


NEWSLETTER

 Cooperative Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

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IMPORTANT DATES

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Cultural Arts Judging-Maysville	Oct. 11
LRA Annual Meeting	Oct. 15
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Homemaker Meeting	Oct. 21
Chunky Blanket Class	Oct. 21



THIS MONTH'S TOPIC

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You may have heard about "health literacy" before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That's OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term "health literacy" refers to a person's ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let's break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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Cooperative Extension Service

Agriculture and Natural Resources
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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

SEE YA

Around Town

Mount Olivet

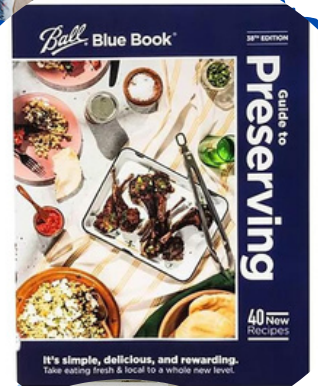
COMMUNITY MEMBERS TAKE PART IN FOOD PRESERVATION CLASS

On September 10, the Robertson County Extension Office was bustling with activity as six enthusiastic community members gathered for a hands-on food preservation class. This engaging session offered participants an invaluable opportunity to learn the art and science of water bath canning, a method essential for preserving fruits and vegetables safely at home.

Attendees were introduced to the fundamentals of water bath canning, a technique that uses boiling water to process jars of food, ensuring they are sealed and shelf-stable. This method is particularly suited for high-acid foods, making it ideal for the recipes chosen for the class.

Participants took on the delightful challenge of canning two distinct and delicious recipes: bread and butter pickles and blueberry lavender jelly. The process involved careful preparation and attention to detail, from selecting the freshest ingredients to mastering the precise timing needed for a perfect seal.

By the end of the session, each participant proudly left with their own jars of the tangy pickles and sweet jelly, a testament to their new skills. To further support their canning journey, everyone received the latest edition of the Ball Canning Book, a comprehensive resource packed with recipes, tips, and techniques for successful home canning. This class not only provided practical skills but also fostered a sense of community and shared learning among the participants.





BLUE LICKS

Farmer's Market



Blue Licks Museum

📍 May 11-September 28
Fridays 3pm-7pm
Saturdays 9am-1pm



Mt. Olivet Shelter

📍 July 12- October 25
Fridays 9am-1pm



Mt. Olivet City Park

📍 July 13-October 26
Saturdays 9am-1pm



Mason Co. Health Dept.

📍 July 23- September 17
Every Tuesday
10am-2pm



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COOKING THROUGH THE CALENDAR

OCTOBER 10
11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

SWEET POTATO
HASH



ADULT

HEALTH BULLETIN



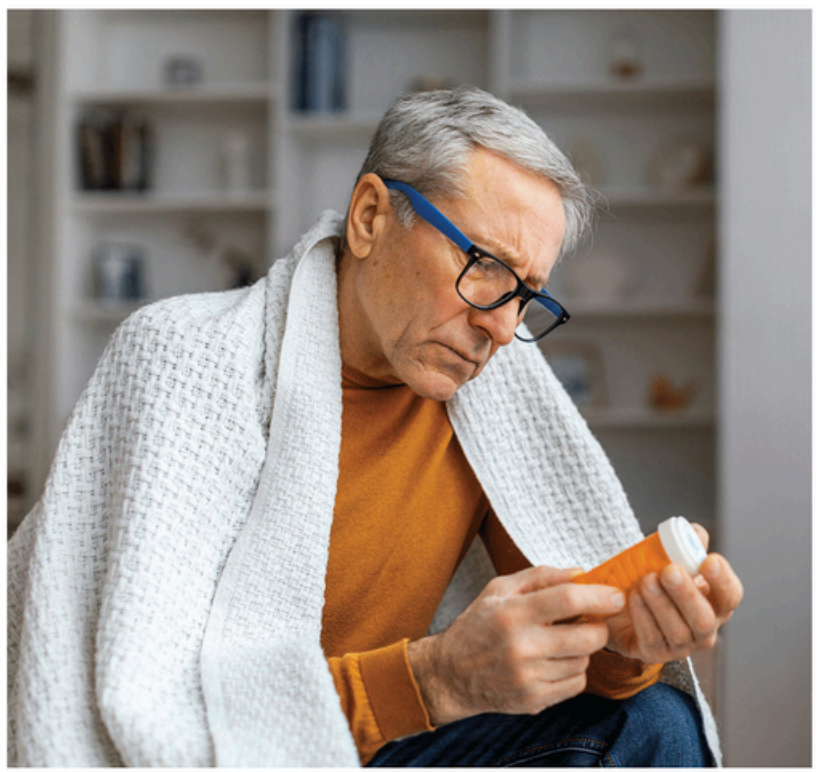
OCTOBER 2024

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

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(606) 724-5796

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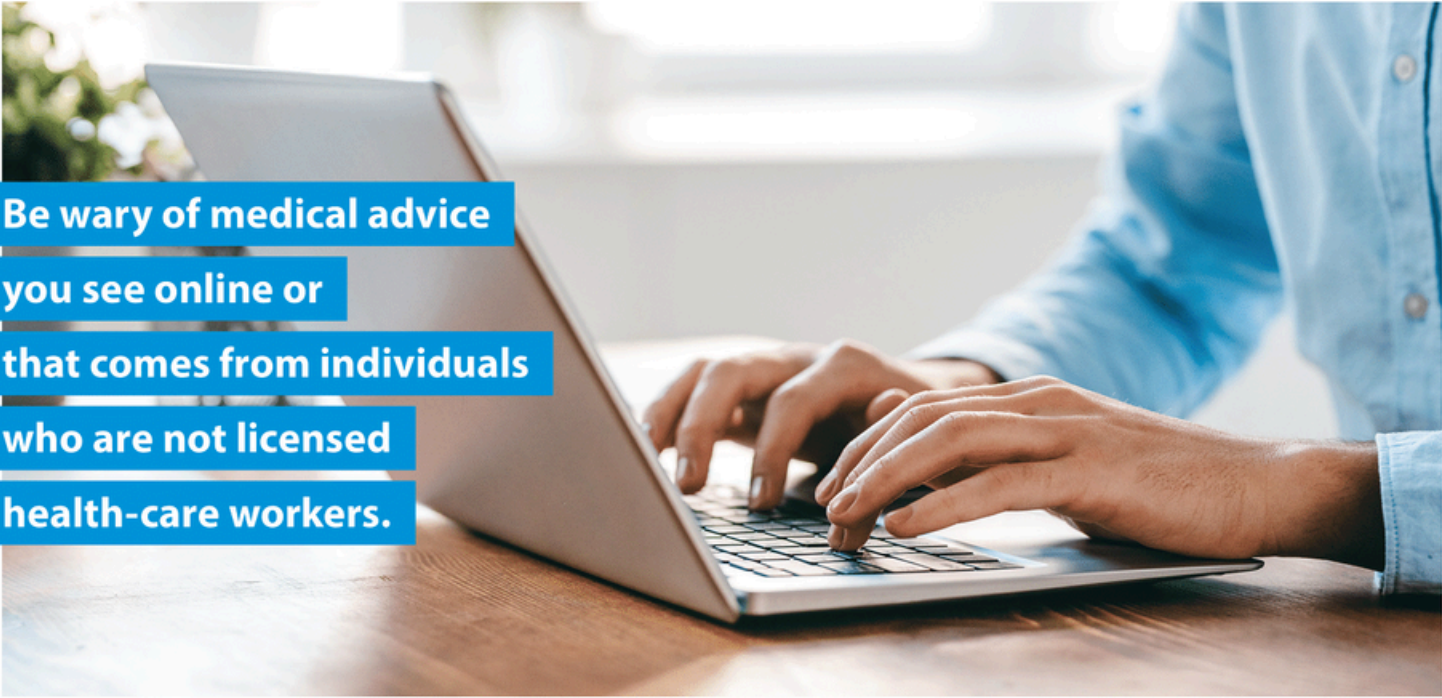
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you see online or
that comes from individuals
who are not licensed
health-care workers.**

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- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

**ADULT
HEALTH BULLETIN**

Written by:
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Adobe Stock



Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. Nutrition Analysis: 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

