

# CUMBERLAND COUNTY *Homemakers*



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## *Homemaker Dues*

Welcome to a new Homemaker Year!  
We hope this year is full of opportunities  
to learn, lead and serve!

Our annual membership drive will be  
September - November. Dues are \$10  
per year. Checks can be made payable  
to the Cumberland County Homemakers.  
Please turn a Homemaker Dues form,  
available at the Extension Office, when  
turning in dues. This will help us keep  
your information up to date.

Those who have not paid dues by the  
deadline will not receive a newsletter in  
December.



**October 4th:** Please help set-up for Roller Coaster Yard Sale and Make baked items to sell.

**October 5th:** PLEASE Sign Up to help with Roller Coaster YARD SALE for the Homemaker Scholarship Fund

**October 6th:** PLEASE Sign Up to help with Roller Coaster YARD SALE for the Homemaker Scholarship Fund

**October 7th:** PLEASE Sign Up to help with Roller Coaster YARD SALE for the Homemaker Scholarship Fund

**October 12th:** Homemaker Advisory Council at 10:00am at Extension office (PLEASE EVERYONE ATTEND EVEN IF NOT ON COUNCIL).

**October 12th:** Welcome Signs Class at 1:00pm at Extension Office. RSVP by calling the Extension Office at (270) 433-7700.

**October 16th:** Homemaker Day Trip to Casey County (Let Debbie know by October 11th if you plan to attend).

**November 3rd:** Door Hangers Class. More details to come, watch Homemaker Facebook page for updates. RSVP by calling the Extension Office at (270) 433-7700.

**November 11th:** Homemaker Community Give Away

**November 13th:** Countdown to Christmas...more details to come. RSVP by calling the Extension Office at (270) 433-7700.





### *Ovarian Cancer Screening*

The UK Markey Cancer Center Ovarian Cancer Screening Program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early. When it's caught early, ovarian cancer is a treatable and curable disease.

#### Screening eligibility

- All women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer) are eligible for a free ovarian cancer screening.
- Women over the age of 25 who have a family history of ovarian cancer are also eligible for a free screening.

Any woman in one of these two groups should contact us at **800-766-8279** to schedule an appointment.

The chances of having breast cancer are about one in nine over a woman's lifetime. The chances of having ovarian cancer are about seven to eight times lower than that. But despite the lower risk, ovarian cancer kills more women than all other gynecologic malignancies combined.

Typically ovarian cancer is not accompanied by symptoms until the disease is advanced. Early-stage ovarian cancer is often curable, while advanced-stage ovarian cancer carries a poor prognosis for survival.

Most ovarian cancers occur in women who are over the age of 50 and do not have any symptoms or risk factors.

Our research protocol experience involving more than 47,000 women who have received over 310,000 free ultrasound screens indicates that transvaginal ultrasound is the most effective way to detect early stage ovarian cancers and save lives. This research protocol remains open to Kentucky women to continue establishing the soundness of this approach.



# Kickstart THE HOLIDAYS

Friday, October 27th

Adair County Extension Office  
409 Fairground Street, Columbia

Registration begins at 9:00 am CST  
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to  
**YOUR** County Extension Office  
by October 11th

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Disabilities  
accommodated  
with prior notification.

Thank you to all who attended the Cumberland County Homemaker County Meeting! The food was great, the night was fun and the fellowship was pure sweetness. Mrs. Barbara Booher was installed as our incoming President and we welcome her onboard. Thank you to Kim Lohr for serving us and for stepping up to serve as Lake Cumberland Area Homemakers Cultural Arts Chairman! The following will continue to serve as county officers: Vice President-Linda Davis, Secretary-Patricia Garner, Treasurer-Vickie Staley. At the meeting we recognized Kim Lohr as Homemaker of the Year, Jean Sells as reporting the most VSU's for the year, and Joyce Howlett as reporting the most places visited on Passport. We had great discussion at the county meeting about how to grow our membership and continue to have a strong homemaker presence in the community. Please attend the Cumberland County Homemaker Advisory Council on October the 12th at 10:00am at the Extension Office as we continue to work on our goals and continue the conversation.



All About Fall - A big thank you to Mrs. Barbara Booher and her sister, Anna for hosting this class. Also, thanks to those that participated! Your wreaths turned out beautiful!



## Scam Red Flags and Avoiding Fraud

Americans lose billions of dollars each year to fraud. While most people know to beware of offers that sound too good to be true, it is difficult to tell which offers are truly good and which are bad deals in disguise. The best way to protect yourself from financial fraud and scams is to be aware of the tactics con artists use and learn to recognize red flags so you can avoid being tricked.

Reporting agencies vary on the numbers of fraud victims and dollars lost each year. But they do agree that losses are in the billions per year and that fraud is underreported, which means those losses could be even higher.

Furthermore, fraud can happen to anyone. According to June 2020 data from the Federal Trade Commission's Consumer Sentinel Network, fraud is more often reported by those aged 20-49. However, median dollar losses are much higher for those older than 50, starting at \$300 for ages 50-59, and increasing significantly with each age bracket up to \$1,250 for age 80 and older.

Source: Kelly May, Family Finance and Resource Management, FRM-KM.002

**Be on the lookout for more tips on cyber security, tips for avoiding fraud, and more in the upcoming newsletters! The Homemaker Newsletter for November will feature con artist tactics.**

OCTOBER 2023

## Chicken & Dumpling Soup

Recipe from Healthy Choices Newsletter 2023

### Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)



### Directions:

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.
5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup.

Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings

Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium

**Debbie Messenger, agent for Family and Consumer Sciences**

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Lexington, KY 40506



Disabilities  
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