



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



# LYON COUNTY HOMEMAKERS

AUGUST  
 2024

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Hello Homemakers,

What a great time was had by all celebrating the 75th Lyon County Homemaker County Annual Day. It is a sweet reminder every year of all the great volunteers we have in our organization and a wonderful opportunity to reflect on all you have accomplished. If you have not yet gotten involved with the Quilts for Courage program, put that on your to do list for this year. Even if you don't sew, there are other jobs to be done. Seeing the reactions of our veterans as they receive their quilts reiterates the importance of continuing this program for those who deserve so much for what they have done for us. The dog days of summer are upon us. Remember to hydrate and stay cool as we get through these last hot days and get ready to start a new Homemaker year in September. Thanks for all you do! -Angie





# A NOTE FROM YOUR 2024 SCHOLARSHIP RECIPIENT

My name is Anna Crawford and I have been blessed to receive the homemakers scholarship! I can not express the gratitude I have for winning this scholarship! With this scholarship I plan on using it towards my nursing degree at West Kentucky Community and Technical College, which I have already started taking summer classes! I can't wait to see what God plans for my life. Again, Thank you so much. I appreciate everything 😊



## Blackberry Lemon Upside Down Cake

<b>2 teaspoons</b> melted butter	<b>1¼ cup</b> all-purpose flour	<b>1</b> large egg
<b>⅓ cup</b> brown sugar	<b>1½ teaspoons</b> baking powder	<b>¾ teaspoon</b> vanilla extract
<b>1½ teaspoons</b> grated lemon peel	<b>¼ teaspoon</b> salt	<b>1 teaspoon</b> lemon juice
<b>2 cups</b> fresh blackberries	<b>⅔ cup</b> sugar	<b>½ cup</b> sklm milk
	<b>2 tablespoons</b> butter	

**Preheat** oven to 350°F.  
**Place** melted butter in the bottom of a 9-inch round cake pan.  
**Sprinkle** with brown sugar and lemon rind.  
**Top** with berries. Set aside.  
**Combine** flour, baking powder and salt in a small bowl. Set dry ingredients aside.  
**Beat** sugar and butter together in a large bowl with a mixer on medium speed until well blended.  
**Add** egg, vanilla, and lemon juice. Mix well.  
**Add** dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.  
**Spoon** the batter over the blackberries.  
**Bake** at 350 degrees for 40 minutes.  
**Cool** cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.  
**Serve** warm.  
**Yield:** 8, 3 inch wedges.  
**Nutritional Analysis:** 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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



# Crafting With Christy

When: September 9, 2024  
Where: Lyon County Extension Office  
Time: 1:00 PM  
Cost: \$10



Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

## Quilty Pleasures Quilt Retreat

September 26 and September 27, 2024

LAST DAY TO SIGN UP FOR THE RETREAT IS SEPTEMBER 20, 2024. NO LATE SIGN-UPS WILL BE ACCEPTED.

September 26 Hanging from the Chandelier	September 27 Pumpkin Patch
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Classes will be from 9 AM to 4 PM daily.



Lyon County Extension Office  
231 Main Street, Eddyville, KY 42038

Lunch is Provided - registration for each day is \$15 - Door Prizes and Fun included in the price. Reserve your spot by calling 270-388-2341

Must pay to reserve spot - Supply list will be given upon payment

LYON COUNTY FCS EXTENSION PRESENTS

## SCRAP HAPPY SEWING SERIES

JOIN ME EACH MONTH FOR A DIFFERENT WAY TO USE UP THOSE SCRAPS!

10:00 AM - 2:00 PM  
Each Month

Bring your sewing machine and basic sewing supplies.

JULY 18, 2024  
AUGUST 22, 2024  
SEPTEMBER 12, 2024  
OCTOBER 10, 2024  
NOVEMBER 14, 2024

SPACE IS LIMITED

Don't forget to pack a lunch!

Book your seat by calling 270-388-2341

# Senior Citizen's Nutrition Class



JOIN ME AUGUST 27, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.





# Between the Rivers



Pennyryle Area Extension Homemakers Annual Meeting

Save the Date



**October 18, 2024**

155 W Cumberland Ave,  
Grand Rivers, KY 42045

**Guest Speaker: Bobbie Foust**

**Cost: \$18.00 Due before September 30th to your County Office.**

**Entertainment: Liberty Boys**



**Cooperative Extension Service**

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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.

It's time to sign up for Area Annual day and this year it is just down the road in Grand Rivers. Please note, the last day to sign-up is September 30, 2024. No late registrations will be accepted. You will need to have your payment to the Lyon County Extension Office by that date.



# ADULT

# HEALTH BULLETIN



**AUGUST 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Angie York  
Lyon County Extension Office  
231 Main Street  
Eddyville, KY  
42025  
(270)-388-2341

## THIS MONTH'S TOPIC

# ARE YOU UP TO DATE ON VACCINES?



**A**ugust is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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Disabilities accommodated with prior notification.

# An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



## → Continued from the previous page

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search "CDC vaccine schedule" on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

#### REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

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## ADULT HEALTH BULLETIN

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