



Mobile Mammography Screenings will be held at the Bracken County Extension Office on Friday, October 20<sup>th</sup> from 8:30 AM - 4:30 PM. Screenings are covered by Medicare, Medicaid, and most insurances. No cost mammograms are available to schedule an appointment or inquire about the no cost mammograms call 859-655-7400.



## Cooperative Extension Service

Bracken County  
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Brooksville, KY 41004  
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<http://extension.ca.uky.edu>

# Baby Gala

September 19<sup>th</sup>, 5:30 -7:00 PM  
Bracken Extension Office



LRA Homemaker  
Meeting  
October, 24<sup>th</sup>  
11:00 AM  
Tollesboro, KY

**Falls Prevention Day**  
September 21<sup>st</sup>, 9:00AM - Noon  
Bracken County Health Department

**Booths:** Hearing & Vision Screenings, Medication Review, Bone Density Screening, Balance & Gait Assessment, Massage, Nutrition, Diabetic Footwear and much more.

This event is **FREE** including a complimentary breakfast and door prizes!



September 26<sup>th</sup> 5:00-7:00 PM  
Bracken Extension Office

## Holiday Bazaar 2017

The Bracken County Homemakers will once again host a holiday craft fair on November 11<sup>th</sup> from 10:00 AM- 2:00 PM. This years' event will be held at the Bracken Extension Office. Booth spaces are \$20 and all crafters are welcome. Please reserve your spot early as space is limited. Stop by the office to pay and fill out a form.

Shannon Smith, CEA for Family & Consumer Sciences



## ADULTS NEED VACCINATIONS TOO!

Many adults may think that vaccines are only for children. But did you know there are several vaccines that adults should get as well? It is recommended that adults get the flu vaccine every year. This vaccine helps protect adults against the seasonal flu and can lessen the symptoms if the flu is caught. It is also recommended that adults get the Td/Tdap vaccine. This is a vaccine that protects against tetanus, diphtheria and pertussis. Pertussis is also known as “whooping cough.”

Additionally, depending on the age of a person and their health conditions there may be a need for additional vaccines and boosters such as: If you will be travelling to places overseas, you also may need vaccines.

Vaccines are needed throughout life, not just as a child. Talk to your healthcare provider today to see if there are vaccines that you may need.

Reference: CDC

<http://www.cdc.gov/vaccines/hcp/adults/downloads/fs-three-reasons.pdf>

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

## Safe Bets for Late Night Snacking



If you often find yourself needing something else to eat before bedtime, first look at your day. Did you eat enough throughout the day to feel satisfied? Were your meals balanced? Are you drinking enough water? Or is it just a habit you can't kick?

If you are indeed hungry, some options are better than others. Foods high in fat take longer to digest and therefore may affect your quality of sleep so stay away from fast food cheeseburgers and the like. Watch out for foods that commonly cause digestive discomfort and/or heartburn, as they will also affect sleep quality.

Some good options include a handful of berries, a piece of string cheese, a banana, low-fat cottage cheese or yogurt, whole grain crackers, carrots, cucumbers and other vegetables. Of course, stay away from caffeine and sugar and opt for decaf tea, low-fat milk or water. Just remember, enjoy a snack if you are indeed hungry and aim to eat balanced meals the following day.

Reference: <https://www.nytimes.com/2017/03/17/well/eat/what-are-the-best-snacks-before-bedtime.html?ref=collection%2Fsectioncollection%2Fwell>

Source: Jean Najor, Extension Associate, University of Kentucky; College of Agriculture, Food and Environment

## Self-Care Tips to Use Every Day



In this fast-paced world, we are often so focused on others that we do not take any time to care for ourselves. We may even think there is no time left to care for ourselves. Here are some ideas to use every day to build self-care into our lives:

- Acknowledge yourself every day. It is not selfish to care for yourself. It is critical for your happiness in life. You have needs and deserve to have well-being. You have dreams that are worth the time it takes to pursue them.
- Gift yourself every day. Gifts don't have to cost anything. An extra 30 minutes of sleep can be a wonderful gift to yourself. We can take just a few minutes a day to gift ourselves with a few moments alone to read or journal. We can gift ourselves with a moment to stop and think, to accept something in our lives or to forgive someone.
- Restore yourself every day. Take just a few moments each day to think about something that makes you happy. Even if you can't experience it right now, it will still make you smile and relax to think about it. Sometimes very simple things make us happy, like the smell of baking cookies or a quick phone call to tell someone we love them. Take the opportunity to do those things that make you happy whenever you can.
- Speak up for yourself every day. There is something about telling someone what you are feeling that makes your load a little lighter in life. Think about who you trust. Share that you need help. Share that you are afraid. Give people that love you a chance to support you when you need it.
- Take the pressure off yourself every day. Do you set unrealistic expectations of yourself? Do you never finish your to-do list? Try to let some things go. Forgive yourself and take the word “should” out from your self-talk. Remind yourself about the things you did accomplish when you lay down in bed each night.
- Feel proud of yourself every day. Take a moment each day to recognize the obstacles you have overcome. Look at the lessons you have learned from bad experiences that will help you in the future. Do not focus on your imperfections and failings. Focus on the positive.

References: Stafford, R.M. (2015). Six Simple Self-Care Tips That Changed My Life. Health Media Ventures, Inc. <http://news.health.com/2015/09/17/>

Source: Kerri Ashurst, Senior Extension Specialist

# FCS Fall Programs

## September 21<sup>st</sup> - Make it, Take it, Try it! @ 6:00 PM



Take a work week break on Thursday, September 21<sup>st</sup> create two rustic pumpkins that can be personalized. Tricia Merrill of Our Town Crafts will serve as the instructor. Sample and take home delicious Kentucky Proud – Plate It Up recipes. The cost is \$20 and we ask that you register and pre-pay (supplies are not guaranteed until payment) by no later than September 15<sup>th</sup>.

## October 3<sup>rd</sup> - One Pot Wonders @ 6:00 PM

One Pot Recipes are easy to make and easier to clean up! Let us introduce you to some new family favorites that are sure to ease the work week hustle. The cost is \$5 per person and you must register by September 29<sup>th</sup>.

## October 16<sup>th</sup> - M.O.R.E. Series @ 6:00 PM

Do you ever wish you had M.O.R.E. quality time with your kids? Mothers Or Relatives Engaging is designed to promote family bonding and build strong relationships. It is ideal for families with kids ages 5-12. During this series participants will enjoy creating a kid friendly seasonal craft, activities/games, and fun with food. Each session will vary. The cost is \$7 per person and you must register by October 13<sup>th</sup>.

## October 25<sup>th</sup> - Italian Cooking Class @ 6:00 PM

Our resident Italian Chef, Mr. Gioacchino (John) Cucchiara will be here once again sharing his authentic recipes on October 25<sup>th</sup> beginning at 6:00 PM at the Extension Office. He will be making Gnocchi with Pomodoro which is a classic Italian comfort food, Ragu Red Sauce with Meat and Pasta, and Tiramisu for dessert. The cost is \$10 and you must register by October 20<sup>th</sup>.

## October 12<sup>th</sup> - Make it, Take it, Try it! 4:00 or 6:00 PM



This time around participants will create a wooden scarecrow/snowman decoration that is double-sided. Tricia Merrill of Our Town Crafts will serve as the instructor. Participants may choose to come at either 4:00 or 6:00. You will be asked to choose a time when you register. Sample and take home delicious Kentucky Proud – Plate It Up recipes. The cost is \$30 and we ask that you register and pre-pay (supplies are not guaranteed until payment) by no later than October 6<sup>th</sup>.



- *Check our Facebook page for project pictures and updates.*
- *If you have questions or would like to register call the office at 735-2141*

