Club Notes:

Not too many club notes this month as September is our organizational month for the year.

Community Projects:
The Country Ladies collected 63 greeting cards for New Castle Rehab and Nursing Center and 4 backpacks full of school supplies, the Town and Country Club donated 8 packages of school supplies and 235 greeting cards for New Castle Rehab, the Busy Bees donated school supplies to Campbellsburg Elementary.

September 27:

Creating and Maintaining Family Traditions-
Family rituals and traditions are instrumental in establishing strong family foundations. Family traditions are unique and vary from family to family. This program will discuss the importance of keeping family traditions sacred and reasons to create new traditions. Join us for this program which will be presented on Sept. 27 at 1:30 at the Henry Extension Office. This is the leader training for October Homemaker Club lessons but it is open to the public. The program will be taught by Sheila Fawbush, Shelby County Extension Agent.
September 30: Antique Road Show -

Dr. R.E. Wells, a noted authority on antiques will be hosting an Antique Road Show at the Henry County Extension Office from 1:00 to 3:00. We are no longer able to accept reservations for items, but should you want to come and watch please call and pre-register. If you have already registered with your items please arrive and be set up for him to start at 1:00. You will receive a number and he will appraise the items in order. Dr. Wells always does a roadshow at the end of the antique series he teaches and it is fascinating to have an item appraised but it is also equally fascinating to watch the items discussed.

October 3 starts our fall session of Living Well -

The Living Well Club is designed for improving the quality of life of those over 50! We cover balance, coordination, fall reduction and chronic disease with an emphasis on Living Well. Classes are from 10:30 to 11:30 at the Henry County Extension Office two to three times a week. On Fridays we have Sequence Game Day which begins at 9:30!! Come join the fun and brain activity that playing games brings! Call for a full schedule and then stop by and see if Living Well is for you!

October 8-9: Recycling Event Located at Eminence Christian Church

5333 S. Main Street, Eminence Ky

For Shredding- Will accept documents with or without clips, paperclips, staples and clasps. Credit cards, floppy discs and CD’s will also be accepted.

For Paint- Household paint, paint thinner, stain, solvents, cleaners and most any containerized liquids. All should be household items. The will NOT accept aerosol cans, biohazards or radioactive material or 5 gallon containers.

Electronic Recycle- Includes computer monitors, hard drives, keyboards, cell phones, laptops. (no televisions will be accepted).

Donations will be accepted to fund other projects. Sponsored by Eminence Christian Church Green Ministry Everything is 100% recycled.
October 18: Sewing Work Day at the Extension Office.

We are going to be selling the tote sacks made out of feed bags as a fund raiser for Second Wind Dreams. We have set two work days to get them done and need some help. If you can volunteer let us know:

- October 18-9:00-3:00-bring a sack lunch if you can stay that long
- November 2-12:00-4:00-we will hold a second day if we don't get done. Come and stay as long as you can

October 27: The Carlisle Brothers Chautauqua-at Twin Oaks

The Program starts at 6:30 and refreshments will follow. Please call us to register so we can plan seating and food. Program is the Carlisle Brothers-A Country Music Duo. One of the pioneers of early country music Clifford Carlisle teamed with his younger brother, Bill in 1930, in 1938 they signed with Decca Records, after WWII they signed with the King label in Cincinnati where they had a huge hit, “Rainbow at Midnight” in 1946. They were born in Wakefield, KY and were true pioneers of country music. This program was funded in part by the Kentucky Humanities Council, Inc. and the National Endowment for the Humanities.

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October 27, 2016: Cognitive Training-Can you Train the Brain

from 6:30PM-8:00 at the Henry County Extension office. This Videoconference will provide an educational session that explores the latest research on cognitive training to promote memory and thinking.

Bring your questions for an engaging session! This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer’s disease and related memory disorders, providing education and supportive services across the state of Kentucky. Sponsored by the Alzheimer’s Association, Sanders Brown, and UK Health Care.

Please register for this FREE event by October 20th!

Contact: Hardin Stevens at (859) 323-2997 or hardin.stevens@uky.edu

This event is FREE and open to the public.
October 29:
Living, Loving, and Enjoying Life
sponsored by the Henry and Shelby
Health and Wellness Coalitions-
mark your calendars to attend this edu-
cational health and wellness day that will
be held at the Shelby County Extension
Office. The coalition is planning a
motivational event that will get you motivated to
improve your health habits. Be watching for more
specific information.

November 10: Healthy
Holiday Eating:
November 10 from 10 to
noon at the Shelby
County Extension
Office. Learn about
healthy diets, cooking
demos/food samples and
free recipes. No charge
but you must call
502-633-4593 to register!

November 12th, the 24th Annual Extension Holiday Bazaar
The 4H Fairgrounds Building will be the site and we will
have over 50 booths of local arts, crafts and products from
local small businesses. The Country Ladies will again be
providing a delicious lunch. Stop by from 9:00 till 4:00.
This is a great way to pick up those
unique holiday gifts without venturing into
those crowded parking malls in the city!
November 21: Louisville Area Homemaker Council

Meeting will be held in Shepherdsville from 10-12. County President Saundra Smith, Marian Call Area Environmental Chair and Maryellen will be attending.

Adult Sewing Groups:

Master Clothing Volunteer Alice Newman is holding sessions at the Extension Office on Tuesday evenings from 7:00 to 9:00, call Alice for more information (655-4287). Ethel Baker and Marcia Potts our other two Master Clothing Volunteers have offered several classes, for more information call Ethel at 655-5551 if you are interested or have questions.

Second Tuesday of the month:

Second Wind Dreams Committee-

The Second Wind Dreams committee meets at the Henry County Extension Office at 1:30 on the second Tuesday of the month except for October and November. Those two meetings will be on the third Tuesday due to scheduling conflicts. Call for details. We have granted 369 dreams for Senior Citizens. Come join us as we work to begin the Music and Memory program!

November 27: Henry County Pride in the Arts program

This event which was the brain child of Martha Tarry Simpson will be held on Sunday, November 27, at 2:00 PM, at the Eminence Christian Church. You won’t want to miss the truly amazing array of talent that Henry County has to offer!
Second Wind Dreams Opportunities:

Here are a few ways that you or your group can help us celebrate our elders!

**On October 14 at 6:00 p.m.**

Twin Oaks Assisted Living will be releasing 100 balloons to help Aline Stivers celebrate her 100th Birthday! Stop by and send her a card to help her celebrate: Aline Stivers, Twin Oaks-Apartment 8, 98 Adams Street, New Castle, KY 40050.

**Courtyard Strolls:**

On September 19 New Castle Nursing is planning to hold some Courtyard Strolls to get the residents outside from 9:30 to 11:00. If you are free stop by and help by pushing a wheelchair and greeting the residents!

**ON TRICK OR TREAT NIGHT IN NEW CASTLE**

TWIN OAKS ASSISTED LIVING AND NEW CASTLE NURSING AND REHAB (FORMERLY HOMESTEAD) WILL BE OPENING THEIR DOORS FOR ALL THE LITTLE TRICK OR TREATERS! You can help them by buying an extra bag of candy and dropping it off at the Extension office or at Twin Oaks.

**Scrapbooking supplies:**

Do you have any scrapbooking supplies that you could donate? Several years ago Second Wind Dreams purchased shadow boxes for each resident at New Castle Nursing. These boxes are located in the hall at the room entrance and provide a mini biography of each resident to help visitors and staff know something about the resident’s life. These boxes need updated and we need some scrapbooking supplies and some volunteers who would be willing to assist with this! Drop them by the Extension Office.

**HAPPY FALL Y'ALL!**
Italian Chicken Summer Squash Skillet

1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 sweet onion, diced  
2 large tomatoes, diced  
3-4 garlic cloves, finely diced

3 medium summer squash, sliced crosswise  
1 cup whole grain rotini pasta, uncooked  
1½ pounds boneless skinless chicken breast  
Nonstick cooking spray  
1 (8-ounce) can tomato sauce  
2 tablespoons dried Italian seasoning  
½ cup shredded Parmesan cheese  
Salt and pepper, to taste

Slice squash into ¼ inch pieces. Combine all vegetables, with garlic in a bowl. Set aside. Cook pasta according to package directions. Cut chicken into bite size pieces. Spray large nonstick skillet with cooking spray; heat to medium. Add chicken; cook 6 minutes or until no longer pink, stirring occasionally. Add vegetable mixture to the skillet. Add tomato sauce and dried Italian seasoning. Stir well. Increase heat, cover and bring to a boil. Reduce heat to medium; cook 10 minutes or until summer squash is tender, stirring occasionally. Stir cooked pasta into chicken/vegetable mixture. Sprinkle with cheese. Season as needed. Yield: 8 servings.

Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 50 mg cholesterol, 300 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugars, 20 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Spinach Slaw

2 cups chopped iceberg lettuce  
2 cups chopped red cabbage  
2 cups chopped green cabbage  
1½ cups fresh spinach  
¼ cup canola mayonnaise  
¼ cup hummus, original flavor  
2 tablespoons local honey  
½ teaspoon garlic powder  
⅛ teaspoon salt  
⅛ teaspoon pepper

1. Wash, quarter, and core lettuce, red cabbage and green cabbage.  
2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.  
3. Wash and tear spinach leaves into small pieces.  
4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. Toss dressing with vegetables until coated thoroughly. Refrigerate for 30 minutes before serving. Yield: 8, 1 cup servings.

Nutritional Analysis: 70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.
Henry County
PO Box 246
New Castle, KY 40050
RETURN SERVICE REQUESTED