

# Marshall County FCS NEWS



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
**Marshall County**  
1933 Mayfield Hwy.  
Benton KY 42025  
marshall.ca.uky.edu  
(270) 527-3285

## Upcoming Events

- 9/30 - Learning Session: 'Hunger In Kentucky: Know More, Do More' 10:00am
- 10/4 - MCEH Advisory Council meeting, 9:30am
- 10/10-16 - KEHA Week
- 10/11 - Maker Monday 9-noon
- 10/18 - Purchase Area Annual Day at Children's Arts Center 9:30am
- 10/28 - Learning Session: 'House Plants' 10:00am
- 10/29-31 - FCS Fall Frolic 5K



## FCS FALL FROLIC 5K

### CHOOSE

the time and place during race weekend to run/walk/bike/swim a 5K.

### SUBMIT

your time via a survey link found on this page during race weekend.



### VIRTUAL RACE



## OCT 29 - 31

Virtual Race Weekend begins at 5 pm (EST) on Friday, October 29th and ends at 11:59 pm (EST) on Sunday, October 31st.

College of Agriculture,  
Food and Environment  
Family and Consumer  
Sciences Extension

Invite a friend  
and run/walk/bike/swim  
the 5K together!  
Follow the  
Marshall County  
Extension Homemakers  
Facebook page for  
further information,  
closer to race weekend!



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

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LEONINGTON, KY 40546



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**Free  
learning  
sessions**

## INTRODUCTION TO INVESTING

### Part 1

October 19, 2021

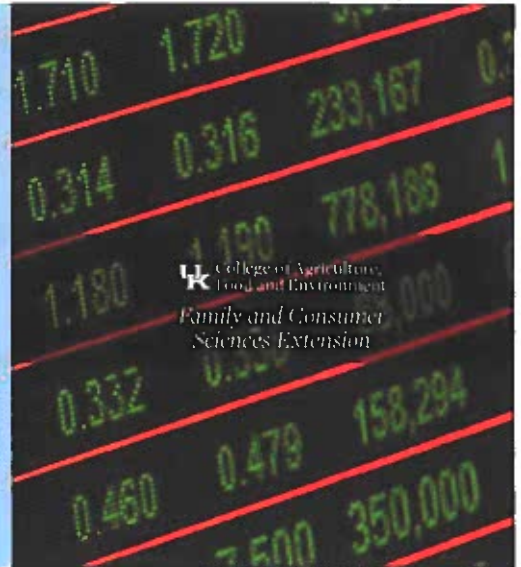
7:30 pm Eastern/6:30 pm Central

### Part 2

November 16, 2021

7:30 pm Eastern/6:30 pm Central

Both sessions presented via Zoom.  
Register at:  
<https://ukics.net/InvestingRegistration>  
or by scanning the QR code



## Recipe Corner...



### Fall Spiced Pumpkin Bread

<b>½ cup</b> all-purpose flour	<b>2 teaspoons</b> pumpkin pie spice	<b>½ cup</b> honey
<b>1¼ cup</b> whole-wheat flour	<b>½ teaspoon</b> salt	<b>2 cups</b> pumpkin puree
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> melted margarine	<b>½ cup</b> olive oil
<b>1 teaspoon</b> baking soda	<b>½ cup</b> sugar	<b>2 eggs</b>
		<b>½ cup</b> chopped walnuts

Heat oven to 350 degrees F. Mix flours, 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.



Make plans to attend this year's  
Area Annual Day on October 18  
'Extension Homemakers:  
Let your Light Shine'

## Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.  
**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.  
**STORAGE:** Store in a cool, dry place and use within 1 month.

### PREPARATION:

**To Steam:** Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

**To Microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

**To Bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### KENTUCKY WINTER SQUASH

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
September 2017

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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College of Agriculture,  
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Cooperative Extension Service



*Vicki Wynn*

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October 2021



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2021

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## THIS MONTH'S TOPIC: SAVING DOESN'T HAVE TO BE SCARY

Saving money may seem scary or intimidating, especially if past budgeting attempts have been frustrating or felt unattainable. The Consumer Financial Protection Bureau recommends putting 20% of your monthly income into savings. They suggest following a 50-30-20 ratio with your budget after taxes: 50% on needs, 30% on wants, and 20% on savings. If that number seems unrealistic for your budget, don't be scared to consider other ways to save that may work better for your family.

### THINK BIG PICTURE

The first step to saving is becoming aware of how much money flows in and out of your household each month. To do this, compare your income to your expenses. Create and tally three lists: (1) sources of monthly income, (2) recurring monthly bills and financial obligations, and (3) other expenses that occur throughout the year, such as annual bills, holiday gifts, or vacations. From big purchases to small ones, estimate how much you spend on groceries, gas, entertainment, and unplanned purchases. Certain categories are essential such as housing, utilities, transportation, and food. Others leave room for discretion.

### START SAVING SMALL

Once essential needs are met, closely examine the amount of money you have remaining. Decide



how much money you can realistically put into savings each month. This amount will vary based on your personal budget and debt-to-income ratio. Saving deposits do not have to be large to make an impact. Small amounts will add up over time, especially if invested in an account that earns compound interest. Look for ways to cut back and redirect that money into savings. For example, choosing to cook at home rather than eat out once a week could free up enough to start a small savings account. That \$30 a week adds up to more than \$1500 for the year (and likely more with earned interest).



## ONE OF YOUR FIRST SAVINGS GOALS SHOULD BE TO BUILD AN EMERGENCY FUND.



### SAVE FOR EMERGENCIES

One of your first savings goals should be to build an emergency fund. Aim to cover three to six months of necessary expenses in the event of an unexpected financial emergency. This may include job loss, medical bills, home repairs, or automobile maintenance, for example. Because emergencies rarely come with warning, make sure that this money is easy to access when needed and can be withdrawn without excessive penalty. Talk to a trusted financial adviser or banker at your financial institution to discuss high yield, accessible options.

### TIPS FOR SUCCESSFULLY SAVING

- Work to pay off debt then stop buying things that don't fit in your budget. Instead of paying interest toward a credit card, put money into savings and earn interest instead.
- Set specific savings goals — such as saving for a car, a vacation, or concert tickets — to help motivate you to cut out unnecessary purchases and stick to your savings plan.

- At the end of the month, if you don't spend all money in a budgeted category, put the difference into savings.
- Set up automatic transfers to your savings account each payday. This ensures that you "pay yourself first" before any nonessential spending.
- Put a portion of unexpected or additional income into savings, such as from tax returns, stimulus payments, gifted money, or bonuses.

Remember that saving doesn't have to be scary. Don't be afraid to make changes to your budget and lifestyle until you find a savings method that adds up for you.

### REFERENCE

Consumer Financial Protection Bureau. My spending rule to live by. [https://files.consumerfinance.gov/f/201603\\_cfpb\\_rules-to-live-by\\_my-spending-rule-to-live-by.pdf](https://files.consumerfinance.gov/f/201603_cfpb_rules-to-live-by_my-spending-rule-to-live-by.pdf)

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# FAMILY CAREGIVER HEALTH BULLETIN



**OCTOBER 2021**

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)

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## THIS MONTH'S TOPIC: DEPRESSION IS NOT PART OF AGING



**D**epression is NOT a normal part of aging. Yet depression is a public health issue and a prevalent mental health challenge among older adults (CDC, 2020). Most older adults report feeling good about life, even when facing physical decline and/or illness. But there is a greater likelihood of depression among older adults if they experienced it as a younger person and/or when they experience an accumulation of loss and stress (death of loved ones, loss of independence, caregiving, medical conditions, problems with sleep, lonely/isolated, etc.) (MHA, 2021; NIH, 2021). Certain medications, substance use, and family history can also increase the risk of depression (NIH, 2021).

While it is normal at any age to feel sad, anxious, or upset over stressful experiences or life events, most people will adjust and feel better in time. When people feel tired, helpless, and hopeless, or they lose interest in favorite activities, or have trouble carrying out normal activities of daily living, they may be experiencing depression (NIH, 2021).

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Disabilities  
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with prior notification.

# **Depression is not a character flaw or a sign of weakness. To feel better, depression needs to be recognized and treated.**

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## **Depression is a medical condition**

According to the NIH, depression is a medical condition associated with distress and suffering. Depression is not a character flaw or a sign of weakness. To feel better, depression needs to be recognized and treated. Unfortunately, depression is often underdiagnosed and misdiagnosed among older adults (CDC, 2020; NIH, 2021). Older adults may not talk about their feelings to family or health-care professionals, they may experience less obvious symptoms of depression, they may accept their feelings as “normal,” or their symptoms may be confused for other medical conditions or as side effects to medication. Because depression can lead to physical, mental, and social impairment, it can complicate the course and treatment of chronic disease. This, especially, is a concern among older adults because of the high prevalence of chronic conditions (CDC, 2020).

## **Recognize the symptoms of depression**

It is important to recognize the signs of depression. If any of these systems persist for more than two weeks, you or your loved one may be suffering from depression and you should get help.

**According to the NIH (2021), signs of depression include:**

- *Persistent sad, anxious, or “empty” mood*
- *Loss of interest or pleasure in hobbies and activities*
- *Feelings of hopelessness, pessimism*
- *Feelings of guilt, worthlessness, helplessness*
- *Decreased energy, fatigue, being “slowed down”*
- *Difficulty concentrating, remembering, making decisions*
- *Difficulty sleeping, early-morning awakening, or oversleeping*
- *Changes in appetite and/or unintended weight changes*
- *Thoughts of death or suicide, suicide attempts*
- *Restlessness, irritability*
- *Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment*

## **Seek treatment for depression**

Left untreated, depression can lead to decreased life quality, physical illness, and suicide (NIH, 2021).

In most cases, symptoms of depression, with the right approach, can improve. The first step is to talk with a health-care professional. A doctor will review your medical history, ask how you are feeling, provide a physical exam and rule out any conditions that may be contributing to your symptoms. It is important to answer honestly, so your doctor can prescribe the right approach. Some common treatment options for depression can include medication, therapy, physical activity, and meditation (NIH, 2021). There may be other approaches depending on the severity of the depression. Remember, it may take time to start feeling better and you may need to try different medications or approaches until you find what works best for you.

## **Engage**

Do not feel shy or embarrassed if you are experiencing depression. Talk about it. Seek help. Access community resources. Even though you may not feel like it, try to find ways to lift your spirit. Do things you enjoyed before the depression, but do not be too hard on yourself. Engage in meaningful social activities, talk about your feelings, and stick to your treatment. Do not make important life decisions until you feel better, and call your doctor or get help if you have suicidal thoughts (NIH, 2021).

## **REFERENCES:**

- Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Do the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008. Reviewed by CDC 2020; Retrieved <https://www.cdc.gov/aging/publications/mental-health.html>
- Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 2: Addressing Depression in Older Adults: Selected Evidence-Based Programs. Atlanta, GA: National Association of Chronic Disease Directors; 2009. Reviewed by CDC 202; Retrieved <https://www.cdc.gov/aging/publications/mental-health.html>
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- National Institute on Health/National Institute of Mental Health. (2021). Older adults and depression. Retrieved <https://www.nimh.nih.gov/health/publications/older-adults-and-depression>

**FAMILY CAREGIVER  
HEALTH BULLETIN**

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**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com



# ADULT HEALTH BULLETIN



**OCTOBER 2021**

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)

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## THIS MONTH'S TOPIC:

# DOMESTIC VIOLENCE: BREAK THE CYCLE



October is Domestic Violence Awareness Month, a time for all of us to speak up about domestic violence, raise awareness, and support survivors. Domestic violence, also known as intimate partner violence, is defined by the CDC as abuse or aggression that occurs in a romantic relationship. Domestic violence is common and is a serious public health issue that affects millions of Americans.

According to the CDC National Intimate Partner and Sexual Violence Survey (NISVS), about 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. They report negative impacts such as injury, fear, concern for safety, and needing services.

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Disabilities  
accommodated  
with prior notification.

## ***One feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control.***



### **→ Continued from page 1**

Domestic violence happens to people of all races, gender identity, cultures, incomes, ages, education level, or sexual orientation. It can happen on a first date or in a committed long-term relationship. It does not have to be a relationship with sexual intimacy. Every relationship is different, and domestic violence does not always look the same. One feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control.

#### **Here are some common signs of abusive behavior in a partner:**

- Telling you that you never do anything right.
- Showing extreme jealousy of your friends or time spent away from them.
- Preventing or discouraging you from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.
- Pressuring you to use drugs or alcohol or perform sexual acts you are not comfortable with.
- Intimidating you with weapons like guns, knives, bats, or mace.

By understanding these types of violence, we can take action in our communities to stop them before they start.

#### **Need help? Know someone who does?**

##### **National Domestic Violence Hotline:**

- Call 1-800-799-SAFE (7233) and TTY 1-800-787-3224.
- Text "START" to 88788.

##### **Love Is Respect National Teen Dating Abuse Help:**

- Call 1-866-331-9474 or TTY 1-866-331-8453.

##### **Rape, Abuse & Incest National Network's (RAINN) National Sexual Assault Hotline:**

- Call 800-656-HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area.
- Visit [rainn.org](http://rainn.org) to chat one-on-one with a trained RAINN support specialist, any time 24/7.

#### **REFERENCES:**

- [https://vawnet.org/sites/default/files/assets/files/2018-10/NRCDV-FindingSafety%28English%29-Sept2018\\_0.pdf](https://vawnet.org/sites/default/files/assets/files/2018-10/NRCDV-FindingSafety%28English%29-Sept2018_0.pdf)
- <https://www.cdc.gov/injury/features/intimate-partner-violence/index.html>
- <https://kcadv.org/sites/kcadv.org/files/sites/kcadv.org/files/Brochure%20-%20FINAL%206.27.17.pdf>
- <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs>

**ADULT  
HEALTH BULLETIN**

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