

Newsletter

FAMILY & CONSUMER SCIENCES

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Food and Environment
University of Kentucky
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Boyle County Homemakers



Kentucky Extension
Homemakers Association

November/December 2024

This Month's Issue.....

Note from Agent.....pg. 1

Upcoming Events.....pg. 1

Club News.....pg. 2

Photo Gallery.....pg. 1

Recipes.....pg. 3 & 4

Christmas Party.....pg. 5

Events/Craft Classes.....pg. 6-11

Adult/Family Health Bulletin..pg. 12-15

Calendar.....pg. 16 & 17



Just a Note from your Agent

Hey Everyone! Thanks to all of you who helped make KEHA huge success. Thanks to all of the people who planned and organized events that week. Thanks for participating in the leader lesson "Eating Healthy Around the World". We had a great time offering the leader lesson in a fun new way. A couple of friendly reminders, all members are welcome and encouraged to attend the county and area council meetings. What a great way to stay informed on decisions being made at the county and area levels in KEHA. There are several county level educational chairperson positions open. If you are interested in becoming the International, Health/Food/Nutrition, or Scholarship chairperson please call 236-4484. I'll be glad to answer any questions you may have. Special thanks to Marilyn Houchin for completing the Master Clothing Volunteer Training Program in October! I look forward to her classes and continuing to support textiles education in Boyle County. Congrats Marilyn!

Alethea Bruzek
Boyle County Extension Agent
for Family and Consumer Sciences

Upcoming Events/Announcements

- Office Closed- Election Day- November 5th 2024
- Leader Lesson: Mindful Eating- November 12th at 1pm at the Boyle County Extension Office
- Fort Harrod Area Council Meeting- November 14th at 10am at the Woodford County Extension Office. If you are riding in the van, call 236-4484 to get on the list. We will be leaving at 9am.
- Boyle County Council Meeting- November 18th at 1pm at the BCEO
- Office Closed-Thanksgiving Holiday-November 28th & 29th.
- Boyle County Extension Homemakers Christmas Party- December 5th at 11am at the Boyle County Extension Office
- Office Closed-December 25th-January 1st. We will reopen on Thursday, January 2nd.
- Please save your fabric selvages, at least ½ inch, especially with wording on them-turn in to Cynara at the Extension office for an upcoming Spring class.



**KEHA Week Proclamation 2024
with Judge Trille Bottom**



Fort Harrod Area Annual Meeting in Woodford County

Club News

76ers- We had a great time sponge painting fall trees on canvas with our amazing new friends! We continued our fun with a pizza party! We would like to thank Helen Overstreet for bringing the pizza and drinks.

Thank you Martha Thornton and Teresa Nolet for taking time out of your Saturday morning to attend the Farmers Market to make the community aware of the Homemakers Club! They reported that several people had inquired information about the club and a couple of people left their personal information to be contacted.

Thank you to all who contributed to making the tasting party a huge success! The food was delicious and now we are able to have recipes to share with others. The evening was filled with catching up with old friends and meeting new friends. Thank you also for those who contributed to the silent auction!

Latimer Heights is still in need of laundry detergent. We would greatly appreciate anyone who is willing to help donate laundry detergent to them. The third Thursday of each month is a work day to continue making totes for Latimer Heights, pillow cases, and walker bags. We also discussed the upcoming Heritage Craft Camp and all the other events that October is offering. What wonderful opportunities this month has for us to continue making memories with our friends while meeting new people! Our next meeting, we will be discussing the book *The Women* by Kristen Hannah. We welcome everyone who has read this book to join us in our book club discussion. - Tiffany -P.S. 9 members & 5 guests attended this meeting

Wilderness Trail- We had a great turn out for our Oct meeting with one new member joining-Jenny Boyd. Thanks to Florann and Rita B. for hosting the meeting with chili and cheesecake! Becki did the leader lesson on early History of Homemakers and KEHA, the area L.L. were handed out to everyone to review. Thanks to everyone for the participation with the Tasting Party, we had 9 members make food and Betty Gayle also made the basket representing W.T. The committee did an excellent job putting it all together, Hats off to you All!!! As Thanksgiving approaches I hope we all take the time to reflect and be thankful for all the ladies in our past that set the way for us today. May we continue to Learn, Lead and Celebrate one another.

She said "I've learned that whenever I decided something with an open heart, I usually made the right decision. I've learned that even when I have pains, I don't have to be one! I've learned that every day you should reach out and touch someone. People love a warm hug or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.-Maya Angelou

Chairperson Reports/Announcements

The International Dinner will be held in March 2025. This year the chairpersons for the event will be Joyce Zinner and Martha Thornton. They have requested that 2 members from each club be represented on the planning committee. Please contact Joyce or Martha for more information.



Boyle County has a Master Clothing Volunteer!!! Marilyn Houchin!!! Marilyn completed the Master Clothing Volunteer Training Program and is ready to teach all sorts of sewing projects! Join me in congratulating her for achieving this goal!

Recipes

EASY MEATLOAF



- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 sleeve saltine crackers, crushed
- 1 medium onion, chopped
- 2 cups salsa

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix the beef, eggs, crackers, onion and 1 cup of salsa.
3. Press into greased 2-quart casserole dish or 10-inch iron skillet.
4. Top with remaining salsa.
5. Bake for 1 hour.

Slow Cooker Version:

1. Spray slow cooker with vegetable spray.
2. Mix beef, eggs, crackers, onion and 1 cup salsa.

3. Shape into a loaf and place in slow cooker.
4. Top with remaining 1 cup salsa.
5. Cook 6-8 hours on low setting.

Makes 8 servings
Serving size: 1/8 loaf

Source: Sarah Brandl, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

170 calories; 6g total fat; 2g saturated fat; 0.5g trans fat; 100mg cholesterol; 550g sodium; 5g carbohydrate; 2g fi 3g sugar; 24g protein; 10% Daily Value of vitamin A; 2% Daily Value of vitamin C; 0% Daily Value of calcium; 10% Daily Value of iron.

GROCERY LIST

- Lean ground beef (need 2 pounds)
- Eggs (need 2)
- Saltine Crackers
- Onion
- Salsa (need 2 cups)

MAKE IT A MEAL

- **Slow Cooker Meatloaf**
- Steamed broccoli
- Baked sweet potato
- Whole grain roll
- Low-fat milk

TIP

Drink water or unsweetened beverages instead of sugary drinks. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.

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This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



Garlic Pork



- 1 tablespoon vegetable oil
- 2 pounds boneless pork roast
- 1 tablespoon salt-free seasoning blend
- 1 tablespoon Worcestershire sauce
- 6 cloves garlic, peeled
- 1 (14.5 ounce) can chicken broth
- 4 medium sweet potatoes*, peeled and chopped
- 1 large onion, peeled and quartered

*You can substitute white potatoes in place of sweet potatoes.

1. In a large heavy skillet, heat oil over medium-high heat. Season meat on all sides with salt-free seasoning blend and Worcestershire sauce. Brown pork for 3 to 4 minutes on each side. Remove roast from skillet. Slit the roast about 1-inch-deep and 2 inches apart in three places on the top and insert a garlic clove in each slit.
2. Add ½ cup of chicken broth to skillet. Bring to a boil and loosen brown bits with a spoon. Add to slow cooker with remaining chicken broth.
3. Layer potatoes, onion and remaining three cloves of garlic in slow cooker. Place browned roast on top of vegetables.

4. Cover and cook on low setting for 7 to 8 hours. Shred or slice pork and serve with vegetables.
5. **Optional sauce:** Remove roast and vegetables from the slow cooker, leaving the broth. Turn the slow cooker on high. In a small bowl, mix 4 tablespoons cornstarch with ¼ cup water. Add this mixture to slow cooker. Remove lid and cook on high for 10 minutes, stirring a few times.

Prep time: 30 minutes

Cook time: 8 hours

Makes 6 servings

Serving size: ⅓ of roast and potatoes

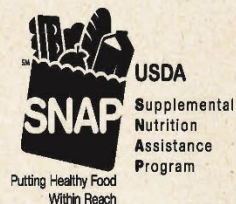
Cost per recipe: \$9.99

Cost per serving: \$1.67

Nutritional facts per serving:

350 calories; 15g total fat; 4.5g saturated fat; 0g trans fat; 90mg cholesterol; 480mg sodium; 20g carbohydrate; 3g fiber; 6g sugar; 33g protein; 80% Daily Value of vitamin A; 25% Daily Value of vitamin C; 4% Daily Value of calcium; 10% Daily Value of iron.

Source: Rosie Allen, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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HOMEMAKER CHRISTMAS PARTY



December 5th-Christmas Party-11:30 a.m.

R.S.V.P. November 25th 2024

Meal-Salad's-everyone brings a salad of any type

Bring a toy and food for pantry

Each club-decorates their own table-(1)

Betty Gayle Williams (859) 516-2639



DEC 5
2024

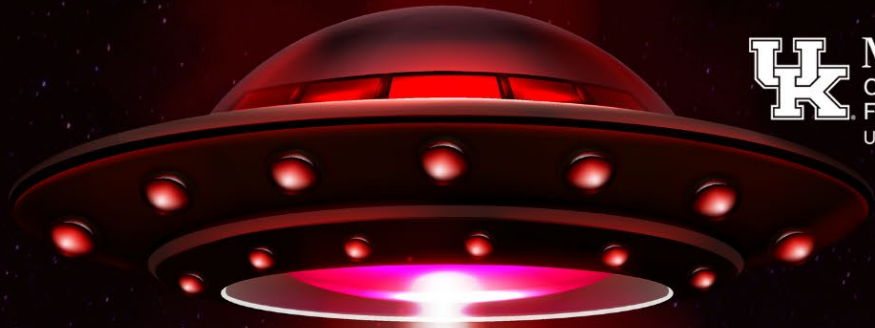
11:30 A.M.

RSVP BY
NOVEMBER 25TH
(859) 516-2639

BRING A SALAD, TOY & FOOD FOR PANTRY

Location:
Boyle County Extension





SEWING/ CRAFT UFO DAY

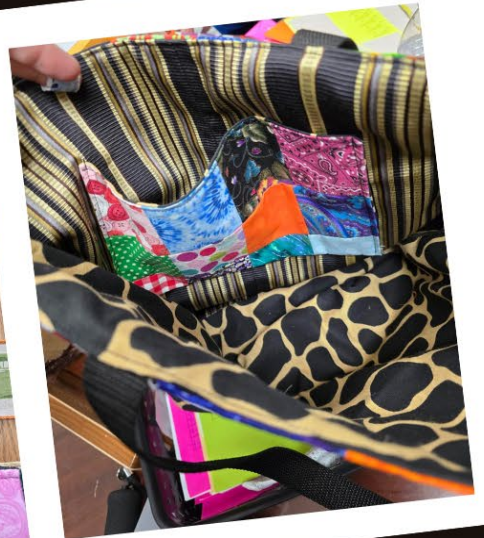
Saturday November 23rd,
10:00 a.m.-4:00 p.m.

Boyle County Extension
99 Corporate Drive

Join us and bring any craft/sewing “unfinished projects” you would like to finish! We will be here between 10:00a-4:00p on Saturday, November 23rd. Come anytime during these hours to spread out and tackle those projects!

Call (859) 236-4484 if you plan to attend.
Bring your own lunch/snacks/supplies.

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QUILTED TOTE BAG CLASS

SATURDAY,
NOVEMBER 16TH
1:00-5:00 P.M.

Kits with fabric, batting, and
straps included in price!

Supplies to bring: sewing machine, thread,
bobbins, basic sewing notions.

Ages 13-99 ONLY!

Must know how to operate your own sewing machine.

\$25



Beginning Knitting

November 7th, 14th, & 21st

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



Instructor: Mary Hixson

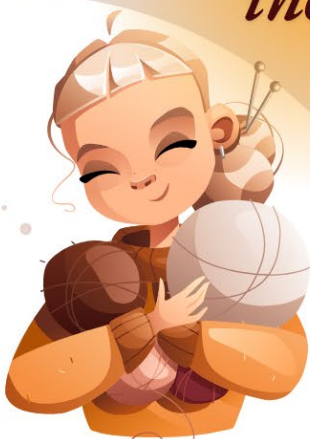
**NO
CHARGE
to Attend**

*All supplies
included*

Ever wanted to learn how to knit? This series is for beginners that want to learn traditional hand knitting. Two class offerings over a 3-week period. 1:00–3:00 p.m. OR 5:30–7:30 p.m. on Thursday, November 7th, 14th, and 21st, at:

**Boyle County Extension
99 Corporate Dr.
Danville, Kentucky**

MUST REGISTER VIA QR CODE BELOW
AGES 15 YEARS AND OLDER ONLY



**Cooperative
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Family and Consumer Sciences
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Disabilities
accommodated
with prior notification.

Paint Roller Snowman!



November 26th

10:00a-12:00p

Location:

*Boyle County Extension
99 Corporate Drive
Danville, Kentucky*

Instructor: Cynara Perez-Switzer



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.

Ages 15 and up ONLY please.

Please scan the QR code show to the right, to register online for this class.

Cost to attend is \$5.



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Lexington, KY 40506



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ALL DAY SEWING CLASSES

SATURDAY DECEMBER 7TH

UK Martin-Gatton
College of Agriculture,
Food and Environment



CLICK ON QR CODE TO REGISTER

On Saturday, December 7th, the Boyle County Extension office will be offering two sewing class opportunities! You can sign up for one or both depending on your preference. Simply scan the QR code above or call us at (859) 236-4484 for assistance in registering. We hope to see you there!



MICROWAVE BOWL HOLDER

1:00 p.m.-3:00 p.m.

Tired of burning your fingers on your hot bowls of soup? Then this is the class for you! Kits will be provided. **Supplies to bring:** sewing machine, basic sewing notions, and 100% cotton thread. If thread is not cotton it WILL melt in the microwave. Takes place from 1:00-3:00 p.m. on December 7th. Must sign up via QR code located at top of the page. **Cost: \$10.**

Instructor: Nancy Lindsay



COSMETIC OR PENCIL BAG

3:00-5:00 p.m.

Learn how to sew this basic zippered pouch! Kits with fabric and zipper will be provided and are included in price. **Supplies to bring:** sewing machine with zig zag capability, sewing notions, zipper foot (if you have one). Sign up via QR code. **Cost \$10.**

Instructor: Nancy Lindsay

Location: Boyle County Extension
99 Corporate Dr., Danville, KY

More info: (859) 236-4484

Ages 15+ ONLY

Must know how to operate sewing machine.

Knitting Group



Meets Monday evenings
from 6:00-8:00 p.m. at:

*Boyle County Extension
99 Corporate Dr.
Danville, KY*

No charge to join, bring any
knitting project you are
currently working on

Special group projects will
periodically be available for a
nominal fee. Participation in
group projects is NOT
required.

Beginners Welcome!

**Questions? Call Cynara at
(859) 236-4484**

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ADULT HEALTH BULLETIN



NOVEMBER 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>

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

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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Disabilities accommodated with prior notification.



There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

→ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

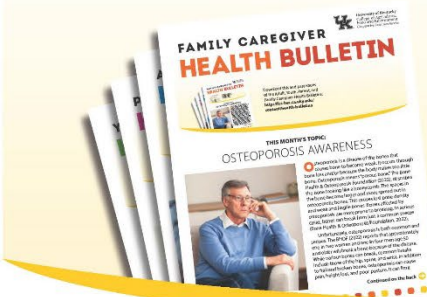
Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





FAMILY CAREGIVER

HEALTH BULLETIN



NOVEMBER 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>

Boyle County Extension Office
99 Corporate Dr.
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(859) 236-4484

THIS MONTH'S TOPIC

HONOR A CHILD CAREGIVER



According to the American Association of Caregiving Youth, approximately 5.4 million children, under the age of 18, care for a parent, grandparent, and/or sibling or other relative who is sick or has a disability. This is a responsibility most young kids do not have to face but some are forced to if their family cannot afford or find care.

Before and after school, young caregivers cook, clean, manage medications, and provide physical care and emotional support to not just one, but in some cases multiple loved ones who need help. As stress takes its toll, young caregivers are at increased risk for health problems including headaches and digestive

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Disabilities accommodated with prior notification.

**If you know a young caregiver,
create an opportunity for rest
by offering to make a meal
or help with physical care
so the child can have some time
to complete homework,
be with friends, play a sport,
or just breathe.**



→ **Continued from the previous page**

issues. These kids go to school with anxiety, worry, and in some cases depression. As a result, their participation in school suffers.

Young caregivers are at increased risk for:

- Inability to focus
- Earning poor grades
- Getting in trouble
- Inability to relate to peers
- Failure to participate or fully engage in extracurricular activities

Connie Siskowski, a nurse and researcher who founded the American Association of Caregiving Youth (AACY), is concerned that young caregivers are going unnoticed. One of her studies showed that 22% of youths dropped out of school to care for a family member.

To help ease the burden of care on young people, and help kids be kids as well as caregivers, Siskowski believes they need more financial and emotional support. These kids also need a break. If you know a young caregiver, create an opportunity for rest by offering to make a meal or help with physical care so the child can have some time to complete homework, be with friends, play a sport, or just breathe.

Proper services for young caregivers demonstrate positive impacts on caregiving youth, including purpose, joy, empathy, and time management. The National Alliance on Caregiving recommends the following resources for young caregivers:

- **American Association of Caregiving Youth:** <https://aacy.org>
- **Kesem, support for children whose parents have cancer:** <https://www.kesem.org>
- **Lorenzo's House — support for children whose parents have early-onset dementia:** <https://lorenzoshouse.org>
- **National Alliance for Caregiving:** <https://www.caregiving.org>

REFERENCES:

- American Association of Caregiving Youth <https://aacy.org>
- American Heart Association. (2021). A Growing Phenomenon: Youth Caregivers Need Recognition, Support. Retrieved July 15, 2024 from <https://www.heart.org/en/news/2021/11/03/a-growing-phenomenon-youth-caregivers-need-recognition-support>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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



November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
-Sewing Friends 9:00a- BCEO	-Sewing Friends 9:00a- BCEO	OFFICE CLOSED ELECTION DAY	-Lancaster Road Homemakers 10:30a-BCEO	-Wilderness Trail Club- BCEO 10:30a -Begin Knitting 1:00-3 & 5:30-7:30p		
10	11	12	13	14	15	16
	-Sewing Friends 9:00a- BCEO	-76ers Club Meeting 9-1:30p -Pieceable Friends- 5:00p-BCEO -Leader Lesson "Mindful Eating" 1:00p-BCEO		-Basic Apron Class 10:00a- BCEO -Area Council Meeting- 10:00a-Woodford Cty. Ext.		-Square Basket Class- 10:00a-BCEO -Quilted Tote Bag 1:00p- BCEO
17	18	19	20	21	22	23
	-Sewing Friends 9:00a- BCEO -Homemaker Council Meeting 1:00p-BCEO	-Homemaker Work Day- 9:00a-BCEO -Pieceable Friends- 5:00p-BCEO		-Unguild Quilters- 9:00a-BCEO		-UFO Day (Unfinished Objects) 10:00a-4p-BCEO -Farmers Market-Holiday Market-9a-BCEO
24	25	26	27	28	29	30
	Sewing Friends 9:00a- BCEO	-Paintroller Snowman- 10:00a-BCEO -Featherweight Class- 9:00a-BCEO		OFFICE CLOSED Thanksgiving Holiday	OFFICE CLOSED Thanksgiving Holiday	

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		-Unguild Quilters-9:00a-BCEO		-Homemaker Christmas Party- 11:00a-BCEO	-Lunch and Learn-12:00p-BCEO	-Microwave Bowl Holder- 1:00p-BCEO -Cosmetic Zipper Bag- 3:00p-BCEO
8	9	10	11	12	13	14
	-Sewing Friends- 9:00a-BCEO	Pieceable Friends- 5:00p-BCEO				
15	16	17	18	19	20	21
	-Sewing Friends- 9:00a-BCEO	-76ers Club Meeting-1:30p -Pieceable Friends- 5:00p-BCEO				
22	23	24	25	26	27	28
	-Sewing Friends- 9:00a-BCEO	-Featherweight Class- 9:00a-BCEO	OFFICE CLOSED Christmas Holiday	OFFICE CLOSED Christmas Holiday	OFFICE CLOSED Christmas Holiday	OFFICE CLOSED Christmas Holiday
29	30	31				
OFFICE CLOSED Christmas Holiday	OFFICE CLOSED Christmas Holiday	OFFICE CLOSED Christmas Holiday				