

HAPPY
Holidays

CLOSED
December 25th - January 1st

Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

DECEMBER 2023

Dear Owen County Homemakers,

How is it already December?! It seems like this year has flown by! The Owen County Homemaker Council decided to sponsor a family of 3 children this year through the Owen County Christmas Project. I want to thank Alice Ducker, Jennifer Ducker, and KC Browne for volunteering to help by taking the family list and shopping for gifts! This is the time of the year for giving and no matter how you choose to give, I know it means a lot to someone! If you are looking for a way to give, we have plenty of ANGELS on the tree here at the Extension Office. You can stop by or call the office to find out details.

Wishing each of you a very
Merry Christmas & a Happy New year!

Chelsea Young *Chelsea R. Young*
Owen Co.
Extension Agent For Family & Consumer Sciences



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.



Homemaker Happenings

Owen County Homemaker Officers

Deborah Arnold	President
Donna Bryant	Vice President
Joyce York	Secretary
Beverly Kincaid	Treasurer



A big thanks to Kathy Watts for offering a basket class! We look forward to another basket class in the spring! Be sure to check in the newsletter for details!



Thank you to those that helped make pillows for Santa's Castle on November 16th!



VOLUNTEERS NEEDED



Setup

Thursday, November 30th

10am-4:00pm

Friday, December 1st

TBA

Santa's Castle

Need Volunteers to help with wrapping and clean up

8:30am- Noon

Call to let us know if you can help!

SANTA'S CASTLE
Sponsored by: Owen County Homemakers

Saturday, December 2nd
9 AM-11 AM

NEW TIME

Ages 3-12

2023

\$5 per child
Max 7 gifts per child

Owen County
Cooperative Extension
265 Ellis Road
Owenton, KY 40359

Homemaker Book List

No Time Like the Future: An Optimist Considers Mortality by Michael J. Fox (2020)

From the well-known actor of *Back to the Future*, Michael J. Fox reflects on thoughts of his own mortality as he has aged with illness. Diagnosed with Parkinson's disease at the age of twenty-nine, Fox has been an outspoken advocate for bringing awareness to the disease, in hopes of finding a cure. This is a memoir of personal resilience, wisdom, and the choice of optimism through loss and hardship.

The Maid by Nita Prose (2022)

Follow the charming neurodivergent maid, Molly Gray, as she reflects on the recent loss of her Gran, the social complexities of the world, and the awe of being a maid. Through unfortunate, yet at times amusing, misunderstandings Molly becomes the lead suspect for the murder of the hotel's most

*These books can be found at the Owen County Public Library.



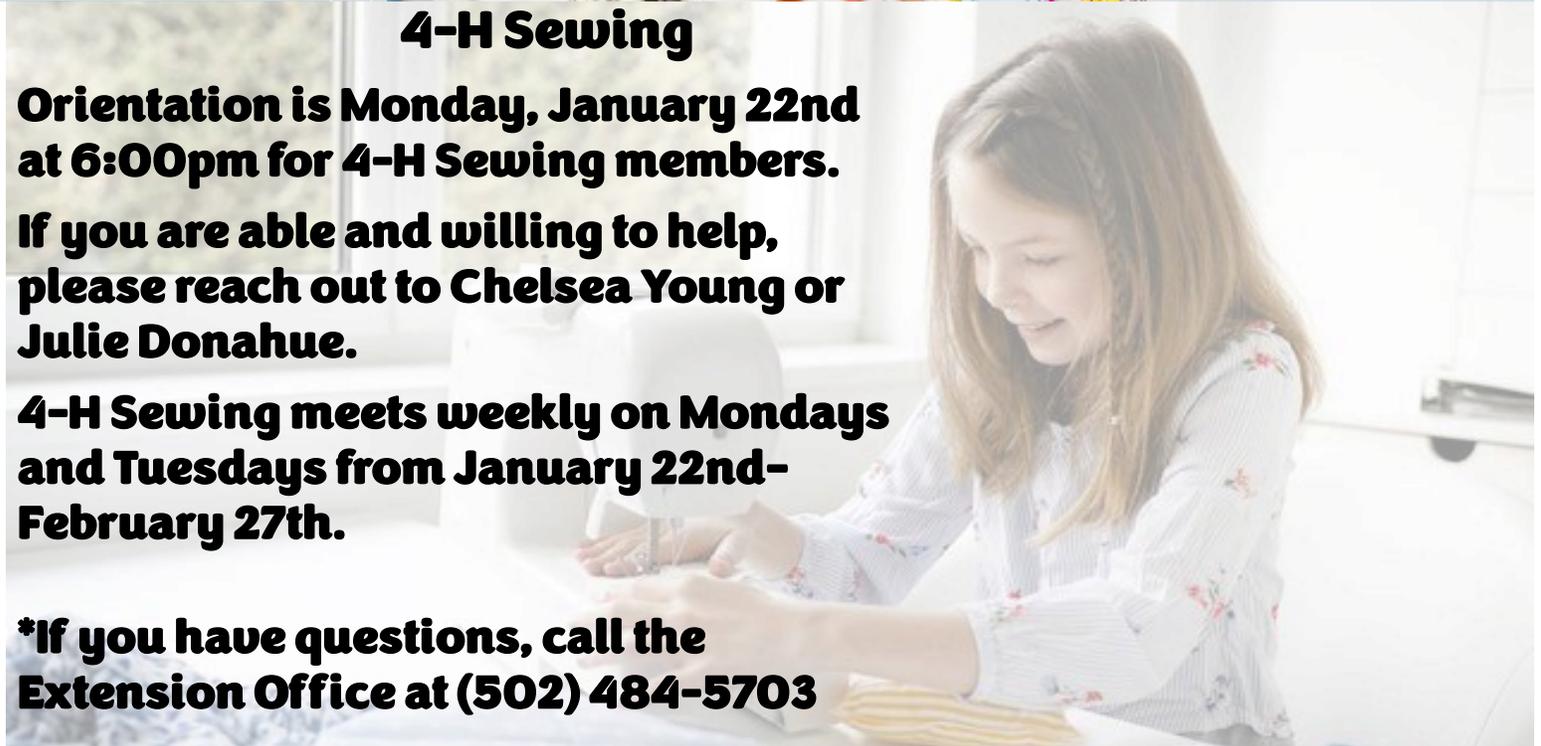
4-H Sewing

Orientation is Monday, January 22nd at 6:00pm for 4-H Sewing members.

If you are able and willing to help, please reach out to Chelsea Young or Julie Donahue.

4-H Sewing meets weekly on Mondays and Tuesdays from January 22nd-February 27th.

***If you have questions, call the Extension Office at (502) 484-5703**



Leadership Education VSU hours

December is a good mid-point for us to visit our VSU hours we have accumulated since July. Many ask about what counts as a VSU hour; below is an explanation of what counts and in which area it fits. Counting and turning in the number of VSU hours is translated to about \$22.15 an hour. If you turn in 100 hours that would be \$2,215.00 worth of paid time that someone might have to pay if you had not volunteered. For many of us just babysitting for those who don't live with us saves money for the family involved. These are funds that they save in childcare can be put toward food, housing or other expenses. These hours are tabulated by the State Homemaker council and reported to UK which helps with funding of our Family Consumer Science extension agent who acts as our homemaker advisor.

So what counts as volunteer hours in each category?

Extension - All Extension Agent directed programs, including "train the trainer" lessons where you participate in agent-led training then teach the lesson to your club or other audiences. This category also includes assisting with any program organized and presented by an Extension agent like judging a 4-H event, leading a 4-H club, volunteering at an Extension field day, etc. This also includes volunteering for activities like 4-H Speech contests, Farm Safety Days, 4-H Reality Store, LEAP, or serving as a member or officer for the county Extension Council, county Family and Consumer Sciences Advisory County, County Extension District Board or State Extension Council. Counted hours should include your training, preparation time, travel time and delivery time to your audience. The key here is agent-led and directed programs where the KEHA member is a volunteer.



KEHA - Programs that originate and are directed by KEHA leaders and members. This includes service to a club, county, area, or the state as a committee member or officer. Participation in training sessions and organizing and leading KEHA-sponsored events should be counted. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time. All volunteer time for club, county, area or state KEHA projects, fundraisers and special initiatives would be counted in this category. Examples include: making quilts for the Center for Courageous Kids, baking for local bake sales, planting trees, picking up trash in local clean-up project, etc.

Community - This category is for your service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples include: local home owner's association, library board, Rotary or Kiwanis, Eastern Star, parent-teacher organizations, etc. This category is also for reporting volunteer time mentoring/tutoring students at school, with local literacy programs, senior home visits/music programs, American Cancer Society, Red Cross, local health departments, etc. as long as the volunteer role is not related to an Extension-led activity or Extension Homemakers activity. Also report serving as a volunteer first responder, on a local school board, any governmental appointments, jury duty, or any other similar roles. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time.

Personal - This category is for discretionary reporting of any unpaid service to family, friends, and neighbors. It includes babysitting relatives not living with you, taking a neighbor or friend to the doctor and/or shopping, mowing the neighbors' lawn, shoveling their snow, raking leaves, etc. Church and faith-based participation such as choir member practice, Sunday school, transporting church members and other religious activities can also be included in this category.

6) How do members report their individual hours? The log for recording Volunteer Service Units (VSUs) can be found in the KEHA Manual Appendix. Make as many copies as necessary and total the number of hours per category before sending the log to the Club/County Chairman for Leadership Development.

7) Clubs may elect to report hours as an entity provided no individual member of said club is reporting individual hours as well. This eliminates the potential for duplicate reporting and confusion.

8) How are hours reported to the state level? The County Chairman must forward the compiled County VSU Report Forms to the Area Leadership Development Chairman by August 15. The Area Leadership Development Chairman then completes the area VSU Report Forms and sends the form to the State Chairman for Leadership Development by September 15.



Self-Care: Taking Care of Your Mental and Physical Health

Be joyful! The sensation of joy runs happiness throughout your body. There is evidence that positivity contributes to overall happiness. Now is the time to focus on YOU!

Self-Care Activities Include:

- take a walk outside
- talk to a friend
- listen to music (or perform it)
- sing and/or dance
- play with your pet
- watch a favorite movie
- listen to comedy shows-laugh!!



Consider making a “self-care kit” for a friend- doing things for others usually helps you feel better!

To help with everyday stress, consider making a “self-care kit” for yourself.

Self-Care Kit Includes:

- stress ball
- bath bomb
- journal
- affirmation cards
- rice-filled neck warmer
- scented candle
- chocolates
- your favorite item or activity that helps you feel better



Make Self-Care your 2023-2024 goal

**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.

OWEN COUNTY ANGEL TREE

2023

Pick an ANGEL
ornament(s)
at Owen County
Extension
Office

Please
purchase
1 outfit &
2 extra
items

Return gifts
unwrapped
**wrapping
supplies are
appreciated

Questions
Call Owen
County
Extension
Office
502-484-5703

Return GIFTS
back to Owen
County Extension
Office by
December 8th
4 PM





OWEN COUNTY CHRISTMAS PARADE

"Christmas Songs"

Saturday, Dec. 9, 2023

Courthouse Square | Owenton, KY

1:00-5:00 p.m., Open House at Participating Merchants/
Christmas Shopping Around the Square

1:00-7:00 p.m., Bellator Trackless Train

2:30 p.m., Christmas Bake-Off (Drop off at Epoch)

2:30 p.m., Caroling on the Courthouse Lawn

3:00 p.m., Lining Up of Floats (Covenant Group, aka old Itron building)

4:00 p.m., Judging of Floats

5:00 p.m., Leave Covenant Group Parking Lot

5:00 p.m., Lighting of the Christmas Tree

5:30 p.m., Christmas Parade

6:00 p.m., Santa Claus in Front of German American Bank

7:00 p.m., Mayberry Christmas Play at the Owen County Courthouse

SPONSORED BY



CHAMBER OF COMMERCE

OWEN COUNTY, KENTUCKY

ADULT 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>

Owen County Extension Office
265 Ellis Hwy
Owenton, KY 40359
(502) 484-5703

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. Lexington, KY 40506



Disabilities accommodated with prior notification.

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





LUNCH AND LEARN

**OWEN COUNTY COOPERATIVE EXTENSION
265 ELLIS HIGHWAY**



MENU

- ~~1. October 25: Getting your House in Order~~
- ~~2. November 15: Health & Wellness Screening~~
3. January 17: Radon
4. March 20: Emergency Preparedness
5. May 15: Energy Efficiency

11:30-NOON LUNCH

12:00-1:00 PM PRESENTATION



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.

RADON

JANUARY 17, 2024

Justin Pittman

OWEN COUNTY EXTENSION OFFICE

CALL 502.484.5703 TO REGISTER

PRESENTATION 12:00-1:00 PM LUNCH 11:30AM-12:00 PM



Lung Cancer

causes and risk factors

- smoking tobacco
- arsenic in drinking water
- family history of lung cancer
- taking certain dietary supplements
- exposure radon
- exposure to asbestos
- air pollution

diagnosis

- blood test
- biopsy
- CT scan
- spirometry

preventions

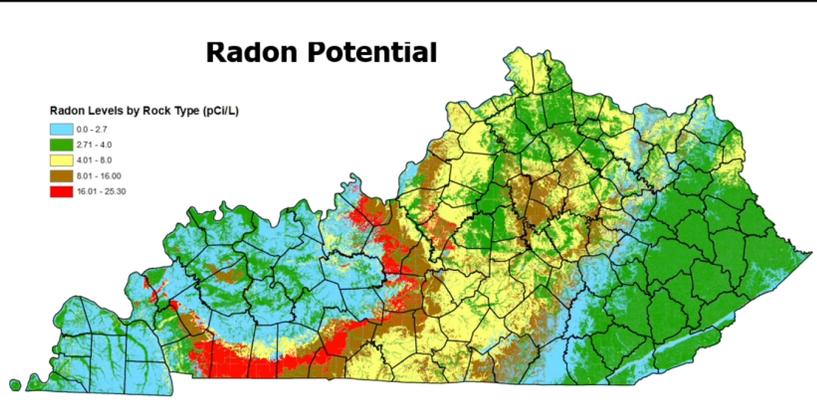
- stop smoking
- avoid secondhand smoke
- eat fruits and vegetables
- avoid carcinogens
- get your home tested for radon

treatments

- radiation therapy
- chemotherapy
- targeted drug therapy
- immunotherapy
- surgery
- supportive care

symptoms

- chest pain
- hoarseness
- shoulder pain
- coughing up blood
- cough
- loss of appetite
- unexplained weight loss
- drooping eyelid
- swelling in the face
- hoarseness
- shortness of breath
- unexplained fatigue



WINTER PRESCHOOL DAY

 Cooperative
Extension Service

Owen County Extension
265 Ellis Highway



FEBRUARY 9TH
10 AM-NOON

CALL 502.484.5703
TO REGISTER

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.

Cleaning & Maintenance 221 Featherweight Sewing Machine



\$60

MAKE CHECKS
PAYABLE TO
OWEN COUNTY
HOMEMAKERS

SUPPLIES NEEDED:

- Small & Medium size straight blade screwdriver
- Flash light or small worklight
- Dental pick
- Paper towels
- Mat/Towel to place under machine
- Sewing machine oil *
- Motor Grease *
- White Lithium Grease *

*There will be supplies to use
and/or purchase in class.

Be sure to bring
your machine in
working
condition!

SPACE IS
LIMITED!

CALL TO
REGISTER
502.484.5703

LUNCH IS
PROVIDED TO
THOSE WHO
REGISTER!

APRIL 10, 2024
9AM-4PM

265 ELLIS HIGHWAY
OWENTON, KY 40359



It's not too late to develop a holiday budget

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

More information on developing a holiday budget is available at the Owen County Extension Office.

Source: Nichole Huff, assistant professor, School of Human Environmental Sciences

DECEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Sew & Go 12 PM-3 PM Craft Club 6 PM Extension Office	5 SEW ALL DAY 9 AM Extension Office	6 Pleasant Home 11 AM Contact Lana for more details!	7	8	9 OWEN COUNTY CHRISTMAS PARADE "Christmas Songs" Saturday, Dec. 9, 2023 Courthouse Square Owenton, KY
10	11	12  NATIONAL GINGERBREAD HOUSE DAY	13	14	15	16  National Chocolate Covered Craftling Day
17	18	19 Cotton Club 6 PM Extension Office	20	21  hello winter	22	23
24	25 HAPPY Holidays	26 	27 	28 	29 	30
31	1 Happy New Year! 	2				



Turkey Stuffed Peppers

Servings: 8 Serving Size: 1 stuffed pepper

Recipe Cost: \$10.23 Cost per Serving: \$1.28

Ingredients:

- Nonstick cooking spray
- 4 medium bell peppers, halved, cored (seeds removed)
- 2 teaspoons oil
- 1 small onion, chopped
- 1 pound ground turkey
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 cup black beans
- 1 cup salsa
- 1 cup brown rice, cooked
- 1/2 cup shredded Mexican blend or cheddar cheese



Directions:

1. Preheat oven to 375 degrees F.
2. Spray a 9x13 baking dish with nonstick spray. Place peppers in dish.
3. Heat oil in a large skillet and cook onions until translucent. Add turkey, garlic powder, cumin and chili powder. Let cook until turkey has browned.
4. Add black beans, salsa and rice to the skillet. Stir to combine.
5. Spoon mixture into each pepper half. Cover with foil and bake for 30 minutes. Uncover, sprinkle with cheese and bake for another 4-5 minutes.

