ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

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Estill County Extension Homemakers

November 2024

Hi everyone,

I hope everyone is doing well. The holiday season is almost here. I have will be doing a Homemade Décor, Gifts, and More Workshop on Tuesday, November 19th. If you would like to attend, please sign up early. It will be limited to 16 participants.

The Homemaker's Holiday Extravaganza will be on Tuesday, December 3rd. We will have a planning session on Wednesday, November 6th at 6:00 p.m. If you can't attend the planning session but have some ideas, please let me know. Gingerbread will be our theme this year.

The 2025 enrollment form for Estill County Homemakers is in this newsletter once again. If you are not a part of Homemakers, please consider joining. The deadline for dues will be November 17th. We have two new clubs. One meets at the Irvine School Apartments and the other one is Acts in Motion. Acts in Motion is collecting items for the Blessing Boxes around town. You can bring donations to the Estill Extension Office through November 18th. The next meeting for both of these will be in January due to the holiday seasons.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.

Lexington, KY 40506

Have a great November.

Judy Vaughn, County Extension Agent for Family and Consumer Sciences

Gudy Vaughn

Dates of Interest

- November 5th—Election Day,
 Extension Office will be Closed
- November 6th—Not Your Momma's Homemaker Meeting 4:45
- November 6th—Planning meeting for Homemaker Extravaganza 6:00
- November 9th—I'd Rather Be Quilting 12:00 at Extension Office
- November 12th—Sugar and Spice, El Ranchito 12:00
- November 17th—Last day for Homemaker Dues (\$10)
- November 18th—Last day for Blessing Box Donations
- November 18th—Homemaker Houseplant Group 5:30
- November 19th—Homemade Décor, Gifts, and More 9:00-12:00
- November 26th—How to get out of the Mealtime Rut 4:00
- November 27th—Laugh and Learn at the Estill County Library 10:30
- November 28th and 29th—Office Closed
- December 3rd—Homemaker
 Holiday Extravaganza, registration
 starts at 5:30

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

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Hello Estill Homemakers,

We have been busy this fall! Our clubs have met in October and going strong.

Not Your Momma's Homemakers Club started the month off with their meeting on October 1st. We brought items for the Bluegrass Area silent auction basket, discussed business, started planning for our annual Christmas Extravaganza, and Judy demonstrated making homemade alfredo sauce. The next meeting for Not Your Momma's group is scheduled for Wednesday, November 6th at 4:45p.m. We will have our normal business meeting, craft, and plan to have nacho's for a snack. We will also be collecting snacks for the Hospice snack cart at the November meeting. We would like to finalize the plans for the Christmas Extravaganza, so everyone please join us on November 6th at 6:00pm for a planning meeting.

The Bluegrass Area Homemakers had their annual meeting in Powell County on October 11th. We had 9 in attendance. There was a business meeting, lunch, and the speaker was the Executive Director of Powell County Tourism, Slade Welcome Center. Scott County extended the invitation for next year's meeting with details to follow closer to the date in October.

KEHA (Homemaker) Week was October 13-19. We kicked off the week with Judy hosting a breakfast on Monday, October 14th. We saw several of our county homemakers and had a good time eating and socializing.

Our other groups are meeting and planning their year. We have started a couple of new groups. The Irvine School Apartment Homemaker group met Thursday, October 24th at 4:00 p.m. in their auditorium. Cheyenne Lamb taught us how to create bud vases and we made Halloween treat bags for the residents. The "Acts in Motion" Homemaker group also met Thursday, October 24th at 6 at the Extension Office. They had a business meeting, snack, and made care bags for Breast Cancer patients/survivors. They will be collecting things for the county Blessing Boxes. Items can be dropped off at the Extension Office from now to November 18th. The next meetings for both groups will be in January.

Any ideas for activities, trips, community service projects, please let us know. Judy is planning some workshops and learning seminars. Our County Annual Christmas Extravaganza is scheduled for December 3rd with registration starting at 5:30. Please join us! More details to come.

The annual State KEHA meeting is in Lexington this year on May 6-8, 2025 (more details to come). We are planning to go as group and hope to have many join us. Information and sign up information will be available closer to that date. Also, Bluegrass area will be the host area for the State Meeting in 2026 and it will be in Lexington as well.

lome makers

Hope to see you all at many of our exciting events!

Rebecca Lamb

Estill County Homemaker - President



Mealtime Rut HOW TO GET OUT OF A

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson several practical strategies that make meal planning and preparation easier for on ways to add creativity and variety into your meals and snacks. We will cover you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

November 24th

4:00 P.M.

Estill County Extension Office 76 Golden Court Irvine, KY 40336 606-723-4557

Judy Vaughn, FCS Extension Agent For more information, contact...





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4-H Youth Development Community and Economic Development

Agriculture and Natural Resources Family and Consumer Sciences Cooperative Extension Service





Why not give homemade this holiday season?

Tuesday, November 19th

9:00 a.m. - 12:00 noon

at the Estill County Extension Office, 76 Golden Court, Irvine

COST: FREE - LIMITED SPOTS AVAILABLE!

CALL 606-723-4557 TO SIGN UP

making decorative items, an ornament, During this class participants will be center piece, Christmas jam, and a gardeners' lotion.

Judy Vaughm

County Extension Agent for Family & Consumer Sciences

Extension Service Cooperative

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT cual orientation, gender identity, gender expression, pregnystoal on mental disability or reprisad to retaliation for pricy tyles of mentaliability by be available with prior notice. Program information may be available with prior notice. Program information may hiversity of Kentucky, Kentucky State University, U.S. Dept exington, KY 40506



ESTILL COUNTY EXTENSION HOMEMAKERS



Holiday Extravaganza



Tuesday, December 3rd, 2024 Extravaganza begins at 6p.m.

Registration starts at 5:30p.m. at the Estill County Extension Office, 76 Golden Court, Irvine

COST: \$15 Cash or check only. Checks need to be made out to Estill County Homemakers

CALL 606-723-4557 TO SIGN UP

Homemakers need to sign up and pay no later than Tuesday, November 26th.

Bring a tin of treats (homemade or store-bought) for the game!

*Please let us know at registration if you have any food allergies/restrictions.

Judy Vaughn
County 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

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Annual Homemaker dues for the upcoming 2025 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to the Estill County Extension Homemakers. Deadline for dues November 17, 2024.

Date:		
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Enrollment Form for

Est	Estill County Extension H			emakers Associ	ation
Address					
г ч					
Name of Club					
Phone: Home	()		Work	()	
))	
Birth year (Option	nal):				
Race (Optional –	circle one):	White	Black or African	American	
Asi	an/Pacific Island	der	American Indian	Hawaiian	Other
Ethnicity (Option	al - circle one):	Hispanic	Non-Hispa	nnic	
Gender (Optional	! - circle one):	Female	Male		
Date joined:	· · · · · · · · · · · · · · · · · · ·				
Kentucky Extensio and/or to supervise use and/or permit of	n Homemakers A any others who inthers to use information	Association, In may do the intermation from t	c., to interview, perview, photographe aforementioned	thteen (18) years of ages affiliates and subside hotograph, and/or videotaping interview and/or the depublications without	leotape me; ng; and/or to e
Signature:				Date:	
Witness:				Date:	

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Nutrition Education Program Update

Happy Fall Everyone!

October was a busy month of starting new programs both with youth and adults. I am thankful to have partnered with Estill County 4-H to do Cloverbud club in our schools and for our homeschoolers at the Extension Office. We are also doing Cooking Club with the 4-H program and with West Irvine Elementary. It is a lot of fun learning with these kids. For the adults we are partnering with the Housing Authority of Irvine to bring programming to their tenants. For all other adults in Estill County, I will be doing monthly programs at the Estill County Public Library. I am looking forward to what November has to offer and looking forward to Thanksgiving turkey. For anyone interested our November program at the Library will be November 22nd from 12:30-1:30pm in the downstairs meeting room and we will be discussing Holiday Food Safety. I hope to see you there.

Jessica Webb
Nutrition Education Program
Assistant
Estill County Cooperative
Extension
606-723-4557
Jessica.coker@uky.edu





Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
- Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
- **4.** Cook rice according to package directions.
- 5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



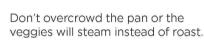
This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; Og trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

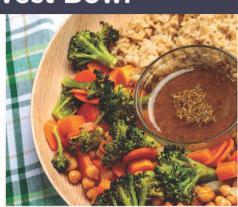


- 6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
- 7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
- **8.** While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
- Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
- 10. Drizzle with dressing before serving.
- 11. Refrigerate leftovers within 2 hours.

Makes 6 servings Serving size: 1 cup Cost per recipe: \$7.71 Cost per serving: \$1.29







PARENT

Cooperative Extension Service

HEALTH BULLETIN



NOVEMBER 2024

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

THIS MONTH'S TOPIC

THE GIFT OF GIVING



Extra programs and performances, gatherings thoughts of food to prepare and gifts to buy. s the holiday season begins, there are s the holiday season begins, tnere are Alots of things pulling at the time and attention of our families and our children. with friends and family, and looming

catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise. Years ago, influences most often came from Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive.

How do we, as parents and caregivers, lovingly guide and direct our children's their own wants and desires? One way attention away from only focusing on is to encourage kids to think of others.

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Lexington, KY 40506

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Considering others' needs, and how we can help to be responsible citizens, build compassionate meet them, is a great way to teach our children relationships, and use their resources wisely. There are also many health benefits to being generous. People who practice generosity are get sick less often and have stronger immune happier and less stressed than those who do not. People who give to others also tend to systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

to involve your kids in thinking of others and giving back. Model this concept for your kids by making it This time of year, there are many practical ways a priority for you and your family to give to others want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices have to spend, and the level of involvement you in some way this season. Take into consideration the time you have, the amount of money you and let your children decide between them.

Here are a few ideas to get you started:

Donate new or gently used toys or

· Buy and donate food to a local food bank or shelter, and/or

responders in your community. Take a meal or snacks to first

Giving to others does not have to cost money. station in your community. Contact these places local animal shelter, tutoring center, or warming volunteers, if they have age limits or mandatory training, and if there is helpful information (like You and your children can give the gift of time, as well. Consider volunteering your time at a ahead of time to determine when they need a dress code) to know before showing up.

Thinking of others is good for everyone. Those taking the opportunity to give get the satisfaction feel seen and valued by their community. Those on the receiving end have their needs met and of helping others and added health benefits!

REFERENCE

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200

HEALTH BULLETIN

Designed by: Rusty Manseau Edited by: Alyssa Simms Katherine Jury, MS

Cooperative Extension Service

FAMILY CAREGIVER



NOVEMBER 2024

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

THIS MONTH'S TOPIC

HONOR A CHILD CAREGIVER

relative who is sick or has a disability. This under the age of 18, care for a parent, Association of Caregiving Youth, grandparent, and/or sibling or other approximately 5.4 million children, ccording to the American

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



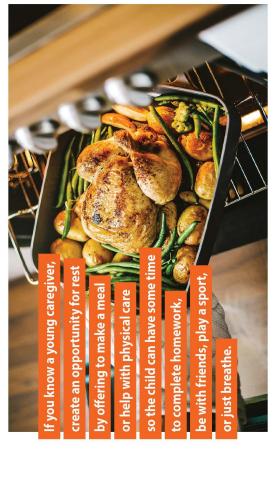


Lexington, KY 40506

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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

not have to face but some are forced to if their family cannot afford or find care.

is a responsibility most young kids do

- Getting in trouble
- Inability to relate to peers
- Failure to participate or fully engage in extracurricular activities

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

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

Proper services for young caregivers demonstrate The National Alliance on Caregiving recommends positive impacts on caregiving youth, including purpose, joy, empathy, and time management. 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 dementia: https://lorenzoshouse.org whose parents have early-onset
- · National Alliance for Caregiving: https://www.caregiving.org

REFERENCES:

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

HEALTH BULLETIN FAMILY CAREGIVER

Associate Extension Professor, Adult Development and Aging Designed by: Rusty Manseau Edited by: Alyssa Simms

Written by: Amy F. Kostelic,

Stock images: Adobe Stock



HEALTH BULLETIN ADULT



NOVEMBER 2024

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

KNOW YOUR DIABETES RISKS THIS MONTH'S TOPIC



and encourage people to take charge of their health

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



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

Diabetes is a long-lasting, or chronic, disease

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

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
 - (NAFLD), now called metabolic dysfunctionassociated steatotic liver disease (MASLD) Have non-alcoholic fatty liver disease

Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

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

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

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

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. Small, gradual changes can make a big

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

REFERENCE:

nttps://www.cdc.gov/diabetes/about

HEALTH BULLETIN

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







Estill County 76 Golden Court Irvine, KY 40336

RETURN SERVICE REQUESTED

grocery store, farmers' market, or roadside stand. Buying Kentucky Proud is easy. Look for the label at your 4. Top sweet potatoes mixture evenly into pan. 3. Spread sweet potato smooth. and cinnamon. Mix until cnb prown sugar, vanilla Add cream cheese, 3/3 2. Mash sweet potatoes. sbray. inch pan with non-stick Lightly spray a 13 x 9 x 2 1. Preheat oven to 350° F. 1 cup brown sugar, divided cream cheese, softened 8 ounces reduced fat potatoes, cooked until 3 large fresh sweet



NONPROFIT ORG

US POSTAGE PAID

IRVINE, KY PERMIT #6

35-40 minutes or until

6. Sprinkle mixture over

mixture resembles

Cut in butter until

combine flour, oats,

with chopped apples.

z medium apples,

J tablespoon ground

qeinD otatod təəw2

J teaspoon vanilla

, lwod llams and .2

pəddoyo

cinnamon

coarse crumbles. Stir in

and 1/3 cup brown sugar.

4 g protein.

49 Aber, 20 g sugar,

sodium, 44 g carbohydrate,

ұағ, 5 тд сһоlesterol, 200 тд

240 calories, 6 g fat, 3 g sat

Nutritional Analysis:

and fruit is tender.

sueced peddoqc dno 1/4

3 tablespoons butter

% cup quick cooking

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Yield: 16, ¾ cup servings.

topping is golden brown

7. Bake uncovered for

səldde.

becans.