

Homemakers F&CS

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



Cooperative Extension Service
Owen County
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER NOVEMBER 2022

Dear Owen County Extension Homemakers,

November is here and it is a great time to reflect on all of the things that we are thankful for. I know I have many things. I am extremely blessed and thankful for my family. They definitely keep me busy! When we hit this time of the year, we also think about family gatherings and meals along with all of the other activities that fall around the holidays. This is an important time to make sure you are taking care of yourself. Taking simple steps to stay in good health, mentally and physically, can make a huge difference. Below are a few questions you can ask yourself:

- Are you practicing healthy eating habits?
- Are you resting well?
- Are you setting achievable goals?
- Are you getting enough physical activity?
- Are you getting the most out of your job?
- Are you managing your finances effectively?
- Are you nurturing relationships with your family and friends?
- Are you laughing enough?
- Are you doing anything for other people?
- Are you maintaining a spiritual connection?

Check out the checklist on pages 4-5 to see how you are doing in managing your health, especially during the holidays upcoming.

December is quickly approaching and that means Santa's Castle is just around the corner (Saturday, December 3rd)! Make sure if you have anything to bring for Santa's Castle bring it soon. Also, we will be spending the day on Thursday, November 17th making pillows for Santa's Castle. Please come help, even if you do not sew, we can still use plenty of help cutting fabric, etc. Call the office to let us know if you can help on this date! If you can't help in making pillows come help us on Saturday, December 3rd!



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Membership Dues

Membership dues are due to the Extension Office no later than **November 30th**. The cost for a one year membership is \$10.00. \$1.00 from each membership paid is donated to the Ovarian Cancer Research Program in Lexington. Invite a friend to join with you as a Mailbox member or to join an active club!

MARK YOUR
CALENDAR!

2023 NKY Area Meeting Dates



January 25th

Grant County Extension Office- 1pm

April 26th

Gallatin County Extension Office- 1pm

July 26th

Owen County Extension Office- 1pm

September 27th

Kenton County Extension Office- 1pm

2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza

Louisville, KY

Theme: **Let's Take a Hike with KEHA**

Chelsea Young
Owen Co.

Chelsea R. Young

Extension Agent For Family & Consumer Sciences



Deep Thoughts with Denise

Hello November! Well here we are already to the second to the last month of 2022. Yes I have my Christmas shopping well underway and some even wrapped by the time you read this. At my house we are counting the days to when Gammaw makes that good Turkey as the 5 year old calls it, which he would have once a week if he could.

There were five members who attended the Area Triennial meeting along with Chelsea. The meeting went well. We will have a \$.50 increase in our area dues so the increase we already made will cover this increase. We enjoyed a wonderful presentation by Rebekka Seigel discussing her narrative quilts.

It's that time of year when our homemakers start working on and collecting items for our biggest fundraiser for our scholarship Santa's Castle being held December 3rd. Pillow sewing day is November 17th. We also plan to create other items that day any help will be greatly appreciated.

I would like to thank all those who attended the officer/committee chair training. We learned all about the end of the year reports that are required to be filled out turned into the area and state. We also discussed what 2022-2023 focus is for each educational area. Chelsea also stressed how important it is for us to keep our volunteer hours and what can be counted in those hours.

Denise Perkins

Homemaker Book List

Nanaville: Adventures in Grandparenting by: Anna Quindlen. Before mommy blogs were even invented, Anna Quindlen became a go-to writer on the joys and challenges of motherhood in her nationally syndicated column. Now she is taking the next step and going full Nana in the pages of this lively and moving book about her grandchildren, her children, and her new and remarkable role.

Anthem by: Noah Hawley. Noah Hawley's newest novel is a magical and political thriller, focused on Judge Margot Burr-Nadir's across-party-lines nomination to the Supreme Court, which coincides with her daughter's sudden mysterious disappearance. With many of today's ills intensified in this narrative, Hawley builds a timeless and all-to-real tale of an apocalyptic society in which our youth are both in danger and the only ones who can fix this broken world.

Mindfulness in Plain English by: Henepola Gunaratana. The world is a chaotic place; and sometimes it seems impossible to catch a breath for even a brief moment.

Bhante Gunaratana (a Theravada Buddhist monk) teaches us how to become more aware of the world around us, and ultimately, how to tame our response to its natural state of disorder.



Life Line Screenings

Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. Screenings are recommended for those age 50+ or 40+ with a family history of strokes or cardiovascular issues. We have (2) certificates valued at \$159 which can be used for the 4-Screening package and we have (3) certificates valued at \$70 can be used for one of the screenings **OR** used as a \$55 off coupon towards the cost of the full 4-screening package. Appointments are required, please call the Extension to request a certificate.

Please Note - The certificates are good for a one time use only and cannot be reproduced for others to use and are limited. See enclosed flyer for more information.

Carotid Artery Screening (Plaque)-An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease Screening-An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.

Abdominal Aortic Aneurysm (AAA)-An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.

Atrial Fibrillation-A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.

Homemaker Happenings



Scrappin' & Craftin' for the Community



The Memory Makers work great together through the wonderful leadership of Dawn Davis. We are extremely blessed and appreciate all that she does. On Saturday, October 22nd the Memory Makers Homemakers Club organized a fundraiser to raise money that will reach out to youth in the community through the Owen County Public Library's Bookmobile in memory of Debbie McMillan.

Debbie was a wonderful educator focusing in reading and the additional shelving provided through the money raised from this event will allow Debbie to truly be a lifetime educator. Thanks to all who helped with this event! It was a huge success raising close to \$2000 with 38 attendees, 5 vendors, and lunch with Amanda Eades catering! We also have 5 new Homemakers memberships from this event! Great job to all involved!



2022 Triennial Area Meeting

We had 5 Homemakers in attendance at the Triennial Area Meeting. Seventeen Cultural Arts items from Owen County were entered at the Area Meeting and we have 4 items going on to the State Meeting in May of 2023. Those items include: Art, Recycled-Household (Becky Duvall), Doll/Toy Making (Donna Bryant), Embroidery-Basic (Denise Perkins), and Embroidery-Crewel (Denise Perkins). Linda Webster was recognized for her 52 years of being an Owen County Homemaker Member.



Also, Rebekka Seigel was the guest speaker for the meeting talking about Narrative Quilts and shared many of her wonderful pieces she has created over the years. It was inspiring to see and hear about her work as she is a very talented artist. Many thanks to Rebekka for her time and her wonderful information.





Calming the Storm

Preventing Distress Self-Care Checklist

Taking steps to stay in good physical and mental health is something you should do for yourself. Managing multiple problems in a short time span can lead to mental and emotional distress. When you are experiencing a major change or several small changes in your life that can lead to stress, you are more vulnerable to physical illness and injury.

The following checklist includes healthy habits that can help minimize stress.

- Check** the square for those that you do on a regular basis.
- Check** the circle for the habits that you would like to do on a regular basis.

Are you practicing healthy eating habits?

Do you...

- Eat at least five servings of fruits and vegetables a day?
- Avoid eating foods high in fat?
- Eat slowly and savor your favorite foods?
- Watch your serving size?
- Limit alcohol?
- Limit "comfort foods," particularly in times of stress?
- Avoid "yo-yo" dieting?

Are you resting well? Do you...

- Get plenty of sleep (seven hours is good, eight hours is better.)?
- Take rest breaks during the day?
- Avoid the television for at least one hour prior to going to bed?
- Establish a consistent bedtime?
- Allow yourself time to reflect on the positive things about the day?
- Give yourself some time for relaxing and reflection?

Are you setting goals? Do you...

- Write a plan that includes goals and activities to reach the goals?
- Establish priorities and focus on them?
- List the values upon which your goals are based?
- Adapt your plan to address new information and circumstances?
- Celebrate achievement of small steps in your plan?

Are you getting enough physical activity?

Do you...

- Get at least 30 minutes of physical activity most days of the week?
- Walk short distances rather than drive?

- Involve yourself in some physical activity that you enjoy---basketball, softball, dancing, swimming, walking, biking, etc.?
- Build some physical activity into your everyday routine---sweeping the floor, tending the garden, scrubbing the bathroom, walking to the mailbox?

Are you getting the most out of your job?

Do you...

- Assess how your job interacts with your life goals?
- Concentrate on the parts of your job that you enjoy the most?
- Limit complaining about your job?
- Take action on the aspects of your job that you think need to change?
- Set work priorities?
- Work in increments to achieve your job goals?
- Assess the costs and benefits of moving up the career ladder?
- Appreciate the work of others in your workplace?
- Give positive feedback to people with whom you work?
- Enhance your work space?
- Assert your needs in ways that others can respect?
- Shed the urge to be superman/superwoman?
- Postpone new commitments if you are already overextended?
- Take a break for blaming yourself and others? (Address problems directly, and move on.)
- Accept that some situations or people are not going to change? (Focus on the healthiest way for you to respond to the situation.)



Are you managing your finances effectively? Do you...

- Write a detailed financial plan for you and your family?
- Make sure that your financial plan matches your life goals?
- Plan finances so you do not get into major debt?
- Discuss financial goals and plans with your spouse and other family members?
- Make a written copy of the plan available to all family members?
- Modify the plan when confronted with emergencies or crises?
- Allow room for negotiating changes to meet family and individual needs?

Are you nurturing relationships with your family and friends? Do you...

- Verbally and non-verbally express love?
- Give and receive emotional support?
- Tell your spouse how much you appreciate him or her?
- Say positive things to your children?
- Encourage open and honest communication?
- Forgive quickly and move on?
- Give positive feedback, praise and complements?
- Say things that invite others around you feel good about themselves?
- Stay in touch with friends and family?
- Allow other people to be supportive?
- Talk with folks about the blessings in your life?
- Talk about your worries and concerns with other people?
- Use opportunities to establish and maintain social support? (Go to social events---county fairs, church socials, group dinners, arts and crafts fairs, sports events, etc.)

Are you laughing enough? Do you...

- Allow yourself opportunities for fun and entertainment?
- Read fun and entertaining books, magazines, and articles?
- Watch one or two silly television shows that make you laugh?
- Tell funny stories—particularly about yourself and your family?

- Take time to really listen to young children around you?
- Laugh out loud---from your belly?
- Laugh at yourself?

Are you doing anything for other people? Do you...

- Share with a neighbor when you have an abundance of something?
- Serve on boards or committees of a local organization?
- Visit someone that is ill or having a tough time?
- Give support to friends or neighbors when you know they are stressed?
- Try to change a practice or policy in your community that would help other people?
- Do small jobs for people who are going through a difficult time? (Mow the lawn, make trips to the grocery or pharmacy, take a meal to them, etc.)

Are you maintaining a spiritual connection? Do you...

- Really see the good things around you?
- Have some time for solitude and to reflect on your good fortune?
- Talk positively to yourself about yourself?
- Take a walk in the woods or some other place of beauty?
- Concentrate on the ways that everything and everyone is, in some way, connected?
- Forgive yourself and other people?
- Let go of old grudges, disappointments, and hard feelings?
- Give other people credit when it is deserved and take credit when you deserve it?

Prepared by: Doug Burnham, M.S.W., Extension Health Specialist

UK Cooperative Extension
HEEL Program September
2004

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

WHERE?
where do I invest
my energy?

WHY?
why do I eat?

**MINDFUL
EATING**
November 15th
Owen County
Extension Office
10 am
.....
**REGISTER BY FRIDAY, NOVEMBER
11th BY CALLING 502-484-5703**

**HOW
MUCH?**
How much do I
eat?

WHEN?
when do I
eat?

HOW?
How do I eat?

WHAT?
what do I
eat?

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Help

Make Pillows

for Santa's Castle

Thursday, November 17th

anytime from 10:00am-6:00pm

Owen County Extension Office

Don't sew or aren't crafty? No problem!

We can use your help with cutting
fabric, etc.

Only have an hour? That's okay too!



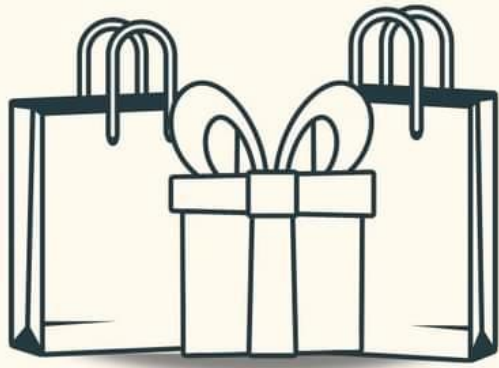
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CHAMBER



Marketplace

FEATURING DOZENS
OF LOCAL VENDORS!

SATURDAY

19 NOV.
10 A.M.
to 4 P.M.



OWEN COUNTY
HIGH SCHOOL
2340 HWY. 22 E.
OWENTON, KY 40359

**HANDMADE JEWELRY, WREATHS, CROCHET,
WOODCRAFTS, HANDWOVEN BASKETS,
HANDMADE POTTERY, HAND PAINTED
ITEMS, AND MUCH MORE!**

For more information
or to register as a vendor, email
owencountykychamber@gmail.com



CHAMBER OF COMMERCE

OWEN COUNTY, KENTUCKY





University of Kentucky
College of Agriculture,
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Cooperative Extension Service



Santa's Castle

Saturday, December 3rd, 2022
10 AM-NOON at the Extension Office
on Fairgrounds Road

Ages 3 years old thru 5th grade are eligible to participate!

Gift Limit: 7 gifts per child

Cost: \$5.00 per child

Lots of handmade gifts by Owen County Extension Homemakers.

Santa's Castle Sponsored by: Owen Co. Extension Homemakers

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WINTER PRESCHOOL DAY

AGES 3-5

FRIDAY
FEBRUARY 10TH
10AM-NOON

♥ **PLAYDOUGH**

♥ **WINTERY
SENSORY
BIN**

♥ **BRACELET**

♥ **STORYTIME
& CRAFT**

♥ **SNOWMAN
MASK**

♥ **Q-TIP
PAINTING**

**OWEN COUNTY
EXTENSION
265 ELLIS ROAD**

ADULT
MUST
ATTEND

NO
COST

SPACE IS
LIMITED

MUST
REGISTER
BY
FEBRUARY
3RD

CALL
502-484-5703



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Give Them More
of the
Good Stuff!

Pumpkin Basics

Canned Pumpkin

- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.



Pumpkin is a very good source of vitamins A and C, potassium and fiber.



Winter Luxury



Baby Boo



Jack Be Little



Fairytale



New England Pie

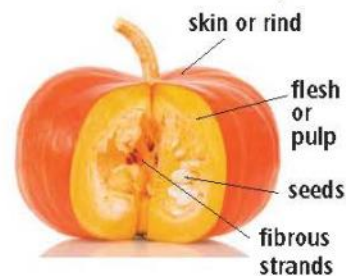


Baby Pam

Shop and Save

- ☀ Pumpkins are a type of winter squash available in October and November.
- ☀ Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- ☀ Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- ☀ Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- ☀ Seeds can be dried and saved for growing pumpkins next year.

The Parts of a Pumpkin



Store Well Waste Less

- Store whole pumpkins in a cool, dark and dry place for up to 3 months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.
- Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.
- Roast the seeds from any type of pumpkin.



Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.



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Share on:



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

Fold in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

