Nov. 1 County Homemaker Council (Wed) 2:00pm at the Extension Office Council members have been sent a proposed agenda.

Nov. 5 Daylight Saving Time ends Clocks fall back 1 hour.

**DUES REMINDER**

Club or Mailbox dues- $12
All dues must be turned in to the office by Nov. 30. Make checks payable to *LaRue County Homemakers*. Also due by this date, any donations for the Ovarian Cancer Fund & Coins for Change (formerly Pennies for Friendship).

County Scholarship Fund Donations-
Turn in donations by Nov. 30. Make checks payable to LaRue County Homemakers and note that it is for the scholarship fund.

Holiday Gift Idea- Mailbox Membership
For $12 you can give a 1 year membership to the LaRue Co. Homemakers. Send in the person’s name, address and phone number. Make checks payable to the LaRue Co. Homemakers.

Memory Café- monthly activity, a gathering place for friends with Alzheimer’s (or other dementias) along with caregivers and families. When: 2nd Tuesdays at 2:00pm at Hodgenville United Methodist Church- 825 Tonieville Rd., Hodgenville. For more info, call 800-272-3900.

Sincerely,

Theresa A. Howard
County Extension Agent for Family & Consumer Sciences Education
E-mail: tahoward@uky.edu
Website: http://larue.ca.uky.edu/FamilyConsumerSciences

New Quilt Block-Honoring Abraham Lincoln, located at Hodgenville Creekfront Park. It was produced by Lincoln Days Celebration, Inc. in partnership with the City of Hodgenville. It features traditional patterns: the Rail Fence on the perimeter, the Log Cabin in the interior, and the Four Square in the center. Colors chosen represent the American flag, Kentucky’s state flower- the Goldenrod, the wood from Lincoln’s birthplace cabin and the fields of green at his boyhood home.

The Quilt Block was made by local business Blazin Xpressions.

Lincoln Trail Area Homemaker Annual Meeting was held in October in Washington County. LaRue County had 8 attendees.

Congratulations to Delores Bale for receiving a blue ribbon on ceramics entry in the Area Cultural Arts contest. Some highlights enjoyed by those attending: visiting with other members from the 8 counties in the Lincoln Trail Area; viewing Area Cultural Arts contest entries; and performance by Stephen Foster Story singers.
**Nifty Needles** sewing service group continues to meet monthly on **Open Sew Days - 4th** Mondays at the Extension Office from 10am-2pm. Currently working on a variety of projects, such as making Comfort Caps for area cancer patients.

And making pillowcase dresses to go in gift boxes for Operation Christmas Child.

Anyone is welcome to join in and help. If you do not have sewing skills, you will be given other tasks to do. Next meeting date is Nov. 27.

**Monthly Knitting Classes** are now offered at the Extension Office by Master Clothing Volunteer- Judy Greenwell. Currently, they are on 1st Mondays from 1:00 – 3:00pm. Open to adults and teens. Next class is Nov. 6.

**County Quilt Club** meets monthly at the Extension Office on 2nd Wednesdays at 10:00am. Open to anyone, next meeting date is Nov. 8.

They share quilting tips, & techniques and plan to make twin coverlets in 2018 to donate to the Center for Courageous Kids near Scottsville KY. It is a not for profit Medical Camping Facility that is free of charge for children living with life threatening illnesses and their families. [https://www.courageouskids.org/](https://www.courageouskids.org/)

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**2018 KEHA State Meeting**

Mark your calendars for the 2018 KEHA State Meeting to be held May 7-9 at the Crowne Plaza Hotel in Louisville. The lodging room block is open for reservations. The room rate is $109 per night +tax for standard rooms and $129 + tax for suites.

To reserve by phone, call 1-888-233-9527 and request the KEHA rate. Reservations may also be made online, and the link is posted on the KEHA website (keha.org) under the “State Meeting” tab.
Is your family struggling to make time for meals together? Are phones or TV the center of attention during meals? If so, come enjoy this free meal with your family.

UPCOMING EVENT:
Family Dinner Project
Thursday, Nov. 9 from 5:30 – 7:30pm at Hodgenville Elementary School Cafeteria

Registration is required for meal service.

Studies show that kids who eat regular dinner meals with their families are healthier, happier, do better in school and are more likely to avoid high-risk behaviors.

To register your family, contact Diana Leathers at the LaRue Co. Health Dept. (270-358-3844) by Nov. 6.

Fast and easy ways to serve Winter Squash such as acorn squash or butternut squash:
- Vent the squash by carefully poking holes with a small knife.
- Steam the squash in the microwave for 2 – 5 minutes. Allow to cool.
- Cut the squash in half and remove and discard the seeds.
- Cut the squash into wedges.

Create your favorite topping as suggested below. Then bake the squash in the oven, covered until it is soft, about 45 minutes (or microwave covered for 10 minutes):
- Hot and spicy: top with a little chili powder, lime juice and olive oil.
- Maple sweet: top with maple syrup or honey and apple pie spice or cinnamon.
- Just top with a sliver of butter or margarine.
- Italian: top with Italian seasoning and grated Parmesan cheese.


#UPCOMING CLASSES#

Hardin County Gardener’s Toolbox Series
at Hardin County Extension Office, 201 Peterson Dr. Elizabethtown KY 42701 (270-765-4121)

How to Grow Holiday House Plants- Nov. 15, 6pm- Fee $5. Understand how to maintain poinsettia, holiday cactus, amaryllis, paper whites and orchids through the holidays and beyond.

Holiday Wreath Workshop- Dec. 4 & Dec. 6- Fee $5. This is an open workshop from Noon to 8pm on each day. Bring $5 cash for each wreath you would like to make. Bring with you: pruning shears, gardening gloves, decorative ribbons and other accessories that you would like to incorporate into your wreath. All other supplies are included in the class fee.

Build a Bluebird House- Jan. 17, 6pm- Fee $5. The Eastern Bluebird male scouts a nesting site in early February. Come and make a cozy home for the bird that eats destructive insects in the garden.

Organic Gardening for Beginning Vegetable Growers - Jan. 23, 6pm- No fee. Covers the theories and strategies needed to become a home organic vegetable grower.

Attracting Pollinators- Feb. 5, 6pm- Fee $5. Learn the key ingredients to attracting butterflies and bees to a garden. Discover best plants to draw in birds, bees and butterflies.

Edible Flowers- Feb. 21, 6pm- Fee $5. Find out which edible flowers taste the best and can spice up boring dishes.

To be enrolled for any Toolbox Series classes, payment for each class is required TWO WEEKS prior to the class. You will be registered on a first pay, first registered basis.

For more info on any of the Toolbox Series gardening classes, contact Amy Aldenderfer, Hardin County Horticulture Agent.
**NOODLES FLORENTINE**

8 ounces whole wheat egg noodles
3 tablespoons butter
4 tablespoons whole wheat flour
1/4 teaspoon pepper
2 cups fat-free milk
2 cups low-fat cheddar cheese
1 1/2 cups diced, low sodium cooked ham
10 ounces fresh spinach
1/4 cup bread crumbs

Preheat oven to 350 degrees F. Cook noodles according to package directions; drain. In a small saucepan, melt butter over medium heat. Add flour and pepper; blend to a smooth paste. Gradually add milk, stirring constantly and cook until thickened. Add cheese, stirring constantly, until melted. Place half of the noodles in a greased 2 quart, shallow baking dish. Over the noodles, sprinkle a layer of ham and spinach. Drizzle half of the cheese sauce over the mixture. Repeat with second layer of noodles, ham, spinach and remaining cheese sauce. Sprinkle with bread crumbs. Bake for 25 minutes.

Yield: 8, 1 1/2 cup servings
Nutritional Analysis: 310 calories, 11 g fat, 5 g saturated fat, 45 mg cholesterol, 680 mg sodium, 29 g carbohydrate, 3 g fiber, 4 g sugar, 23 g protein.

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**Tex Mex Spaghetti Squash Casserole**

1 small (about 2 pounds) spaghetti squash
1 pound lean ground beef
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1 teaspoon minced garlic
2 teaspoons dried cumin
1/4 teaspoon ground cayenne pepper
1/2 teaspoon salt
1 cup chopped fresh tomatoes
1 (4 to 5 ounce) can chopped mild green chilies
1 1/2 cups low fat cheddar cheese
1 tablespoon chopped cilantro

Preheat oven to 350 degrees F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut-side down and bake for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. Remove the squash from the oven and cool. Use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm. In a skillet, cook the ground beef over medium heat until browned. Add the onion, red bell pepper and garlic. Continue to cook until the vegetables are tender. Add the cumin, cayenne pepper and salt. Drain well and set aside. In a small bowl combine the chopped tomatoes and green chilies. Spray a 9-by-13-inch baking pan with non-stick coating. Layer half of the spaghetti squash in the bottom of the pan. Spread half of the meat mixture on top of the squash. Layer half of the tomatoes and chilies on top of the meat and top with half of the cheese. Repeat the layers. Bake at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. Sprinkle with the cilantro and serve.

Yield: 9 servings
Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

More recipes available at plateitup.ca.uky.edu
THIS MONTH'S TOPIC:
HOW TO PROTECT YOURSELF IN THE WAKE OF THE EQUIFAX BREACH

What Happened
According to a report released by Equifax, one of the three largest credit reporting agencies in the world, hackers breached consumers’ personal information in mid-July 2017. The sensitive information included names, social security numbers, addresses, birthdates, and sometimes even drivers’ licenses. Estimates indicate that some 143 million people could be affected by the breach and as many as 209,000 credit card numbers may have also been exposed. Consequently, many people have been left vulnerable to identity theft.

Find Out if Your Information Has Been Breached
The fastest way to find out if your information was exposed in the breach is to go straight to the source. Visit www.equifaxsecurity2017.com and click on the “Check Potential Impact” tab. When you get there, you will need to enter your last name and the last 6 digits of your social security number (Equifax is a secure website). The website should tell you if you’ve been impacted and also when you are eligible to sign up for their monitoring service.

Although there is no full proof way to ensure that your identifying information won’t be used, there are some things that you can do to protect yourself in the fall out from the Equifax breach. Use some of these measures as additional protection against would-be cyber criminals.
Review Your Account
Another quick way to determine if your information has been accessed is to review your account activity. Equifax recommends that you check credit reports and account statements yourself to look for fraudulent activity. It should be noted that inactivity on your account doesn’t necessarily mean that your information wasn’t exposed. Cybercriminals may be sitting on your information and planning to use it at a later date.

Activate Fraud Alert
If you so choose, you can activate a fraud alert on your accounts. Although you will only activate this function with one of the credit reporting agencies, they will be required to contact the other two major credit reporting agencies. The fraud alert has a 90-day lifespan and can be renewed.

Freezing Your Credit
If you think your information may have been hacked and you want to take as much precaution as possible then you may consider freezing your credit. Freezing your credit effectively means that your credit is removed from circulation. If someone attempted to take out a loan in your name, the potential lender would be unable to access your credit report and, therefore, would not make the loan. With some hassle, you could still “thaw” your account to open lines of credit as you choose in the midst of a credit freeze. You have to freeze your credit independently with each of the three major credit reporting agencies (Equifax, Experian, and TransUnion). Some experts even suggest a freeze with a fourth, lesser known credit reporting agency called Innovis. There is a fee associated with freezing your credit, typically between five and ten dollars per agency.

Unfortunately, protecting yourself in the wake of this cyberattack is not as simple as freezing your credit. You should also note that you are not completely covered by a credit freeze. A freeze only prevents credit related fraud. Even with a freeze in effect, you may still be vulnerable to other types of fraud such as tax refund fraud and health insurance fraud.

If you decide you want to freeze your credit, you can make a request online, by phone, or by mail:

**Contact:**

**Equifax:** [https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp](https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp)
Phone: 800-685-1111

**Experian:** [https://www.experian.com/credit-center.html](https://www.experian.com/credit-center.html); Phone: 888-397-3742

**TransUnion:** [https://www.transunion.com/credit-freeze/place-credit-freeze](https://www.transunion.com/credit-freeze/place-credit-freeze)
Phone: 888-909-8872;

**Innovis:** [https://www.innovis.com/personal/securityFreeze](https://www.innovis.com/personal/securityFreeze)
Phone: 800-540-2505

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NOVEMBER 2017

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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THIS MONTH’S TOPIC:
SOCIAL ISOLATION IS DANGEROUS

Just as people need food and water to survive, people also need meaningful social relationships and connections. Because people are wired for social contact, without it, the risk for jeopardizing overall health, well-being and life quality increases. While it is okay to feel lonely and be alone at times, chronic loneliness can cause serious physical, emotional and mental health concerns.

Loneliness, if not addressed, can lead to:
• social isolation
• physical and mental decline
• depression
• poor sleeping patterns
• disrupted immune system
• poor nutrition
• high blood pressure
• decreased learning, memory and motivation

Continued on the back
According to a 2013 AARP study, the percentage of adults who say they are lonely has doubled since the 1980s.

Continued from page 1

Loneliness is not uncommon with caregivers. Some caregivers become isolated because they are forced or choose to withdraw from previous activities or lifestyles due to the time demands of caregiving. Some become isolated because family and friends seemed to disappear as a means of keeping their distance. Others feel lonely due to limited communication and/or interaction with their loved ones because of a disease or illness. Caregivers also are at risk of feeling lonely when they set aside their own needs and lifestyle to focus on their loved one. As a result, caregiving can be a dark place. The Family Caregiver Alliance reveals that between 40 and 70 percent of family caregivers experience symptoms of depression.

Symptoms of chronic loneliness include feeling:
• discomfort and distress
• sad, empty, isolated
• distanced from others
• deprived
• longing

In addition, people fighting loneliness are more susceptible to emotional eating and weight gain. Increased blood pressure caused by stress can lead to additional health problems, including diabetes, stroke and premature death. Children and teens are more likely to adapt an outcast status, have problems in or drop out of school or even become delinquent. Adults who are lonely are at greater risk of alcoholism and depression. Those living alone are at greater risk of suicide. Loneliness is particularly prevalent among older adults. As we age, our social circle shrinks, which makes it more difficult to have meaningful interactions with others. According to a 2013 AARP study, the percentage of adults who say they are lonely has doubled since the 1980s from 20 to 40 percent.

If you are experiencing loneliness, you are not alone. You don’t have to be alone as there are many ways to increase your social interaction and strategies for staying well:

• Take time for you. Build “me” time into your daily routine — even if it is just for 10 minutes.
• Reconnect with friends and family.
• Ask for help.
• Take breaks and call upon respite either through family or friends or more formal services that you can find by calling your local area agency on aging.
• Maintain your sense of self; this might include exercise, reading, going to dinner or finding a cause or hobby for which you are passionate.

Caregiving is a journey that can be difficult to navigate, but with support and a mindset to take care of yourself, caregiving can be a rewarding experience.

REFERENCES: