

Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers



Kentucky Extension
Homemakers Association

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Boyle County Extension
99 Corporate Drive
Danville, KY 40422-9690
(859) 236-4484
Fax: (859) 236-8976
boyle.ca.uky.edu

December 2023

This Month's Issue.....

Note from Agent.....	pg. 1
Upcoming Events.....	pg. 1
Club/Chairperson News.....	pg. 2
Upcoming Event Flyers.....	pg. 3
Adult Health Bulletins.....	pg. 4 & 5
Healthy Choices.....	pg. 6-9
Caregiver Health Bulletin...	pg. 10-11
Calendar.....	pg. 12
Outlaw Quilting.....	pg. 13-14

Just a Note from your Agent



Happy Holidays Everyone! I hope you are well and having a lovely holiday season! It's hard to believe I'm writing the final newsletter for 2023 but I'm definitely looking forward to the new year.

Alethea Bruzek
Boyle County Extension Agent
for Family and Consumer Sciences

Upcoming Programs & Events

- Lunch and Learn free cooking and nutrition class on December 1st at 12pm at the Boyle County Extension Office
- Homemaker Christmas Party on December 8th at 11am at the BCEO. This event is FREE. See flyer for details.
- Rug Hooking Club on December 11th at 1pm at the BCEO. Bring your own project or get one for free to try.
- Workday with Thelma on December 19th at 10am at the BCEO.
- County Council Meeting on January 8th at 1pm at the BCEO. (there will be no council meeting in December)
- The Boyle County Extension Office will be closed from December 25th through January 1st. We will re-open on January 2nd, 2024.

 **THANK YOU** 

*The Boyle County Extension
Homemaker Council would like to
thank all who helped with the
preparation for the Area Annual
Meeting. All help was greatly
appreciated. The Boyle County
Extension Homemakers were great
hostesses! - Joyce Zinner*

Club and Chairperson News

Club News/Meeting Dates and Times

76'ers

Happy December from the 76ers. 9 of us met Nov 14. Martha called the meeting to order. Joyce gave our devotional. For roll call, we told something we were thankful for. Kim gave the secretary report. Teresa will be county treasurer starting in July. She said all dues had been paid. Martha presented our lesson on caring for cast iron skillets.

* **Dec 8-** County Christmas program. * **Dec 12 (Tues)** We will be filling & delivering the bags to Latimer Heights. 76ers need to bring dish soap. (Also need more laundry soap & paper towels). Here's the plan: **9am** - Set up things to go in the bags (Ext office)—**10am**- Fill the bags—**11am** - Lunch at The Rooster—Deliver bags after lunch. All county homemakers are invited!! 😊 * **Jan 9-** we will meet in the new year.

Until then... Merry Christmas 🎄 *Kim Miller, 76ers Secretary*

Wilderness Trail

Ten of our members attended the Area Annual Meeting -- the first time most of us had attended an Area event. At our November meeting, we made plans to celebrate the holiday season by going out for lunch on December 7. Clara Bowen shared the video of the Leader Lesson, "Cast Iron Cooking," which was VERY interesting. Four WT members attended the November 20 Council Planning Meeting and contributed to making preliminary long-range plans for BCEH 2024 year. Our club wishes all Boyle County Homemakers a Merry Christmas and Happy New Year!

Educational Chairmen Reports

ENVIRONMENT & ENERGY:

Now that it's time to turn on our furnaces in order to have comfortable homes during the cold winter days, we brace ourselves for higher heating bills. It's time to consider some energy-saving tips in order to keep our utility bills from climbing out of sight. Consider the following: Get a programmable thermostat. Set the temperature based on your schedule. And -- your house doesn't need to be cozy when you're not at home.

- * Caulk around doors and windows to better keep the cold outdoors -- where it belongs.
- * Unplug cellphone chargers, coffee makers, fans, toasters, etc. when they're not in use. As long as your appliances are plugged in, even if they're not turned on, they're still using some energy.
- * Consider getting a water heater insulation blanket. It will help the heater retain heat and use less energy.
- * Set your ceiling fans to rotate clockwise in the winter.
- * Wash laundry in cold water -- even though most of it "like it hot." Cold water saves energy; in addition, there are fewer wrinkles, and colors last longer.

Following these energy-saving tips will help save some money, and it's good for the environment!
(Source: Kentucky Utilities). Submitted by *Rita Bloom*

Announcements

CHARITIES

This year we will award our charitable donations at our annual meeting in the spring. But there is a lot to be done before then! **FIRST**, we need a committee, which will notify organizations of their nomination, review applications from those organizations, choose the organizations that will receive awards this year, notify those organizations and invite them to our annual meeting, where they will be recognized and receive their awards. The established committee membership is as follows: >Two members from each club. >One continuing member (who served on the committee last year). >One "new" member (who may have served in a previous year, but not last year.). These committee members should be chosen by the January 8 Council Meeting. (Also, all committee members are encouraged to attend that meeting.). **SECOND**, we need all BCEH members to consider local organizations and nominate them. Nominations should include name of organization, address, and name of contact person. The committee will begin collecting those nominations after January 8. There are MANY fine local charities. All Homemakers are encouraged to assist in choosing how we will distribute our \$2000 (from "Jane's money") this year.

BOYLE COUNTY EXTENSION
HOMEMAKERS

Christmas PARTY

DECEMBER 8th AT 11:00 AM

The Boyle County Extension Office
99 Corporate Drive,
Danville, KY

PARTICIPANTS ARE ENCOURAGED TO BRING:
FOOD DONATIONS FOR THE FOOD PANTRY
A TOY FOR THE SALVATION ARMY
A GIFT WORTH \$15 FOR WHITE ELEPHANT GAME (OPTIONAL)

THIS EVENT IS FREE TO ATTEND MEAT AND DRINKS WILL BE PROVIDED, ALL OTHER FOODS ARE POT LUCK
CALL 236-4484 TO RESERVE YOUR SPOT

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Create a.....
Sock Snowman!

January 4th

11:00-12:00
or
6:00-7:00p

Location:
Boyle County Extension
99 Corporate Drive
Danville, Kentucky

Instructor:
Cynara Perez-Switzer

\$5

You will leave this one hour class with an adorable snowman of your very own as well as the knowledge to make more!

All supplies are included, as well as a variety of hat/scarf colors, embellishments, buttons, etc., for your use.

If you have any special embellishments (i.e. buttons, etc.) that you would like to "personalize" your snowman with, feel free to bring them.

Please bring a hot glue gun to class if you have one, otherwise we will have a limited number available for use.

This class is being offered at two different time slots, 11:00 a.m. and again at 6:00 p.m.

Please scan the QR code show to the right, to register online for this class, please pay attention to the time slot you select when registering.

Cost to attend is \$5.
Must have 4 attendees for each session or will be cancelled

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

SEW A PILLOWCASE

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Learn how to sew a matching set of these stylish pillowcases, from start to finish. Class will take place on **Saturday, January 6th**, at the Boyle County Extension office (99 Corporate Dr., Danville, Kentucky) beginning at **9:30 a.m.**, until the project is finished. Cost of class will be **\$7**, limited spots available. Register online by scanning the QR code below. Questions? Call (859) 236-4484. Deadline to register is January 3. Supplies list will be emailed or mailed upon registration.

\$7

NOTE: This is not a beginners sewing class, you must have basic knowledge of how to operate a sewing machine such as threading, stitching, etc. Ages 18+



LEARN TO QUILT!

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Beginning Quilting Classes-Part 2

JANUARY 20 & 27
FEBRUARY 3, 10, 17
10:00 a.m.-1:00 p.m.
SATURDAY CLASSES!

Class Location:
Boyle County Extension
99 Corporate Drive
Danville, Kentucky

Instructor:
Jennifer Walker

Cost \$80

5 Weeks of Quilting Classes
Learn all the Steps to Complete Your Quilt!

In this series of classes, we welcome back everyone from Beginning Quilting part 1, as well as anyone who has a finished quilt top and doesn't know what to do next!

Over the course of 5 weeks, we will learn the following:

- How to square a quilt top
- Types of batting
- How to prepare a backing for your quilt
- How to prepare your quilt top for a long arm
- Basting methods
- Quilting on your domestic machine
- Trimming the quilt after quilting
- Binding (machine and hand binding)

NOTE: This is not a beginners sewing class, you must have basic knowledge of how to operate a sewing machine such as threading, stitching, etc. Ages 18+

CALL (859) 236-4484 FOR INFORMATION ON HOW TO REGISTER ONLINE OR SCAN THE QR CODE HERE

Deadline to Register is January 18th





ADULT HEALTH BULLETIN



DECEMBER 2023

Boyle County
Extension Office
99 Corporate Drive
Danville, KY 40422
(859)-236-4484

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

THIS MONTH'S TOPIC:

THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page →



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.

Lexington, KY 40506

Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.



→ **Continued from the previous page**

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

- 10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
- 11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
- 12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

REFERENCE:

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



NOVEMBER / DECEMBER 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES

UK Cooperative Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Holiday food safety: Planning ahead

Food is as much a part of holiday gatherings as football, decorations, and carols. This holiday season, keep food safety in mind each step of the way. Be food safe when you plan, shop, work in the kitchen, and wrap up leftovers.

Proper planning

Make sure your kitchen is equipped with what you need for safe food handling. Have two cutting boards (one for raw meats and seafood and the other for produce and ready-to-eat foods), a food thermometer, shallow containers for storage, paper towels, and soap. Store foods in the refrigerator at 40 degrees F or below or in the freezer at 0 degrees F or below. Check the refrigerator and freezer with an appliance thermometer.



CONTINUED ON PAGE 2

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

HEALTHY CHOICES FOR HEALTHY FAMILIES

PARENT CORNER

The joys of cooking with kids during the holidays

With special treats and family gatherings, this is the perfect time to teach your child about cooking! Kids not only will get to try the new foods they make, but they also get a big boost when they see family and friends eating their creations. Cooking with your children now helps them learn how to make healthy meals.

Safety precautions

To be safe, cover a few ground rules before getting started in the kitchen. Teach kids to wash their hands with warm, soapy water while singing "Happy Birthday" two times to wash away germs.

Teaching basics

To start cooking, teach your child basics. This could be as easy as cracking an egg or setting out each item needed for a favorite holiday recipe. Teach your child how to measure the right amount of each ingredient. Also show them the types of utensils you might need.

Look who's cooking!

Keep your children eager to cook. Choose tasks of holiday recipes based on their skills. Here are some ideas.

- **3- to 5-year-olds:** mix and stir snap green beans, tear lettuce for a salad, press cookie cutters
- **6- to 7-year-olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **8- to 9-year-olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board



- **Children aged 10 and older:** slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Allow your child time to slowly master cooking methods. Start with easy steps such as rolling dough, using a cookie cutter, or spreading frosting. Give them time to complete each step from pouring liquids into the batter to baking them in the oven. Teach cooking skills such as baking versus broiling and how to cook many kinds of dishes.

Source: Adapted from <https://www.eatright.org/homefoodsafety/safety-tips/holidays/the-joy-of-cooking-with-kids-during-the-holidays>

CONTINUED FROM PAGE 1

Safe shopping

Be sure to keep food safety in mind as you shop. Keep raw meat, poultry, and seafood away from ready-to-eat foods like fruit, vegetables, and bread. It is OK to buy fruits and veggies that are oddly shaped but don't buy bruised or damaged ones. Don't buy canned goods that are dented, leaking, bulging, or rusted. These could become a breeding ground for harmful germs.

Choose cold foods last. Bring foods straight home from the grocery store. Always refrigerate food that can spoil, such as raw meat or poultry, right away.

Working in the kitchen

In a holiday kitchen filled with family and friends, all hands may be on deck. But are those hands clean? Make sure each person washes hands with clean, running water and soap for 20 seconds before and after handling food.

And when you bake tasty holiday treats, don't forget that no one should eat raw cookie dough or brownie batter.

Wrapping up leftovers

As you eat and visit, keep in mind how long the food has been on the buffet table. You can't tell if a food is unsafe by taste, smell, or how it looks. Throw away foods that spoil if they sat out of the refrigerator longer than two hours. Foods such as meat, poultry, eggs, and casseroles can spoil quickly.

Refrigerate or freeze other leftovers. Use shallow, air-tight containers. Label and date each package. Use refrigerated leftovers within three to four days. Reheat those leftovers to 165 degrees F.

Source: <https://www.eatright.org/homefoodsafety/safety-tips/holidays/holiday-food-safety-planning-to-leftovers>

HEALTHY CHOICES FOR HEALTHY FAMILIES

COOKING WITH KIDS

Perfect Pumpkin Pancakes

- 1 cup whole-wheat flour
- 1 cup all-purpose white flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin, unsalted (not pumpkin pie filling)
- 1 3/4 cups low-fat milk
- 2 tablespoons vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Combine whole-wheat flour, white flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
3. In a medium bowl, combine egg, canned pumpkin, milk, and oil. Stir to mix well.
4. Add wet ingredients to flour mixture. Stir just until moist. The batter may be lumpy. (For thinner pancakes, add more milk).
5. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear, or pancake is golden on the bottom.

Repeat until all batter is used.

6. Store leftovers in the refrigerator within 2 hours.

Number of servings: 12

Serving size: 1 pancake

Nutrition facts per serving: 130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 15mg cholesterol; 350mg sodium; 21g total carbohydrate; 2g dietary fiber; 4g total sugars; 2g added sugars; 4g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: <https://www.mainesnap-ed.org/recipes/perfect-pumpkin-pancakes>

BASIC BUDGET BITES

Maximize those leftovers!

If you end up making a big meal for your loved ones, chances are that you'll have leftover food. Don't forget the power of leftovers to help save you stress and money this holiday season! Most people agree that turkey dinner leftovers are just as good the second or third day. Most guests will be glad that you are feeding them. They will not blame you for serving them leftovers — even if they were there for the first meal.

To use your leftovers “as is,” follow these tips:

- Remove any meat from the carcass or bone. Cut it into small pieces. Store it in shallow containers in the refrigerator or freezer.
- Use all leftovers within four days or freeze for later use.
- Reheat leftovers to 165 degrees F, or until hot and steaming.

Source: <https://extension.umn.edu/save-money-food/holiday-food-budget>

RECIPE

Turkey Stew

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1 garlic clove, finely chopped (or 1/2 teaspoon garlic powder)
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 2 cups water
- 2 cups cooked turkey, chopped
- Salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil or thyme (optional, to taste)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.

3. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
4. Season to taste before serving.
5. Store leftovers in the refrigerator within 2 hours.

Number of servings: 4

Serving size: 2 cups

Nutrition facts per serving: 270 calories; 4g total fat; 1g saturated fat; 0g trans fat; 55mg cholesterol; 150mg sodium; 32g total carbohydrate; 6g dietary fiber; 7g total sugars; 0g added sugars; 2.5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 25% Daily Value of potassium

Source: What's Cooking? USDA Mixing Bowl

HEALTHY CHOICES
FOR HEALTHY FAMILIES

FOOD FACTS

Carotenoids

Carotenoids are a substance found in food that helps protect cells against damage. There are more than 600 types of carotenoids. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration.

Foods high in carotenoids include red, orange, deep-yellow, and some dark-green leafy vegetables. Examples include sweet potatoes, spinach, carrots, tomatoes, Brussels sprouts, winter squash, and broccoli.



Source: EatRight, Academy of Nutrition and Dietetics

SMART TIPS

Getting enough sleep

Going out more and staying out later often means losing out on sleep. Sleep loss can make it harder to manage your blood sugar. When you don't get enough sleep, you tend to eat more and want high-fat, high-sugar food. Aim for 7 to 8 hours of sleep per night to guard against mindless eating.

Most of all, think about what the season is about — celebrating and connecting with the people you care about. When you focus more on the fun, you focus less on the food.

Source: Adapted from <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

LOCAL EVENTS

Boyle County

Small Town Christmas and Tree Lighting Ceremony on December 2nd from 12pm-7pm
Downtown Danville

Small Town Christmas Parade December 9th at 6pm on Main Street, Danville

JOIN THE DISCUSSION

HOMELESSNESS IN DANVILLE

Please join us as we explore the realities of homelessness in our community.

PUBLIC MEETING
DECEMBER 6, 2023
4:30 PM - 6:00 PM
DANVILLE CITY HALL

If you are interested in nutrition classes, contact your Extension office.

Boyle County Cooperative Extension Office
99 Corporate Drive, Danville, KY 40422
(859) 236-4484
Alethea Bruzek
Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY



FAMILY CAREGIVER HEALTH BULLETIN



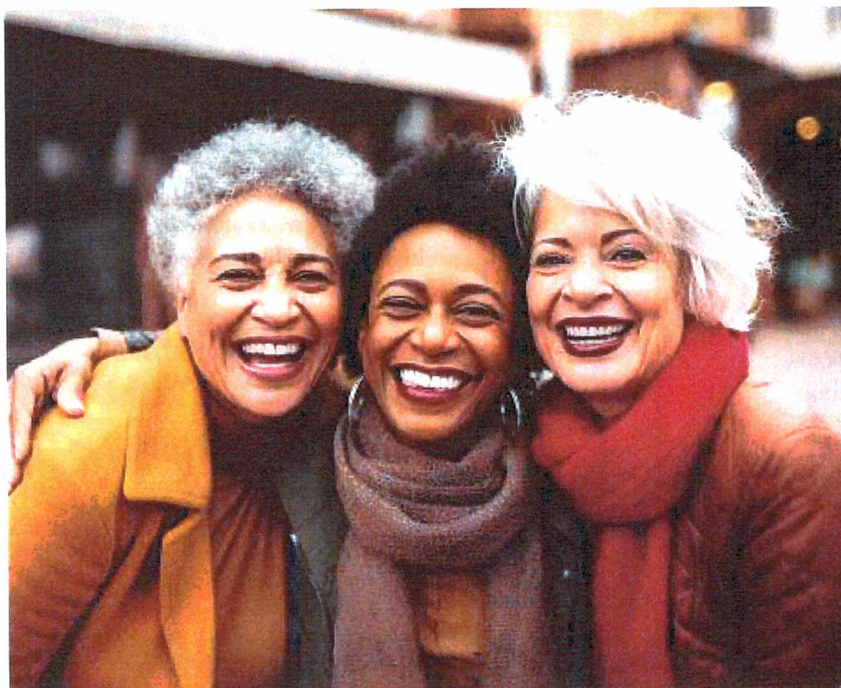
DECEMBER 2023

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

Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC:

SELF-CARE AND STAYING CONNECTED



Self-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

Continued on the next page



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

➔ Continued from the previous page

According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. When you belong to a group, you are more likely to feel like your true self. It can be fulfilling when other people count on you, or you count on others, and you know they are there for you.

Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you. Some examples include:

- Family
- Friends
- Church
- Social Media
- Clubs
- Volunteer experiences
- Support groups
- Community events
- Nature

Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.

NAMI emphasizes that people need people. Remember that just as it is important for your mental



health to find or be a part of a community, it is also important for others to have you as a part of theirs.

REFERENCES:

- Mayo Clinic. (2023). Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
- NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
- NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Mareau
Stock images:
Adobe Stock



DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 • Lunch & Learn at 12:00 p.m.	2
3	4	5	6	7	• Homemaker 8 Christmas Party-11:00a	9
10	11 • Rug Hooking Club-1:00 p.m.	12	13	14	15	16
17	18	• Workday 19 with Thelma- 10:00 a.m.	20	21	22	23
24	25	26	27	28	29	30
Extension Office Closed December 25, 2023-January 1, 2024						

31

January Upcoming Events

- Sock Snowman-January 4th-11a or 6p
- Pillowcase Class-January 6th-9:30 a.m.
- County Council Meeting-January 8th-1:00 p.m.

**All meetings will take place at the Boyle
 County Extension
 office unless otherwise noted.*

OUTLAW QUILTING CLASS

Monday, January 8th,
4:00 p.m.

Boyle County Cooperative Extension
99 Corporate Drive
Danville, Kentucky

(4) QUILTING SESSIONS
3-4 HOURS EACH SESSION
What is Outlaw Quilting?

It is all the little tricks from a long-seasoned designer and quilter. During this class you will make one of the quilts shown here. You can use your own scraps. You will also be able to carry these techniques to future projects. These quilts were designed to give you the opportunity to try some possibly, unorthodox methods of madness. The quilt police are not invited and nobody has to be perfect. Optional supplies for first session are cutting supplies, and fabric if you have. See back of flyer for detailed weekly session information. Cost is \$80 and further dates will be discussed during session one on January 8th. To register, click on QR code.

Questions? Call (859) 236-4484.



INTERMEDIATE TO ADVANCED ONLY

Outlaw Quilting

What is Outlaw Quilting?

It is all the little tricks from a long-seasoned designer and quilter. During this class you will make one of the quilts shown here. You can use your own scraps. You will also be able to carry these techniques to future projects. These quilts were designed to give you the opportunity to try some possibly, unorthodox methods of madness. The quilt police are not invited and nobody has to be perfect.

Session 1: Quilt planning and design (sewing machine not required for session 1 only)

Size and adjustments

Create continuity with scrappy fabric

Block and sashing and continuity

Design Balance

How much fabric will it take?

Quilt math 101

Block corner options and secondary patterns

Cutting, the Outlaw way

Cutting tools and safety (outlaws quilters value safety)

Outlaw fabric management

Session 2: Creating the blocks and shortcuts to set together

Color choice and layout per block

Perfect point technique

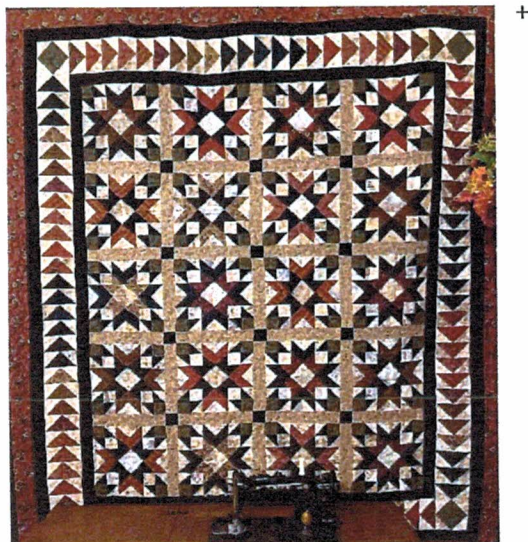
Getting those pesky seams to meet

Outlaw hints for piecing, particularly, the "line"

Sewing machine hacks

Outlaw pressing

Block and Sashing



Session 3: Borders and 4 to 6 flying geese per minute. Maybe even 10

Flying goose 101

How many will it take?

How many to make?

Avoid wavy borders

Directional borders

Mitered corners without even getting up from your machine

Keep your stitches from popping loose around the edges

Session 4: Quilting and Binding

Hand quilting

Machine quilting

Custom quilting

Cutting binding the outlaw way

Sawtooth bindings

Two pass machine binding technique that can produce a pretty binding in half an hour

Traditional binding

Extras:

Vintage Sewing machine identification and use.

The outlaw way to ruffle like a pro, in half the time

The hidden quilt sleeve