

Family & Consumer Sciences

HAPPY FALL!

It is the time of year to enjoy the many colors around us.

This month will find us learning the latest information about Alzheimer's from our friends at the Greater Cincinnati Alzheimer's Association. The day-long workshop will feature knowledgeable speakers sharing wonderful information for those on the path or helping others along the journey. Register by October 3 to be included in the lunch count for this important program being held at our Florence location.

We'll be joining Kentucky Extension Homemakers during their annual week of celebration. The Boone County affiliate will hold an Open House on Wednesday, October 8 from 6 – 8 p.m. in our Enrichment Center, 1824 Patrick Drive, Burlington. Our incredible volunteer group engages in a variety of service projects helping others throughout the community, they enjoy making connections leading to lifelong friendships and support, and they provide invaluable support and assistance to the Extension Service. Come on out to the Open House to see what this dynamic group is all about and consider joining. The \$10.00 a year membership fee gives you access to creative arts classes, a monthly newsletter with educational information and notice of upcoming programs and events, and more. There are several active clubs ranging from quilting to community service focused. Research shows that personal connections and socialization are vital to healthy living. Boone County Extension Homemakers can help those connections and that support happen!



Into to Pickleball participants learning the fundamentals.

I'm looking forward to learning about microplastics in October with our guest speaker from Florida who has worked in the field for many years. Register today and plan to join us!

I wish you a wonderful October and fall season. Sit back with a crisp, locally grown, fall apple and enjoy the sights and sounds around you.

Diane Mason
County Extension Agent for Family and Consumer Sciences



Wildcat Walkers members on the move. This 12 week challenge aims to build healthy habits while providing the opportunity to connect with new friends.



During our Cultivating Joy class, we learned strategies for managing stress and navigating life.



BUTTERNUT SQUASH and TURKEY CHILI

Yield: 10, 1-cup servings

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 pound ground turkey
- 1 pound (1 small) butternut squash, peeled, seeded, and cut into 1-inch cubes
- 1 cup low-sodium chicken broth
- 1 (4.5-ounce) can chopped green chilies
- 2 (14.5-ounce) cans petite diced tomatoes
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 1 (15.5-ounce) can white hominy, drained
- 1 (8-ounce) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1/2 teaspoon salt

Directions

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and **cook** for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid; turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Nutritional Analysis: 190 calories; 4g total fat; 0.5g saturated fat; 20mg cholesterol; 590mg sodium; 25g total carbohydrate; 7g fiber; 5g total sugars; 0g added sugars; 16g protein

Source: Plate it Up Kentucky Proud, University of Kentucky Cooperative Extension

STAY CONNECTED TO STAY HEALTHY

U.S. Surgeon General Dr. Vivek Murthy has called attention to the epidemic of loneliness and isolation and its devastating impact on mental and physical health. Insufficient connection can lead to anxiety and depression. It raises the risk of heart disease, stroke, high blood pressure, obesity, and developing dementia. It can also lead to a weakened immune system and premature death. The negative consequences of loneliness and social isolation on individual health and well-being also impacts societal health. For example, communities with well-connected residents report better overall health, safety, resilience, prosperity, and civic engagement.

To help you stay connected, the National Institute on Aging recommends the following tips:

- Engage in a hobby or activity you enjoy
- Take a class and learn something new
- Schedule time to communicate with friends, families, or neighbors
- Adopt or foster a pet
- Be physically active
- Introduce yourself to neighbors
- Participate in a faith-based organization
- Join a cause and get involved
- Talk to your health-care provider
- Engage in storytelling



References: National Institute on Aging. (2024). Loneliness and Social Isolation — Tips for Staying Connected. Retrieved 10/9/24 from <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected>; U.S. Department of Health and Human Services. (2023). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States. Retrieved 10/9/24 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

WHAT TO DO IF YOUR EMAIL IS SPOOFED

Have you ever had someone tell you they received an email from “you” that you didn’t send? Or have you received an unusual-looking email from someone that made requests you know that person wouldn’t usually make? These are signs that an email could have been spoofed or hacked.

“Spoofing” is when someone pretends to be you in an email. “Hacking” is when someone has gained control of your email account and can make changes to it, including your password. If your email is hacked, you will see the messages in your sent folder as having genuinely come from your email account. If it has been spoofed, your account is untouched, and the email has come from somewhere else.

If either of these things happen to you, here are steps you can take:

- Report it to IC3.gov (FBI Internet Crimes Complaint Center) and FTC.gov/Complaint (Federal Trade Commission Complaints). It won’t “fix” anything for you, but it alerts the agencies and can help with prevention for others.
- If you have antivirus software, run it. Install any updates to your system and your browser and/or apps. Do this for all your devices (laptop, tablet, phones).
- Consider changing your email account password. If you have used that same password for any other service, change those too. (It is better if your passwords for accounts are all different so someone cannot try the same password on other services.) Using two-factor authentication is even stronger protection.
- Check your bank account statements (checking, savings, credit cards, etc.) for identity theft, such as purchases you did not make.
- Check your credit reports from all three bureaus for anything that does not look right.
<https://www.annualcreditreport.com/>
- If you suspect Identity Theft, get information on what to do here: <https://www.identitytheft.gov/>.



References: Federal Trade Commission. Business Email Imposters. Retrieved Dec. 10, 2024, from <https://www.ftc.gov/business-guidance/small-businesses/cybersecurity/business>.; FBI. Spoofing and Phishing. Retrieved Dec. 10, 2024, from <https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-frauds-and-scams/spoofing-and-phishing>.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management



AGRICULTURAL NIGHT

 **September 30 and October 1, 2025**
5 - 7 PM, Free and open to the public.

 **Boone County Extension Enrichment Center**
1824 Patrick Drive, Burlington KY 41005

Join us to learn about agriculture in this educational experience for the whole family. Learn how farmers are responsible for food and fiber production while enjoying live music, animals, hay ride and more!

What to Expect:

- Meet the Animals: Interact with farm animals and learn about their role in agriculture.
- Hay ride: Bask in the fall vibes with a short hay ride around the extension property.
- Live music: Hang out with friends, family or make some new acquaintances while enjoying a live performance.

HAVE QUESTIONS?:

Contact Rusty Wolf at  859.586.6101 or  rusty.wolf@uky.edu



Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Events

Register for any or all programs by calling 859.586.6101 or visiting boone.ca.uky.edu

BOONE COUNTY EXTENSION HOMEMAKERS OPEN HOUSE (FAMILY FRIENDLY)

WED, 10/8 | Drop in anytime between 6:00 and 8:00 PM

Boone County Extension Enrichment Center, Lower Level

Visit with Homemaker members and learn about the many clubs and opportunities offered by and through this volunteer organization. No registration required, bring the family and there will be board games and small craft projects to do. Can't make it to the open house? Give me a call (Diane Mason, 859-586-6101) for additional information.

FRIDAY FOOD FUN (ADULTS)

FRIS, 10:00 AM - NOON

Boone County Extension Enrichment Center, Upper Level

FRI, 10/24 – Foods of Autumn

FRI, 11/14 – Soups and Crackers

CHAIR DANCING THROUGH LIFE

THU, 10/9, 16, 23 and 30 | 10:00 – 11:00 AM

Boone County Extension Florence

Join us in this low-impact dance series as we explore types of dance from around the world while seated. Participants should plan to attend all four days. No experience necessary. Registration opened September 9.

ALZHEIMER'S UPDATE: PLANNING FOR THE FUTURE

FRI, 10/10 | 8:30 AM – 3:00 PM

Boone County Extension Florence

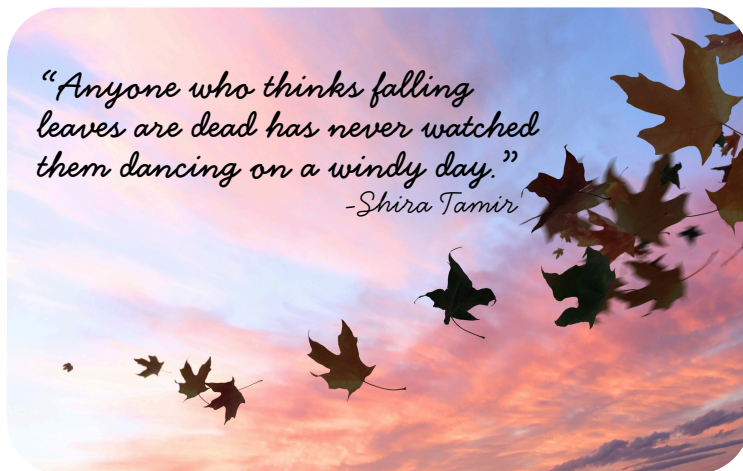
The Greater Cincinnati Alzheimer's Association and partners will share information on biomarker testing and treatments, tips for "the talk" about driving, transferring untitled property, and community care and support. Lunch provided for those registered by October 3, 2025.

WHAT YOU SHOULD KNOW ABOUT MICROPLASTICS

THU, 10/23 | 6:30 - 8:30 PM

Boone County Extension Florence

What are microplastics, their cause for concern, and what can be done. Dr. Maia McGuire will lead this virtual webinar and share information about plastic food containers, personal care products, common clothing items, and more.



For more information or if you have questions, please reach out!



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boone.ca.uky.edu



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