216



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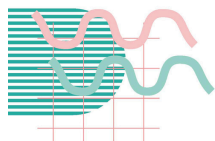
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Join us at the  
Magoffin County Extension Office for...

# The Crochet Club

Wednesdays at 10:00 AM  
October 16th  
October 30th

Learn new crochet skills  
and have a great time  
with friends.



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## PATCHWORK PLAYDATES

# THE ZOO

TUESDAY, OCTOBER 15TH  
10 AM-NOON

CRAFT: LION MASK  
SNACK: ANIMAL TRACKS

For more information about the playdates program, contact Cathy Sparks, CEA for FCS & 4-HYD Education, Magoffin County Cooperative Extension Office. 349-3216



### BAKING TIPS

#### Out of This

- Buttermilk
- 1-cup cake flour
- 1-cup sour cream
- 1-cup self-rising flour

#### Use This

- Whole milk, plus 1-Tbsp. vinegar or lemon juice
- 1-cup plain flour -2-Tbsp. + 2-Tbsp. cornstarch
- 1-cup yogurt or 3/4 cup buttermilk
- 1 cup flour + 1 1/2 tsp. baking powder

**UK** Martin-Gatton College of Agriculture, Food and Environment

# EMBROIDERY CLUB

Join us at the Extension Office for the Embroidery Club  
Wednesday @ 10:00 AM  
October 23rd

**\*Only (1) Meeting date for October**

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## 2024-2025 Enrollment Form

### Magoffin County Extension Homemakers Due by November 25, 2024



First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Club Name: \_\_\_\_\_ Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Sex: Female Male

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax Number: \_\_\_\_\_

How would you prefer to receive your Building Strong Families Newsletter? Circle one.

Facebook          Email          Hard copy /mail

Ethnic Background: (optional)

White   Black   Hispanic   Asian   Other

Age Group: (circle one)

15-19   20-24   25-34   Yearly Renewal   New Member

35-44   45-54   55-64

65-74   75+          Number of Years in Club Membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participant in for educational, promotional activities, or publications.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**Homemaker Fee: \$12.00 each**

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LEXINGTON, KY 40546



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Lily Pulitzer Design

PUMPKIN  
*Painting*

OCTOBER 10

All Things Blooming Faith,  
Gardening & Homemakers

Magoffn County Extension  
Office

Call to register by October  
7th  
349-3216

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# ADULT

# HEALTH BULLETIN



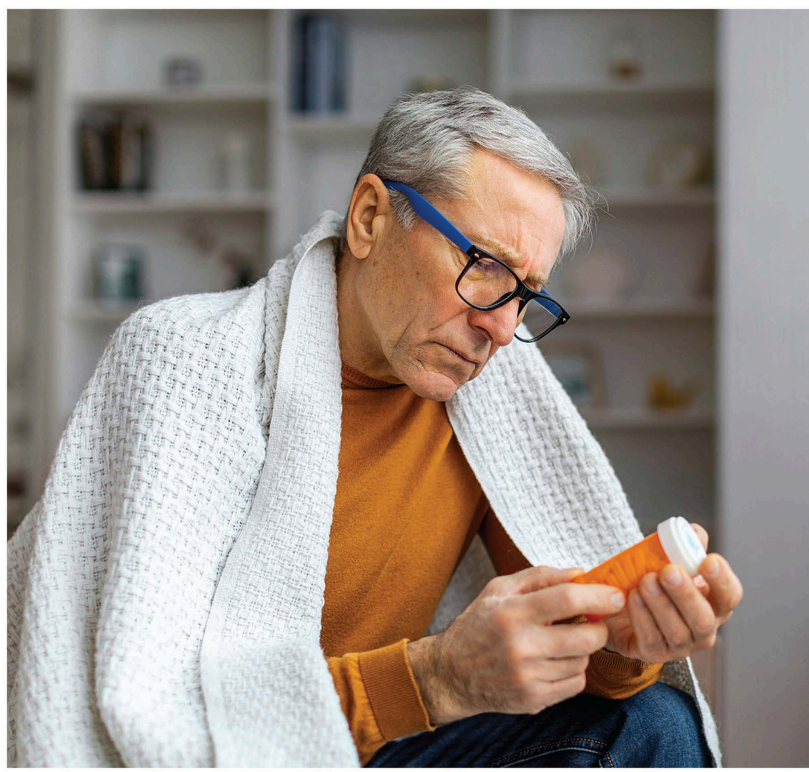
OCTOBER 2024

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

Magoffin County Extension Office  
15 Rockhouse Frk Road  
Salysersville, KY 41465  
(606) 349-3216

## THIS MONTH'S TOPIC

# HOW IS YOUR HEALTH LITERACY?



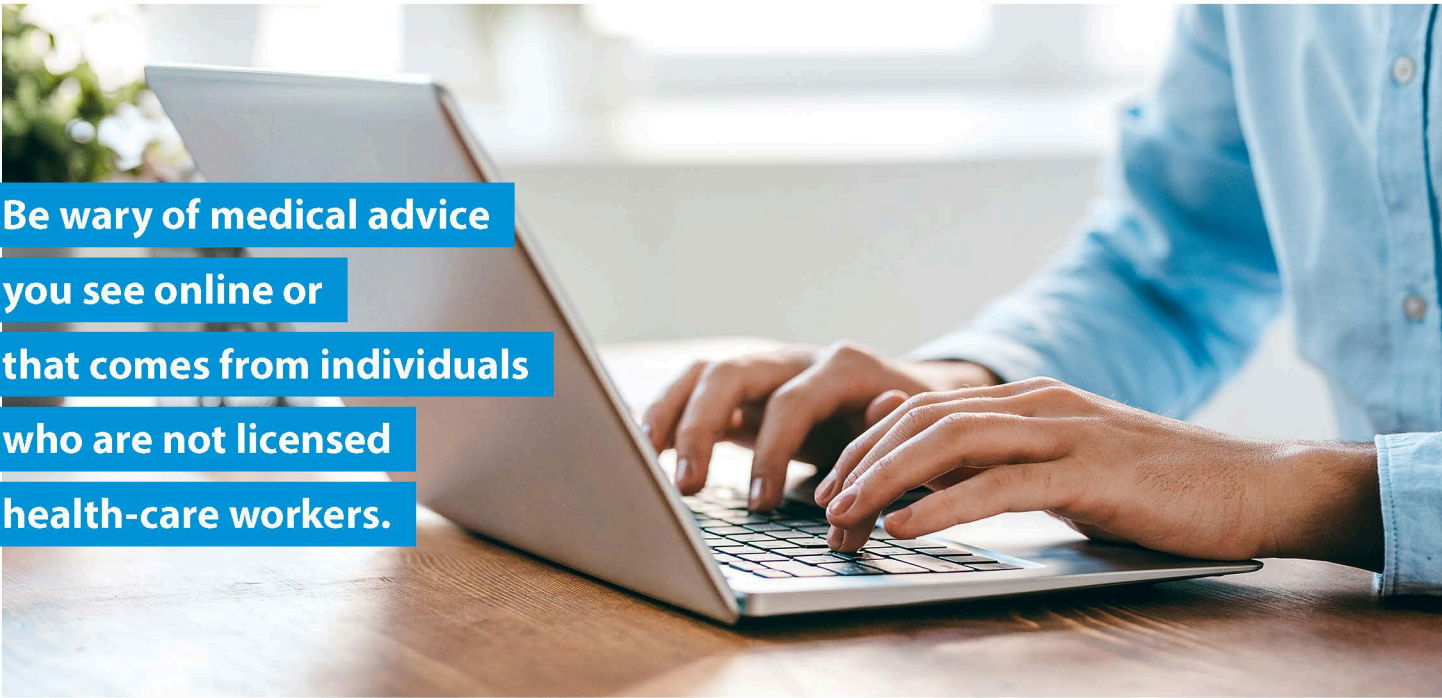
**H**appy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

Continued on the next page →







**Be wary of medical advice  
you see online or  
that comes from individuals  
who are not licensed  
health-care workers.**

**→ Continued from the previous page**

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

**REFERENCE:**

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
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Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

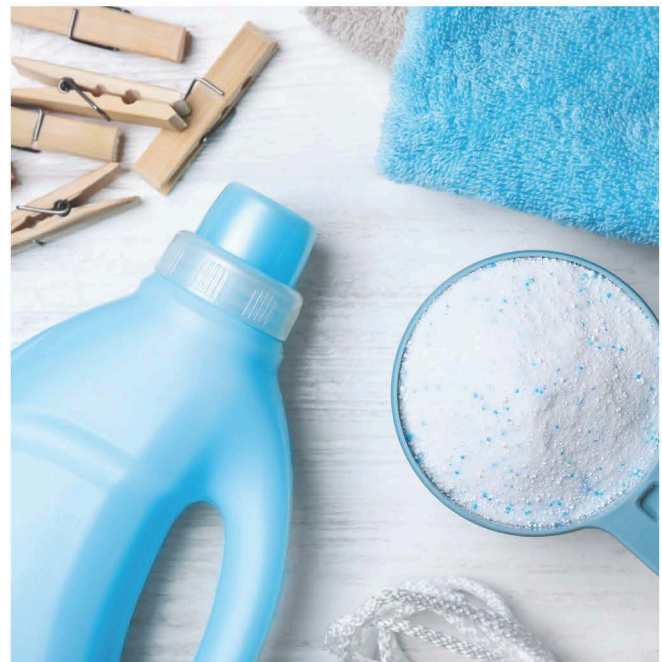
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

### START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

### APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



### TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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## WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



### MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

### SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

### LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

### COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

### CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

### RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



# Magoffin Co. 4-H Teen Club

## Meeting Dates:

October 3  
October 17  
October 31  
November 7  
November 21  
December 12

**3:30-5:00pm**

Magoffin County  
Extension Office  
15 Rockhouse Fork Rd.

Join us for food, fun,  
activities, projects,  
friendship and more!



Call the Magoffin County  
Extension Office at  
**(606) 349-3216**

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# OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
		Prep day for Fried Apple Pie Sale- 10 AM	Fried Apple Pie Fund Raiser 8 AM  NOTE: There will be no Crochet Club on this day!			
7	8	9	10	11	12	13
		Ivyton Hippie Chx Homemakers Meeting-6 PM	Embroidery Club 10 AM  All Things Blooming , Faith, Gardening & Homemakers Lily Pulitzer Pumpkin Painting 6 PM	Friendship Quilters 10 AM	Sew What Quilters 9 AM	
14	15	16	17	18	19	20
	Patchwork Playdates 10 AM		Crochet Club 10 AM  Mommy & I Workshop for New & Expectant Mothers Magoffin County Health Dept. 1-3 PM  Women in Mission Homemakers 5 PM			
21	22	23	24	25	26	27
County Extension Council Meeting 6 PM  Prep Days for Pink Ribbon Luncheon 9 AM each day!			Pink Ribbon Luncheon- Fabric of Hope Noon	Friendship Quilters 10 AM		
28	29	30	31			
	Halloween Spooktacular @ the City Park		Trick or Treat in Magoffin County 			

## Twice-Baked Acorn Squash

- **2 medium** acorn squash  
(1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach,  
chopped
- **4 strips** turkey bacon,  
cooked and crumbled
- **1/2 cup** grated parmesan  
cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

**Yield:** 4 servings.  
**Serving size:** 1/2 of an acorn squash.

**Nutrition Analysis:** 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

