

**FAMILY & CONSUMER SCIENCES**



## Clinton County

# Family & Consumer Sciences Extension Newsletter

## September 2011

**Cooperative  
Extension Service**  
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### Christy's Comments

Homemaker events are in full swing and classes are being organized for health and wellness as well as Sharing Our Skills. Several programs will be organized in the schools this year, so if you would like to assist with those just let us know. Now is the time for planning, so if there is a class that interests you, be sure to share your ideas!

A special thanks to Kathleen Fuller and Reba Brauner for attending Lake Cumberland's First Evolving Leaders Forum. These ladies represented Clinton County well!

Homemaker Enrollment forms are available at the office. Dues are \$12.00. Come by and renew anytime! Look for more information soon regarding member recruitment!

As always, program updates will also be via email and our webpage.

Best wishes,

Christy Nuetzman  
Clinton County Extension Agent for Family  
and Consumer Sciences

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find us online at <http://uky.ag/clinton>**

### "America is Your Park"

The Kentucky State Parks are taking part in the Coca-Cola "America is Your Park" campaign and are seeking votes for Cumberland Falls State Resort Park. The campaign encourages people to play, be active and to help give their favorite park a facelift. "We have many state parks to choose from, but we are urging votes for Cumberland Falls because it is so well known in Kentucky and this region of the country," said Kentucky Parks Commissioner Gerry van der Meer.



The top vote getter will receive a \$100,000 recreation grant; second place \$50,000 and third place \$25,000.

Voting runs through Sept. 6, 2011. Visit [www.LivePositively.com](http://www.LivePositively.com) to vote for Cumberland Falls State Resort Park. You can vote as many times as you wish through the deadline.

Cumberland Falls State Resort Park has a lodge, Riverview Restaurant, cottages, campground, hiking trails, fishing, horseback riding, rafting, other recreational activities and a great view of Cumberland Falls. For more information about the park, call 1-800-325-0063.

# National Falls Prevention Awareness Day: September 23

September 23, 2011, the first day of fall, is the National Falls Prevention Awareness Day to promote and increase public awareness about how to prevent and reduce falls among older adults. Roughly one-third of Kentuckians over the age of 65 fall each year, resulting in more than 33,000 seniors being treated for fall-related injuries in Kentucky hospitals. The Centers for Disease Control reports that falls are the leading cause of injury death for among those 65 years and older, and the leading cause of nonfatal injuries and hospital admissions. The Kentucky Department for Aging and Independent Living and the Kentucky Safe Aging Coalition remind all Kentuckians that injuries from falls are largely preventable.

Falls are not a 'natural' part of aging and by increasing fall prevention awareness, older adults and those associated with older adults can help decrease injuries and save dollars. Fall prevention education helps people remain independent and healthy.

There are four major risk factors for falls in older adults: lack of exercise, vision problems, medication side effects, and home/environmental hazards.

To reduce your risk of falls:

- **Begin a regular exercise program.** Exercise improves strength and balance, as well as coordination.
- **Have your health care provider review your medicines.** Some medicines or combinations of medicines can make you sleepy or dizzy and cause you to fall.
- **Have your vision checked.** Have your eyes checked by an eye doctor at least once a year. Poor vision can increase your chances of falling.
- **Make your home safer.** Remove tripping hazards like books and papers from stairs. Remove small throw rugs or use double-sided tape to hold them in place. Install grab bars next to your toilet and shower.



References: Centers for Disease Control and Prevention (2010); Kentucky Cabinet for Health and Family Services Department of Aging and Independent Living (2011); National Council on Aging, Fall Prevention (2011); and the Kentucky Safe Aging Coalition (2011).

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky College of Agriculture

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## Sauerkraut Slaw



- 2 (14.4 ounce) cans sauerkraut
- 1 green pepper, diced
- 1 medium onion, diced
- 1 cup diced celery
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup vinegar
- 2 tablespoons canola oil

1. Drain and press sauerkraut to remove excess liquid.
2. Mix all ingredients together in a medium bowl and refrigerate.

MAKES 12 SERVINGS; Serving Size:  $\frac{1}{2}$  cup

NUTRITION FACTS PER SERVING: 70 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 290 mg sodium; 13 g carbohydrate; 2 g fiber; 0 g protein; 2% Daily Value of vitamin A; 20% Daily Value of vitamin C; 0% Daily Value of calcium; 0% Daily Value of iron

SOURCE: Diana Drury, Extension Associate, University of Kentucky Cooperative Extension Service, NE Pieces, September 2011



# Clinton County Extension Homemakers Council

## Meeting Minutes

### August 2, 2011

The Clinton County Extension Homemakers met in regular session on Tuesday August 2, 2011. Vice President Rae Williams called the meeting to order then proceeded with the Devotional. Rachel Butler conducted roll. There were 6 members and Agent Christy present. A motion was made by Rae Williams with a second by Eli Mackewich to accept the minutes from the previous meeting. Motion carried. The Treasurer's Report was then given by Eli Mackewich. A motion was made by Gay Latham to accept the report and adjust the Treasury books on account of a lost check. Rae Williams seconded the motion. Motion carried.

In old business, Agent Christy expressed her gratitude for all the help with the Area Homemaker Meeting. She noted that the agents from other counties gave lots of compliments on the evening. The meeting was agreed by all present to be a great success.

In new business, there will be a Leader Forum held August 27<sup>th</sup> in Russell Springs. Registration is \$10 and is due by August 12<sup>th</sup>. Homemaker members are urged to attend. The Heritage Skills Retreat will be held in September and the registration deadline is August 12<sup>th</sup>. For more information contact the Extension Office. The Homemaker Council is looking for new Council members. If you would like to be a part of the Homemaker Council please contact Agent Christy. There were various fundraising ideas tossed about between Council members. As a follow up discussion from previous meetings, Agent Christy discussed the pros and cons of applying for a 501c 3. A motion was made by Anna Norris to seek guidance from the County Attorney about where we are in the process of applying for a 501c 3. Eli Mackewich seconded the motion. Motion carried. The Homemaker Membership Drive was briefly discussed and it was agreed by all members to incorporate the Drive in with the 2<sup>nd</sup> Sunday/Health Fair/Gospel Singing event that will be help on Sunday October 9<sup>th</sup> from 1:00-4:00 pm at Mountain View Park. A motion was made by Eli Mackewich to set up a table at the event and provide lemonade or water, informational pamphlets on homemaker meetings and activities, and samples of various healthy recipes. Gay Latham seconded that motion. Motion carried.

In other business, the County Annual Meeting will be held October 27<sup>th</sup>. The possible date for the Christmas Village is December 08<sup>th</sup>. More information will be available for both events at a later date. The Homemaker Council will hold their regular monthly meetings on the 2<sup>nd</sup> Tuesday at 4:30 pm. Lee's Chapel will meet on the 3<sup>rd</sup> Tuesday of the month at 1:00 pm at Eli's On the Square. Brown Baggers will meet on the 1<sup>st</sup> Thursday of the month at 11:30. Maupin/127 has yet to be determined.

A motion was made by Anna Norris with a second by Rachel Butler to dismiss.

The meeting was adjourned by Vice President Rae Williams 5:54 p.m.

Rachel Butler, Secretary

### September

Roll call: Housekeeping  
job you like or hate the most.



Thought for the Month:  
Love is the thing that enables a woman to sing while she mops the floor after her husband has walked across it in his barn boots.

--- Hoosier Farmer

### Heritage Skills Retreat September 22nd through 24th

We are excited that Emily Frye, Eli Mackewich, Billie Frye, Kathleen Fuller, Debbie Craft, Carol McWhorter, Shirley Slaughter, Sarah Jones, Ginny Bertram, Bobbie Dicken, Reba Brauner, Nannie Reneau, Jackie Ray and Jennifer Harlan are participating in Heritage Skills Retreat.



They will have lots of craft ideas to share this fall!

# Clinton County Family & Consumer Sciences Extension & Homemaker Events

## September 2011

| Sun  | Mon  | Tue  | Wed | Thu   | Fri  | Sat |
|--|--|--|-----|---|--|-----|
|  |  |  |     | 1   | 2  | 3   |
| 4  | <br>Labor Day-Office Closed                                   | 6  | 7   | 8<br>Brown Baggers<br>11:30 @ Eli's                 | 9<br>Quilt Guild<br>8:30 a.m.<br>Nursing Home<br>11:00 a.m.  | 10  |
| 11   | 12   | 13<br>Homemakers Council<br>4:30 p.m.  | 14  | 15<br>Interagency Council<br>@ Daymar<br>11:00 a.m. | 16   | 17  |
| 18<br>Clinton County's 1st<br>4-H State Shoot! | 19<br>National TV Turn-Off<br>Week<br>Sept. 18-24th  | 20<br>Health Coalition 9 am;<br>Lee's Chapel<br>1:00 pm @Eli's;<br>Maupin/127<br>5:00 pm @ Mexican Rest. | 21  | 22  | 23<br>National Falls Prevention<br>Awareness Day<br><br>Heritage Skills Retreat<br>September 22-24 | 24  |
| 25   | Christy is attending NEAFCS in Albuquerque September 26th-30th.<br><i>Truth &amp; Consequences: The Choice is Yours</i> won a National Award!! |  |     |   |  | 30  |