



FAMILY & CONSUMER SCIENCES HOMEMAKER HAPPENINGS

Cooperative Extension Service
Meade County
1041 Old Ekron Road
Brandenburg KY 40108
(270) 422-4958
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OCTOBER 2024

You are never too old to build muscle and prevent injury

As you age, you naturally lose lean muscle mass. But the good news is that you are never too old, and it is never too late, to build muscle strength and embrace muscle health. According to the National Strength and Conditioning Association, even older, frail adults can improve muscle strength. Muscle strength in older adulthood is especially important because it can enhance function, mobility, and quality of life. It can help improve balance and prevent falls and other injuries.



The Centers for Disease Control and Prevention recommends weight training twice a week to people 65 and older. In addition to strength training, the CDC reports that regular physical activity “is one of the most important things you can do for your health.” The CDC recommends a minimum of 150 minutes of moderate-intensity activity per week. This could include activities like brisk walking or cycling. It is also important to practice balance activities, like standing on one foot or walking a straight line. Being mobile, in addition to being strong and steady on your feet, can help you stay independent longer, enhance your confidence, and improve your overall well-being.

References:

CDC. (2023). How much physical activity do older adults need?
Retrieved October 6, 2023 from
https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm#Balance

Fetters, A. (2019). Silver Sneakers. How long does it take to build muscle?
Retrieved October 6, 2023 from
<https://www.silversneakers.com/blog/how-long-build-muscle-older-adults/>

Source: Amy F. Kostelic, Associate Extension Professor, ,
Adult Development and Aging

Sincerely,

Jennifer Bridge,
Extension Agent for Family
and Consumer Sciences Education,
Meade County





PROCLAMATION SIGNING - October 2, 10:00 a.m., Meade County Courthouse.

GIFTS FROM THE HEART - October 15, 6:00 p.m., Extension Office.

* Get items into Donna at office for booklet by October 4th.

COUNTY CULTURAL ARTS - Items to be judged must be turned in to the Extension on or before October 18 at 4:00 p.m. Be sure and attach a card with your name, category number and description.

LTA ANNUAL MEETING - October 25, Marion County Extension Office. Return registration form with check made payable to MCEH for \$20 by October 7th. Be sure to mark your choice of meal.

EXTENSION HOMEMAKER CHRISTMAS LUNCH AND BUNCO - December 3, 11:00 a.m., Meade County Extension Office. Please call the office at 270-422-4958 to register no later than November 25th.

EXTENSION HOMEMAKERS ANNUAL HOLIDAY BAZAAR - November 9, 9:00-3:00 p.m., Meade County Fairgrounds. Still several vendor spots open. Spread the word!!



Thank you to each member who assisted with this year's Harvest Dinner. The food was delicious as always! We still have some numbers to review, but it looks like we made around \$2,500 for the Backpack program.

Registration open September 26th

Note Registration link below will not work until that date.**

BIG BLUE BOOK CLUB

LAUNDRY LOVE
FINDING JOY IN
A COMMON CHORE
PATRIC RICHARDSON
with Carrie A. Miller

THURSDAY
NOVEMBER
7
2024

VIA
ZOOM

7:00 PM
EASTERN/
6:00 PM
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

UK Cooperative Extension Service | Family and Consumer Sciences

Lincoln Trail Area Annual Meeting

Fall In Love
WITH LINCOLN TRAIL AREA
EXTENSION HOMEMAKERS

Friday, October 25, 2024
Marion County Extension Office
416 Fairgrounds Road
Lebanon KY 40033
270-692-2421

\$20 per person
Registration and refreshments - 9:30 a.m. EST
Welcome - 10:00 a.m. EST

Area Cultural Arts Check In:

Thursday, October 24, 2024
10:00 a.m. - 1:00 p.m. EST

REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

**LUNCH: Steak, Chicken or Vegan Burger, Green Beans, Potato
Salad, Rolls, Tea, Lemonade or Water and desserts.**

**Please choose ONE: ___ Steak ___ Chicken
 ___ Vegan Burger**

**Return this form along with the registration fee & choice of
entree to the MEADE County Extension Office by **October 7TH****

Checks are to be made payable to MEADE County Extension
Homemakers.





EXTENSION HOMEMAKER

Christmas
Lunch and Bunco

**December 3, 11:00 am
Meade County Extension Office**

**Attendees are encouraged to bring an item
for the Domestic Violence Shelter**

**Please contact the office at 270-422-4958
to register on or before November 25th.**

MEADE COUNTY EXTENSION HOMEMAKERS

HOLIDAY BAZAAR

START THAT HOLIDAY SHOPPING EARLY!!

Santa arrives at 10am



NOVEMBER
9
9AM-3PM

*Over
65
booths*

MEADE COUNTY FAIRGROUNDS
874 HILLCREST DRIVE
BRANDENBURG KY 40108



The Surgeon General Call Attention to the Devastating Impact of Loneliness and Social Isolation

There are healing powers in human connection. Yet, many are at risk of loneliness. According to the surgeon general, loneliness is not only a health issue but a health crisis. Insufficient social connection leads to increased risk of heart disease, stroke, dementia, and premature death. In addition, isolation and loneliness challenge mental health, increasing the risk for depression and anxiety. According to the surgeon general, residents in communities who feel more connected with one another have a greater sense of “safety, community resilience when natural disasters strike, prosperity, and civic engagement.” To help foster human connection, the Surgeon General’s Advisory has established a National Strategy to Advance Social Connection. It is based on the following six pillars:

1. “Strengthen Social Infrastructure.” Design environments, establish programs, and make investments that bring people together.
2. “Enact Pro-Connection Public Policies.” National, state, local, and tribal governments can create policies that support connection among family and communities (paid family leave, accessible public transportation).
3. “Mobilize the Health Sector.” Because of the chronic health risk factors associated with loneliness and isolation, health-care providers can provide more prevention assessment.
4. “Reform Digital Environments.” Encourage people to evaluate their relationship and balance with technology so that it does not detract from meaningful social connections with others.
5. “Deepen Our Knowledge.” We need to learn more about the populations at risk of social disconnection, causes and consequences, and efforts that help boost it.
6. “Cultivate a Culture of Connection.” Within the norms and culture of how we live and engage, it is important to develop supportive, cooperative, and collaborative relationships.

Extension programs are a great way to help combat loneliness and build connection. Contact your county Extension agent today to find out what programs and opportunities are offered in your community.

References:

Dabb, M. & Pay, C. (2023, September 26). The need for connection for human connection in extension and the communities they serve. [Conference presentation]. Epsilon Sigma Phi Annual Meeting, Billings, MT, United States.

Surgeon General Advisory. (2023). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States. Retrieved October 6, 2023 from <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Meade County
1041 Old Ekron Road
Brandenburg KY 40108-1719

RETURN SERVICE REQUESTED



Sweet & Spicy Butternut Squash

2 medium butternut
squash

1 tablespoon olive oil

¼ teaspoon kosher salt

¼ teaspoon cayenne
pepper

1 teaspoon ground
cinnamon

¼ cup honey

Preheat oven to 450 degrees F. **Wash** squash and **pierce** the skin of each with a fork in several places. **Place** both squash in a microwave oven.

Cook on high setting for 4-5 minutes.

Place squash on a cutting board and **cut** ½ inch off both ends. **Cut** squash in half lengthwise and remove seeds and pulp. **Peel** off the skin using a sharp vegetable peeler. **Cut** the squash into ½ inch cubes. **Place** the squash cubes in a large mixing bowl. **Add** olive oil, kosher salt, cayenne pepper and cinnamon. **Toss** to coat.

Spread the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender, **turning** after 20 minutes. **Remove** from oven and let **sit** for 5 minutes.

Warm honey in a microwavable dish and **drizzle** over the squash.

Yield: 12, ½ cup servings

Nutritional Analysis:

60 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 14 g carbohydrate, 2 g fiber, 7 g sugar, 1 g protein.