

October 2023

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
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Georgetown, KY 40324-8931
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This month...



Recognizing Teen Depression



Pumpkin Bread

regular and mailbox members. Date: _____

Enrollment Form for _____

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home () _____ Work () _____

Cell () _____ Fax () _____

Birth year (Optional): _____

Race (Optional - circle one): White Black or African American
Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____ hereby grant _____

Homemaker Enrollment Form

FCS Today

RECOGNIZING AND MANAGING TEEN DEPRESSION

Source: Kerri Ashurst, senior extension specialist

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives. Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial so one learns to deal with the ebbs and flows of life. **Continued on Page 2**

Sincerely,

Alivia Faris

Alivia Faris
Scott County Extension
Agent for Family and
Consumer Sciences



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Cooperative Extension Service

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Community and Economic Development

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Disabilities accommodated with prior notification.

RECOGNIZING *teen* DEPRESSION

Continued from Page 1

A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression.

These signs include:

- sad feelings
- frequent crying
- loss of interest or pleasure in activities that once made a person happy
- significant weight loss or weight gain
- an increase or decrease in appetite
- anger
- agitation
- fatigue
- trouble concentrating
- withdrawal from family and friends
- change in sleep pattern
- thoughts of death
- thoughts, or plans or attempts at suicide.

Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches. If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice. More information on raising healthy families is available from the Scott County Cooperative Extension Service.



Upcoming Dates to Remember

October 2023

2nd: Homesteading: Canning @ 5:00 PM

3rd: Homemaker Council Meeting @ 10:00 AM

5th: Rug Hookers @ 10:00 AM

5th: Adult Advanced Quilt Class @ 6:00 PM

9th: Homesteading: Curing Bacon @ 5:00 PM

11th: Homemaker Week Celebration Cultural Arts Painting @ 1:00 PM

12th: Rug Hooker @ 10:00 AM

12th: FCS Book Club @ 1:00 PM

14th: Elkhorn Creek Quilt Guild Sit-n-Sew @ 9:00 AM

17th: Elkhorn Creek Quilt Guild Meeting @ 5:00 PM

19th: Needlework Club @ 10:00 AM

25th - 27th: Elkhorn Creek Quilt Guild Retreat

26th: Rug Hookers @ 10:00 AM

30th: Dresses for Ghana @ 9:00 AM

30th: Homemaker Leader Lesson @ 5:00 PM

30th: Adult Beginning Quilting @ 6:00 PM

Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



Plate it up!



THIS MONTH'S
Recipe

October Health Bulletins

Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



An equal opportunity organization

SCOTT COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

SAVE THE DATE

May 7-9, 2024
Blazing the Way with
KEHA

Make plans to attend the 2024 KEHA State Meeting at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green!

Homemaker Council Meeting October 3rd at 10:00 AM



Service Project

AMEN House
Towel Tally

44 Towels

4 Hand Towels

14 Wash Cloths

Drop your towel donations off at the Scott County Extension Office today!

Service Project

Dresses for Ghana
Work Day 

Join us as we work to make dresses for children in need in Ghana!

October 30th Starting at 9:00 AM

Even if you do not sew there is something for everyone (you are invited to come cut, iron, and/or assist).

It will be a fun day of fellowship and service.

Scott County KEHA Week 2023

Sunday: Declaration of KEHA Week

Monday: Adopt A Tree for Georgetown Tree Week, learn more here:

<https://ufi.ca.uky.edu/adopt-a-tree>

Tuesday: Celebrate Your Club, spend time with your club today.

Wednesday: Cultural Arts Painting Workshop

Thursday: Day of Service, Celebrate by bring towels to the Scott County Extension Office for the AMEN House or by making a dress for a child in Ghana

Friday: Homemaker Bluegrass Area Annual Meeting

Saturday: Practice Self Care

PLANT A SEED.....

HELP US GROW.

OCTOBER 8-14, 2023



Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

ATTENTION

Homemaker Dues

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 30, 2023**. **Please make checks payable to Scott County Extension Homemakers**. Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, old, regular and mailbox members.

You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.

QUILT GUILD DUES: Quilt Guild dues are an **additional \$10.00** and a **separate check must be made out to Scott County Extension with the memo line "Quilt Guild Dues."**

Date: _____

Enrollment Form for

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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- Where do my dues go?**
- \$5.00 State Dues**
 - \$0.50 Area Membership**
 - \$1.00 Ovarian Cancer Research**
 - \$2.50 County Membership**
 - \$0.50 4-H Camp Scholarships**
 - \$0.50 Scott County Student Scholarships**