

Breathitt County Extension

Monthly Newsletter



Source: Kim Schrader, agriculture extension specialist, 4-H central operations

At the heart of 4-H lies project work, an initiative that empowers 4-Hers to choose a topic of personal interest and passionately delve into it. Projects are available in seven core areas: natural resources, agriculture, communication and expressive arts, family consumer sciences, health and wellness, leadership and sciences engineering and technology. Kentucky 4-H ensures every member finds a project that ignites their curiosity.

Once a 4-Her selects a project, they embark on a journey of skill mastery and personal growth. Throughout the project year, these young individuals acquire specialized knowledge and develop essential life skills such as public speaking, record-keeping and decision-making. These invaluable skills will serve them well in their future endeavors, enabling them to become confident and capable community leaders.

The Kentucky State Fair, Aug. 17-27, is a significant platform for 4-H members to showcase their completed projects and compete with their peers. This year's fair will feature a diverse array of 4-H project work, from livestock exhibits in the West Hall to the innovative projects in Cloverville displayed in the South Wing. The fair provides an excellent opportunity for fairgoers to witness these 4-Her's creativity, dedication and hard work.

All 4-H'ers who have their projects displayed at the county, regional, or state fair are considered winners in their own right. Every 4-H member's journey is a testament to their growth, resilience and commitment to personal development.

Kentucky 4-H invites the public to attend the Kentucky State Fair to witness the exceptional project work of these talented young individuals. For more information about 4-H projects and other topics, contact the **Breathitt County Cooperative Extension Service.**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

REGISTER TODAY!

Delivery Format:

In-person instruction delivered in two parts over the course of two evenings. Dinner will be provided both evenings.

Date and Time:

Wednesday, July 26th and Thursday, July 27th 5:00pm - 8.30pm

Location:

Breathitt County Extension Office, 1155 Main St, Jackson, KY 41339

Where to Register:

Use the QR code to the right, or call (606) 666-8812

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



For more information, visit [MHFA.org](https://www.mhfa.org)

FOOD BOX DISTRIBUTION

**JULY 19TH, 2023
PICK UP DAY**

**MUST SIGN UP ON MONDAY JULY 17TH
BY CALLING 666-8812 OR 666-8813**

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER



**This program is sponsored by the Breathitt County
Extension Office and God's Pantry.**

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Farmer's Market Senior Vouchers

Sign ups will be Wednesday, July 5th at
8:00 am, call our office at 606-666-8812
to reserve your time.

\$50 card
***Must be age 60+**
***Meet Income**
guidelines

INCOME GUIDELINES

60 Years of Age and Older Based on 185 % Federal Poverty Income Guidelines
Senior participants will self-declare their income which is less than or equal to 185% of the poverty level.

Household Size	Annual Income	Monthly	Weekly
1	\$ 26,973	\$ 2,248	\$ 519
2	\$ 36,482	\$ 3,041	\$ 702
3	\$ 45,991	\$ 3,833	\$ 885
4	\$ 55,500	\$ 4,625	\$ 1,068
5	\$ 65,009	\$ 5,418	\$ 1,251
6	\$ 74,518	\$ 6,210	\$ 1,434
7	\$ 84,027	\$ 7,003	\$ 1,616
8	\$ 93,536	\$ 7,795	\$ 1,799
For Each Additional Family Member Add	\$ 9,536	\$ 793	\$ 183

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BREATHITT COUNTY



4-H CORN DOG COLLEGE



MONDAY, AUGUST 21ST
12:00 A.M. - 1:00 P.M.
OR
4:00 P.M. - 5:00 P.M.

**TO SIGN-UP AS A VOLUNTEER PLEASE
CONTACT THE BREATHITT COUNTY
EXTENSION OFFICE AT 606-666-8812**

COOPERATIVE EXTENSION



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Alec
12th Grade
2022-23

We would like to congratulate Alec Zierer who was chosen as the recipient of the 2023 4-H Council Scholarship. Through his hard work and determination, he has proven to be a student that Breathitt County 4-H would like to recognize and encourage to continue his educational efforts. We look forward to hearing about his success in college, and all of his future endeavors.



4-H ROBOTICS CLUB

We will be working to participate in the FIRST® LEGO® League that will introduce young people, ages 9 to 16* (grades 4-8), to the fun and excitement of science and technology, while building self-confidence, knowledge, and valuable career and life skills. The program challenges students to think like scientists and engineers.

Thursday, August 10th 2023

3:30 P.M. - 5:00 P.M.

Children Ages 9-16

Breathitt County Extension Office

Must call the Extension Office at 606-666-8812 to Register

COOPERATIVE EXTENSION



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

4-H SUMMER PROJECT DAYS

COOKING 101

JULY 20TH, 2023
10:00 A.M. - 2:00 P.M.
BREATHITT COUNTY
EXTENSION OFFICE

AGES 8-18

COME LEARN FOOD
PREPARATION SKILLS,
KITCHEN AND FOOD
SAFETY, AND HOW TO
MAKE YOUR OWN FOOD.

SPOTS ARE LIMITED

YOU MUST CALL THE
EXTENSION OFFICE AT
606-666-8812 TO
REGISTER

COOPERATIVE EXTENSION



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



FREE Water Testing



 College of Agriculture
Food and Environment
Cooperative Extension Service

Join us for this wonderful opportunity provided by the University of Kentucky to have your home drinking water analyzed. Testing will include looking for possible E-coli and nutrients.

Monday, July 31st at 10:00am to be held at the Breathitt County Extension Office

Information needed for research will be Name, Address, Phone, and if you have city or well water, or **both?**

Spots are very limited, Please call Breathitt County Extension Service at **606-666-8812 to get your spot.**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodate with prior notice

Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
350 calories; 13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



HOW LONG WILL IT LAST?

1-2 DAYS



2-4 DAYS



4-6 DAYS



7+ DAYS





Cultural Exploration

A Night in...

Hawaii

Join us as we explore Hawaiin
culutre through food, crafts, and
history.

July 17th

@ 5pm

Breathitt County Extension

Food will be provided.

Call 666-8812



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Sit & Sew

5PM

BREATHITT COUNTY
EXTENSION OFFICE

July 18th

BRING YOUR OWN PROJECTS

Food Preservation Workshop

July 24th, 2023

2pm or 5 pm
BREAHTITT CO EXTENSION

Learn to use an automatic jam
maker to make a traditional
staple - strawberry jam.

Call to register at 666-8812



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

UK Cooperative Extension Service is an equal opportunity institution. All people regardless of economic or social status and race are encouraged to participate in the Extension program. Contact your local Extension office for more information. All people are encouraged to participate in the Extension program. Contact your local Extension office for more information. All people are encouraged to participate in the Extension program. Contact your local Extension office for more information.



Summer Painting Make & Take

July 31st, 2023

5 pm
BREAHTITT CO EXTENSION

Join us for a summer beginners
painting class.
Call to register at 666-8812



FARMER'S MARKET DINNER

July 12th starting at 4:00pm until
sellout

**\$5.00 a
meal**



Cooperative
Extension Service

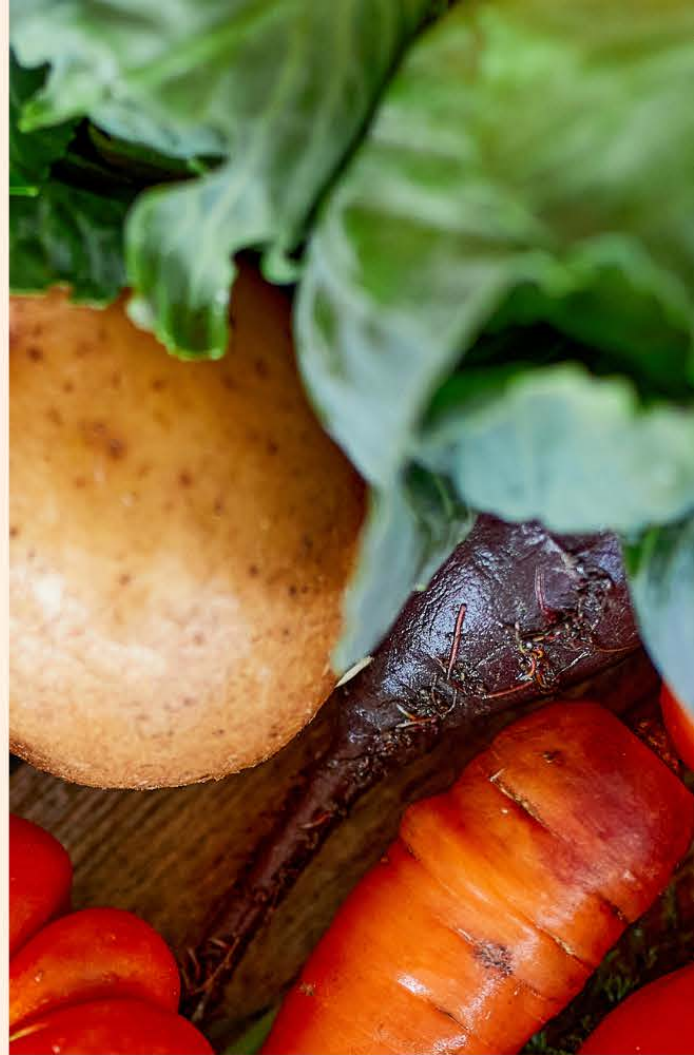
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or mental or emotional condition or on the basis of any other activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating



Disabilities
accommodated
with prior notification.



FARM TO TABLE DINNER

FRESH PRODUCE FROM LOCALS FARMS

AUGUST 2023

LIVE
AUCTION!
ALL
PROCEEDS GO
TO THE
BREATHITT
COUNTY
FARMERS
MARKET

**\$35 PER-PERSON
OR \$250 FOR
FULL TABLE**



RESERVATION AND PRE PAYMENT REQUIRED BY AUGUST 14TH. CALL (606)666-8812 FOR HELP WITH RESERVATIONS OR REGISTER ONLINE [HTTPS://BREATHITT-COUNTY-FARMERS-MARKET.SQUARE.SITE/](https://breathitt-county-farmers-market.square.site/)

August 24, 2023 6PM
The Barn at Sebastian Farms
785 Hwy 3193 Jackson, KY 41339



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

**Breathitt County Extension
Service**

**1155 Main Street (PO Box 612)
Jackson, KY 41339**

NONPROFIT ORG
US POSTAGE PAID
JACKSON, KY
PERMIT 4339

RETURN SERVICE REQUESTED

Source: Amy Kostelic, associate professor UK School of Human Environmental Sciences

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss. Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S.

Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help. For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

For more information about helping older adults during emergencies and other topics, contact the Breathitt County Cooperative Extension Service.