

September 2022

# McLean County Extension

McLean County  
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## Important Dates

- ◇ September 5, Labor Day - Extension Office Closed
- ◇ September 06- October 18 Couch to 5K Training
- ◇ September 7, Last day to buy tickets for Area Homemaker Annual Meeting
- ◇ September 8, Friendship Club Meeting at 5:00 p.m.
- ◇ September 11, Happy Grandparents Day!
- ◇ September 12, Homemaker Council Budget Meeting, at 1:00 p.m.
- ◇ September 13, Beech Grove / Glenville Clubs Meeting 2:00
- ◇ September 19, Homemaker Council Meeting, at 4:00 p.m.
- ◇ September 20, Area Homemaker Annual Meeting
- ◇ KEHA Week is October 9-15, 2022. Theme "WE'VE GOT YOU COVERED".
- ◇ October 1, Pumpkin Desert Dish Garden 9:00 A.M.
- ◇ October 4, Pumpkin Desert Dish Garden 10:00 A.M.
- ◇ October 6, Charcuterie 101 9:30 —11:00 A.M.
- ◇ October 8, Charcuterie 101 9:30 —11:00 A.M.
- ◇ Oct 22, Harvest Day Quilt show 3 to 8 at 4-H Activities Building.



Hello! My name is Jackie Underwood, and I am the new Program Assistant. I have lived here in Mclean County my entire life. I am married to Nathan Underwood and have four (not so little ) kiddos, Ely, Gavin, Maddie, and Jessa. I also have several fur babies. My husband and I have chicken houses along with a seasonal greenhouse business. I love pretty much all flowers, but zinnias would have to be one of my all-time favorites.

I am excited about joining the Mclean County Extension team. I will be offering programs starting in October. My first is a succulent desert garden featuring a pumpkin pot. I look forward to working with my community and helping in any way I can. You can reach me by email at [jacqueline.underwood@uky.edu](mailto:jacqueline.underwood@uky.edu), or the office at 270-273-3690.





# McLean County Homemaker Connection

## Homemaker Meeting Dates

- Beech Grove / Glenville Clubs meeting September 13th, 12:00 at McLean County Cooperative Extension
- Friendship Club meeting September 8th, 5:00 at Brenda Pinkston Home
- Homemaker Council Budget Meeting, September 12th, at 1:00 p.m. at McLean County Cooperative.
- Homemaker Council Meeting, September 19th, at 4:00 p.m. at McLean County Cooperative.

## Homemaker Lesson

Healthy Outdoor Cooking  
Food Nutrition and Health Lesson

## Harvest Day Quilt Show

Quilt Show will be on October 22, 2022 from 3 to 8 in the 4-H Activities Building.

## Roll Call:



September is National Suicide Prevention Month.

## Thought of the Month

The Lifeline Network want to change the conversation from Suicide to Suicide Prevention.

## Area Officers need for these positions.

Secretary  
Treasurer,  
1st vice president  
2nd vice president  
International chair  
Family & Individual Development

## McLean County Ag Fair Open Home Division Catalogs

Open Home Division catalogs will be printed and released the first of 2023. If you have any changes that need to be addressed please let your club president know by the end of September.

## KENTUCKY STATE FAIR

Check out the Kentucky State Fair at [www.kystatefair.org](http://www.kystatefair.org) Make plans to attend and check out Cloverville for all the 4-H entries from all the counties in Kentucky!

Kelly Bland  
McLean County Extension Agent for  
Family and Consumer Sciences



# CHARCUTERIE 101

Have you ever had a family get-together, or thrown a party, and needed that perfect appetizer or conversation piece for a group? Look no further! A charcuterie board is a perfect way to incorporate not only delicious foods (meats, cheeses, nuts, etc.), but show off your artistic skills at the same time. If you are interested in learning the art of charcuterie, join us for this class where you will be shown how to prepare a stylized board, and create one yourself!

Cost of the class is \$10 and all materials will be provided.

Call (270) 273-3690 to register.

Spaces are limited and registration CLOSSES Friday, September 30th.

THURSDAY, OCTOBER 6TH OR SATURDAY OCTOBER 8TH  
9:30 - 11:00 A.M.  
MCLEAN COUNTY EXTENSION OFFICE

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



## Green River Area Homemaker Annual Meeting

### Showers of Blessings

September 20th, 2022

RSVP by Sept. 8th, 2022

Registration 10:30 am.

Program 11:00 am.

Cost \$15

Green River Area Annual  
Homemaker Meeting  
Hawesville Baptist Church  
290 Main Street  
Hawesville, KY 42348

Please bring a non-perishable item

Each county is asked to bring a gift basket for the silent auction. Proceeds will go towards ovarian cancer screening and research. **Please bring in a non-perishable item for Blessing Boxes.** Tickets can

be purchased at the McLean County Extension Office. **Must get ticket by September 7th, 2022 to allow us to turn in the number attending on September 8th, 2022.**

## PUMPKIN DESERT DISH GARDEN

Come make a Pumpkin Dessert Dish Garden

**OCTOBER 1ST, 2022 AT 9:00 A.M.**

This class will be for families or children 9 & up  
One container per family

**OCTOBER 4TH, 2022 AT 10:00 A.M.**

This class will be for adults only

**MYER CREEK PARK 4-H ACTIVITIES BUILDING**

Cost will be \$15.00 due by September 23rd at the McLean County Extension Office.

Spots are limited!!!

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



# 2022–2023 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

## 10:00 A.M. LESSON TRAINING

## 11:00 A.M. LESSON TRAINING

### SEPTEMBER LESSON HEALTHY OUTDOOR COOKING

August 23 (Daviess)    August 24 (Henderson)

Topics include food safety information, outdoor activities, and healthy & delicious recipes!

★ Food , Nutrition & Health Lesson

### OCTOBER LESSON TYPES OF SCAMS

August 23 (Daviess)    August 24 (Henderson)

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

★ Management & Safety Lesson

### NOVEMBER LESSON SAVOR THE FLAVOR: COOKING WITH OILS AND VINEGARS.

October 18 (Daviess)    October 19 (Henderson)

This lesson's goal is to increase knowledge about various types of cooking oils and flavored vinegars and how to incorporate them into their food prep and cooking.

★ Food , Nutrition & Health Lesson

### JANUARY LESSON MOVE YOUR WAY: EXERCISE FOR EVERYONE

October 18 (Daviess)    October 19 (Henderson)

This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily activities.

★ Food , Nutrition & Health Lesson

### FEBRUARY LESSON TRANSFERRING CHERISHED POSSESSIONS: ESTATE PLANNING FOR NON-TITLED PROPERTY

January 17 (Daviess)    January 18 (Henderson)

Learn to distribute treasured heirlooms from closet clutter and determine goals to establish a fair distribution process between heirs.

★ Management & Safety Lesson

### MARCH LESSON ELEMENTS & PRINCIPLES OF ART

January 17 (Daviess)    January 18 (Henderson)

This lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph.

★ Cultural Arts & Heritage Lesson

### APRIL LESSON SAVORING THE EATING EXPERIENCE: THE ART OF EATING MINDFULLY.

March 21 (Daviess)    March 22 (Henderson)

This lesson covers differences in mindless and mindful eating as well as tips for being more present when you eat.

★ Food , Nutrition & Health Lesson

### MAY LESSON ENTERTAINING LITTLE ONES

March 21 (Daviess)    March 22 (Henderson)

Keeping little ones entertained can be difficult at times. This lesson will focus on 3 simple steps used to identify activities children will enjoy.

★ Family & Individual Development Lesson



Have you wanted to start an exercise routine, but didn't know how to begin? Join us for a new Couch to 5K series, with your goal being to participate in the Harvest Day 5K! No registration or fee for the training. Just show up at Myer Creek Park on Tuesday, September 6th at 5:30 p.m. to participate. Walk, jog, run...it's all at your own pace for just 30 minutes. Join us!



**COUCH TO 5K TRAINING**

**RUN / WALK**

**TUESDAYS AT 5:30 P.M.**  
**09.06.22 - 10.18.22**

Have you ever wanted to join the Harvest Day 5K, but aren't a runner? This is the program for you! Join us every Tuesday at Myer Creek Park for Couch to 5K.

Couch to 5K is a program that takes you from the couch to running in just a few weeks. Each session will be 30 minutes long, and you will be at your own pace. Not interested in running? That's okay! This is a great way to train to walk a 5K, as well!

Attend 4 of the 7 training days and you will receive a special prize pack the morning of the Harvest Day 5K race.

**NO REGISTRATION REQUIRED. JUST SHOW UP!**

Questions? Call Kelly at the McLean County Cooperative Extension Office  
(270) 273-3690

## HONEY MUSTARD CHICKEN TENDERS

- 1/3 cup low-fat mayonnaise
- 2 tablespoons honey
- 2 tablespoons mustard, any type
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (optional)
- 1/4 teaspoon black pepper
- 1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips
- Nonstick cooking spray

2 cups panko breadcrumbs

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.

Source: Martha Yount,  
Nutrition Education  
Specialist,  
University of Kentucky  
Cooperative Extension



5. Refrigerate chicken for 30 minutes, turning over once or twice.
6. Preheat oven to 400 degrees F.
7. Lightly coat a baking sheet pan with nonstick spray.
8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
9. Place chicken pieces on pan in a single layer.
10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
12. Store leftovers in the refrigerator within 2 hours.



# ADULT HEALTH BULLETIN



**SEPTEMBER 2022**

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)

McLean County  
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 335 West 7th Street  
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 (270) 273-3690

**THIS MONTH'S TOPIC:**

## RECOVERY FROM MENTAL HEALTH, SUBSTANCE USE DISORDERS



**S**eptember is National Recovery Month. Recovery Month celebrates the gains made by those in recovery from substance use and mental health. We celebrate them just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Recovery Month is held every September to increase awareness and understanding of mental health disorders and substance use disorders and to celebrate those in recovery. Mental health and substance use disorders affect

**Continued on the back** →



# People can get help by calling or texting the Suicide and Crisis Lifeline at 988 or calling the KY Help Call Center at (833) 859-4357.

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all communities nationwide. With commitment and support, those affected can improve their health and overall wellness. Recovery Month spreads the message that people can and do recover every day.

Substance use disorder is on the rise, and the COVID-19 pandemic has a large part to play in this.

During the pandemic, we have also seen a significant rise in mental health problems including depression, anxiety, and addiction. According to the Centers for Disease Control and Prevention (CDC), 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19. In fact, the same CDC report revealed that drug overdose deaths in the U.S. reached an all-time high in 2021, increasing 15% from 2020.

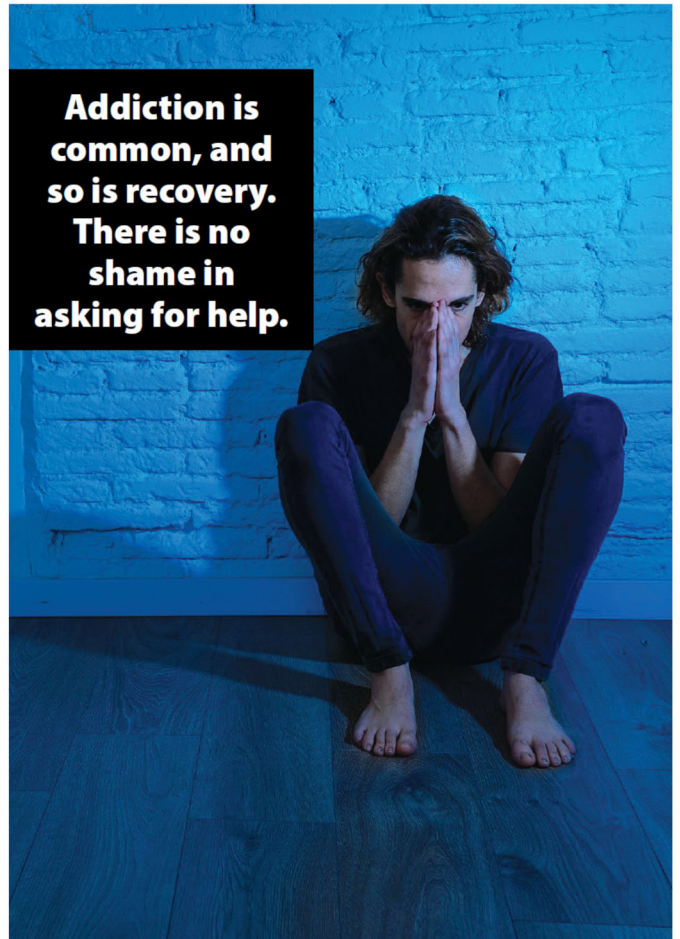
The good news, according to the latest U.S. National Survey on Drug Use and Health, is more than 75% of people addicted to alcohol or drugs recover. That means their condition improves and substance use no longer dominates their life. Through Recovery Month, people become more aware and able to encourage those in need to seek recovery services for help. Addiction occurs far more often and in many more people than some might realize, especially after two years of a pandemic. Addiction is common, and so is recovery. There is no shame in asking for help.

## 988 Suicide and Crisis Lifeline

People can call or text 988. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

## KY Help Call Center: (833) 859-4357

Individuals seeking treatment for themselves or others — as well as family members who have questions or are in need of support — can call toll-free and speak with a specialist about available treatment services most relevant to their needs.



The Call Center is manned Monday through Friday from 8:30 a.m. to 5:30 p.m. (EDT). During nonbusiness hours callers may leave their name and contact number and a specialist will be in touch.

### SOURCES:

- Czeisler M. É., Lane R. I., Petrosky E., et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>.
- [https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20\(Recovery%20Month,nation%20who%20make%20recovery%20in](https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20(Recovery%20Month,nation%20who%20make%20recovery%20in)
- [https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer\\_Volume6.pdf](https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer_Volume6.pdf)

ADULT  
HEALTH BULLETIN

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