

Estill County Extension Family & Consumer Sciences



HELLO
NOVEMBER
2022

Estill County Extension Homemakers

Happy Thanksgiving,

It has been a busy October at the Estill County Extension Office. We had a trip to UK for Ovarian Cancer Screening, Homemaker's meetings and kick-off, and Bluegrass Area Homemaker's Annual Meeting. We are having several classes and activities coming up in November and December, so check out the calendar and information in this bulletin.

I wanted to share some food safety information for the holiday season. If you are thawing meat of any kind, including those big birds, on the bottom shelf of the refrigerator is the best. If you need to do it quicker, you can thaw it in the sink in cold water or in the microwave but cook immediately after thawing. Turkeys should be cooked to an internal temperature of 165 degrees. Check the temperature with a meat thermometer in the innermost part of the thigh and the thickest part of the breast. Do not depend on the pop-up gauge that come in your turkey. If you need more information on cooking your turkey, come and see us at the office for a UK publication.

You may contact me at my e-mail: judy.vaughn@uky.edu or by calling the Extension office at 606-723-4557.



Estill County Extension Service

76 Golden Court
Irvine, KY 40336
(606) 723-4557

ESTILL.EXT@UKY.EDU

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Dates of Interest

- ◇ **November 1st—Not Your Mama's Homemaker's Meeting 6:00 p.m.**
- ◇ **November 8th—Sugar and Spice 11:00 a.m. at El Ranchito Mexican Restaurant**
- ◇ **November 15th—Daytime Homemaker's Meeting 11:00 a.m.**
- ◇ **November 15th—Candy Making 5:30 p.m.**
- ◇ **November 24th and 25th—Office Closed for Thanksgiving holiday**
- ◇ **December 1st—Homemaker Dues \$9 or \$10 with a \$1.00 donation to ovarian cancer research**
- ◇ **December 9th—Christmas Décor and Gift Show trip to Louisville**
- ◇ **December 13th—Gift Making Day Starting at 10:00 a.m.**
- ◇ **December 26th to January 3rd—Office closed for holiday season**

Judy Vaughn

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Homemaker's News

October was a busy month for Homemakers. We had Homemakers week October 9th through 15th. The theme was "Let Your Light Shine". Judge Executive Donnie Watson signed the Homemakers' Proclamation. Linda Parsons and Kathy Puckett attended the signing. Estill County Homemakers celebrated with a soup dinner on Friday the 14th. We had a wonderful dinner and visit with homemakers and members of the community. Not Your Mama's took a plastic pumpkin and made it look like a terra cotta planter. Sugar and Spice are meeting at El Ranchito Mexican Restaurant. Check out these clubs and join up with the Homemakers.



Estill County Extension Homemakers

It is time to pay your dues.

Dues are \$9.00 or \$10.00 if you want to make a \$1.00 donation to Ovarian Cancer Research.

Mail or drop off your dues to the Estill County Extension office by November 18, 2022.

Interested in becoming a member of the Estill County Extension Homemakers? Want more information? Feel free to contact the Estill County Cooperative Extension at 606-723-4557. You can also view this newsletter on our webpage at estill.ca.uky.edu

The Bluegrass Annual meeting was sponsored by the Madison County Homemakers and held at the Madison County Fairgrounds on October 20th and 21st. Estill County had two first place blue ribbon winners in the Cultural Arts portion. Ruth Pasley won with her Hanging Garden quilt and Megan Parker won with her painted pre-made ceramic plate with an Iris. Three Homemakers along with myself attended the event. The speaker featured Obadiah Ewing-Roush, a Chautauquan, portraying John Fee was the guest presenter.

Nicholas County will host next years Bluegrass Annual Meeting. We hope to have a bus load.



Fall Back on November 6th

Daylight saving time ends at 2 a.m. Sunday, November 6th.

Remember to set your clocks back one hour.



Hand made

HOLIDAY GIFTS WORKSHOP

Join FCS Agent Judy Vaughn for a day filled with Holiday Craft making.

TUESDAY, DECEMBER 13TH

Classes begin at 10:00 a.m.

Each class will be approximately 30 minutes.

Deadline to RSVP will November 29th

To sign up call 606-723-4557

CLASSES AVAILABLE

- Macrame plant holder
- Ornament Diffuser
- Painted Holiday Dip Bowl
- Holiday Dip Blend
- Candle
- Holiday Hand Warmers
- Peppermint Bark
- Sugar Scrub

There are eight different craft classes to choose from.

Each class has a supply fee of \$2.00

See the back of this flyer for schedule and craft details.

Judy Vaughn

Judy Vaughn

County Extension Agent
for Family & Consumer Sciences

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10:00 - 10:30 a.m. - Macrame Plant Hanger

Make a macrame plant hanger (yes, it's coming back). 4 inch clay pot included. This would be a perfect gift for the plant enthusiast, or for your own home!

10:30 - 11:00 a.m. - Soy Candle

Make a soy holiday scented candle in a 4-inch glass jar. Soy burns cleaner and is all natural. Candle will need time to set.

11:00 - 11:30 a.m. - Painted Dip/Soup Bowl

Paint a bowl with a design of your choice using paint pens. These bowls are perfect for dip or soup. Bowl will need to have time to dry and bake to set paint.

11:30 - 12:00 p.m. - Holiday Dip Blend

Make a fiesta dip mix from spices in your kitchen and package it up in an ornament for a great gift to go with the dip bowl (spices and ornament provided).



12:00 - 12:30 LUNCH BREAK - BRING YOUR OWN!

12:30 - 1:00 p.m. - Ornament Diffuser

Make a Christmas scented reed diffuser using oil and essential oils in an ornament for a unique and inexpensive gift.

1:00 - 1:30 p.m. - Hand Warmers

Use simple sewing skills to make re-usable hand warmers out of flannel material and rice.

1:30 - 2:00 p.m. - Peppermint Bark

Learn to make quick and tasty peppermint bark and package it up for a wonderful gift. Receive other quick and easy recipes to use as gifts as well.

2:00 - 2:30 p.m. - Sugar Scrub

Make a whipped gingerbread scented sugar scrub. This Whipped Gingerbread Sugar Scrub blends spices and moisture rich coconut oil with sweet exfoliating brown and pure cane sugars into an at-home skincare product that your body is sure to love as much as your nose and wallet.



**ESTILL COUNTY FCS INVITES
YOU TO JOIN US ON OUR TRIP TO
LOUISVILLE FOR THE**

CHRISTMAS GIFT & DECOR SHOW

FRIDAY, DECEMBER 9TH

Departure Time: 8:30 A.M.

from the Estill County Extension Office, 76 Golden Court, Irvine
**To RSVP your spot, call the Estill County Extension Office at
606-723-4557 no later than December 2nd**

Christmas Gift & Decor Show features over 650 High Quality Exhibitor Booths and 1000's of attendees each year. This **FREE ADMISSION** event is one of the premier Christmas Shows in the Nation, featuring acres of gift items and ideas for anyone and everyone. Plus bring your camera or phone for **FREE Pictures with Santa!**



**Please remember we have a limited number of
seats available so call now to RSVP your seat!
We will stop for dinner/lunch after we leave the
show. If you have any questions, please contact
Judy Vaughn, FCS Agent at 606-723-4557.**



Judy Vaughn
Judy Vaughn

County Extension Agent
for Family & Consumer Sciences



HOLIDAY CANDY MAKING DEMONSTRATION

Join FCS Agent Judy Vaughn and special guest for this delicious demonstration

TUESDAY, NOVEMBER 15TH
Demonstration will begin at 5:30 p.m.

Estill County Extension Office
76 Golden Court, Irvine

Join us, along with Kathy Puckett, as she demonstrates how to make a delicious holiday favorite. Kathy will be demonstrating how to make Peanut Butter Roll.



Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

**Please call 606-723-4557
to let us know you will be attending.**



SAVORING THE EATING EXPERIENCE THE ART OF EATING MINDFULLY



Many of us eat mindlessly without recognizing it, sometimes leading to overeating or negative emotions around food. Join us for a class where you will learn about mindful eating practices and how to enjoy food with no distractions, creating an eating experience with increased awareness that is judgment- and guilt-free.

WHEN:
NOV. 15
11:00 a.m.

WHERE:
ESTILL
COUNTY
EXTENSION
OFFICE

FOR MORE
INFORMATION:
CALL JUDY
606-723-4557



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Join Estill County 4-H for their annual
4-H FAMILY NIGHT

SNOWMAN PAINTING

DECEMBER 15TH AT 5:30 P.M.
Estill County Extension Office, 76 Golden Court, Irvine

This is for Estill 4-H youth ages 5-18 and their family members.
An adult must attend with youth.

(Youth must have reached their 5th birthday BEFORE Jan. 1, 2023)

Estill County 4-H is hosting a 4-H Family Night. Paint along with Megan Parker, as she demonstrates step-by-step on how to create your individual Snowman Paintings. We will have hot chocolate and cookies for refreshments!

There will be a \$2 charge per person
(youth and adult) to cover supplies.
Deadline to sign up and pay will be
Thursday, December 1st.

Limited spots available!

Call 606-723-4557
to sign up!



Taylor Miles
County Extension Agent
for 4-H Youth Development

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LaDonna Dawes
4-H Program Assistant



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ADULT HEALTH BULLETIN



NOVEMBER 2022

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

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Irvine, KY
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THIS MONTH'S TOPIC:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

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- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion.

Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning. Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:

<https://health.ui.gov/seasonal/winter>

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ADULT
HEALTH BULLETIN





PARENT

HEALTH BULLETIN

NOVEMBER 2022

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THIS MONTH'S TOPIC:

BE READY FOR WINTER WEATHER

With upcoming holidays and the business that comes with it, preparing for impending cold weather can fall to the bottom of the to-do list. However, the onset of winter will not wait for people to be prepared. Extreme weather conditions and events, like extremely low temperatures, can threaten family's lives and disrupt infrastructure critical to well-being. Power-outages due to cold weather can create even more challenges for staying safe and warm. Below are some winter safety tips to help families and children stay safe, whether you and your children are staying indoors or taking part in outdoor winter activities.

Indoor heating awareness

- **Use caution around fires.** Wood-burning stoves, fireplaces, and outdoor firepits are cozy but can present danger — especially to small children. Use caution and set up protective gates when



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Dress your child in several layers, and make sure their head, neck, hands, and feet are covered.

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possible. If you have lost power or heat and are using alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

- **Keep hydrated.** In drier winter air, or indoor air warmed by dry heat, children lose more water through their breath and skin. Offer plenty of water, and try giving warm drinks and soup for extra appeal. Use lotion, lip balm, or other moisturizer to protect skin and prevent dryness or cracking.

Dress for the weather

- **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, hands, and feet are covered. Dress babies and young children in one more layer than an adult would wear.
- **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
- **Check babies' and small children's hands and feet regularly for extreme cold.** Check to prevent loss of blood flow from lint or hair wrapped around children's fingers or toes that may have become trapped in the seams of socks or mittens.

When heading outdoors

- **Check-in to keep warm.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
- **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the streets. Visibility may be limited because of snowbanks and ice on the roads making braking difficult.
- **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun reflects off the snow, so apply sunscreen to exposed areas.
- **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding,



or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.

- **Watch for danger signs.** Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 911 immediately.

Upcoming holidays are a good time to invest in winter clothing for children who may have grown since last year, including items such as a warm coat, hat, mittens or gloves, and boots. If you find outgrown or unneeded winter items in your home preparing for the upcoming season, consider donating those to a community resource that can make those items available to others in need.

REFERENCES:

- <https://www.saferchild.org/us/charity-stories/cold-weather-tips>
- <https://www.childhoodpreparation.org/post/winter-preparation-and-safety-tips-for-parents-and-children>

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123RF.com

ADULT HEALTH BULLETIN





FAMILY CAREGIVER

HEALTH BULLETIN



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THIS MONTH'S TOPIC:

MILD COGNITIVE IMPAIRMENT

It is common to experience changes in memory and thinking as we age. But sometimes, such changes are a result of disease not just normal aging. As adults in the United States continue to live longer, more people will have to confront a reality called Mild Cognitive Impairment (MCI). According to the Alzheimer's Association, MCI is a form of early-stage memory or cognitive ability loss in people who are otherwise independent. Easily confused with normal aging, the subtle changes associated with MCI are serious enough to be noticed by the affected person and those close to them, but they will not likely affect a person's ability to carry out tasks associated with daily living. The Alzheimer's Association reports that approximately 12% to 18% of people aged 60 or older live with MCI. The risk of MCI diagnosis increases with age.

While people living with MCI may have a higher risk of developing dementia, not all cases of MCI result in more decline. In some cases, people's cognition stabilizes or even returns to normal.



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If you are concerned about memory or cognition, visit a health-care provider.

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Types of MCI

There are two types of MCI not associated with Alzheimer's disease. Amnesic MCI refers to problems with memory. This person might easily forget a conversation or misplace something. Nonamnesic MCI describes cognitive issues related to things like language, executive function, and visuospatial ability. A person with nonamnesic MCI might have a hard time keeping their train of thought during a conversation, finding their way in a familiar place, or completing a familiar task.

MCI risk factors (Alzheimer's Association):

- Increasing age
- A specific form of the APOE-e4 gene associated with Alzheimer's disease (ex., APOE-e4)
- Brain changes associated with Alzheimer's disease
- Diabetes
- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Depression
- Sedentary lifestyle
- Lack of mental and social stimulation
- Medication side effects
- Sleep apnea or deprivation
- Anxiety
- Stroke and other vascular diseases
- Traumatic Brain Injuries (TBI)
- Neurologic, neurodegenerative, systemic, or psychiatric disorders

Diagnosing and treating MCI

If you are concerned about memory or cognition, visit a health-care provider. While there is no test to provide a definitive diagnosis, medical professionals will listen to patient-reported symptoms, review medical history, perform an exam, run lab tests, order MRI or CT scans, and assess thinking and memory function. In some cases, physicians will rule out other diseases that could be affecting the brain.

There is no current treatment for MCI. But health-care providers can sometimes find and reverse causes of cognitive decline like treating depression, changing medication, or recommending sleep hygiene.

What you can do

MCI can be difficult to diagnose because it is associated with a range of symptoms. If you suspect changes in cognition, write down the symptoms and a timeline of when you first started suspecting an issue. Take this list of concerns to your appointment. It is also best to attend a doctor's appointment with a trusted friend or family member, especially when there are concerns about memory. A second person can be an extra set of ears and can help remember the information and recommendations.

The Mayo Clinic reports mixed results when it comes to preventing or reversing cognitive decline through diet, exercise, and other healthy lifestyle choices. But they promote ways in which healthy choices enhance overall health and play a positive role in cognitive health. The key to healthy living at any age includes a healthy diet, physical activity, and mental and social stimulation.

To read more about MCI, check out the Alzheimer's Association Special Report at <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-special-report.pdf>.

REFERENCES:

- Alzheimer's Association. (2022). More than normal aging: Understanding Mild Cognitive Impairment. Retrieved <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-special-report.pdf>
- Mayo Clinic. (2020). MCI. Retrieved from <https://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/diagnosis-treatment/drc-20354583>
- FCS Resources: Amy F. Kostelic, Associate Extension Professor of Adult Development and Aging

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FAMILY CAREGIVER HEALTH BULLETIN





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RETURN SERVICE REQUESTED

Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	1/2 teaspoon	1/2 cup sorghum syrup
1/2 teaspoon baking powder	ground ginger	1/2 cup unsweetened applesauce
1/2 teaspoon baking soda	1/4 teaspoon salt	1 pear, peeled, cored, and diced
1/2 teaspoon ground cinnamon	1 egg	
	1/2 cup buttermilk	

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes. **Yield:** 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>