

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

December 2023/January 2024

Estill County Extension Homemakers

Happy Holidays,

It is hard to believe that the end of the year is up on us. It has been a busy and exciting year. Our homemaker numbers are rising and we have added a new special interest club. If you like to learn about plants and how to care for them, come to this club on the second Tuesday of each month at 6:00 p.m.. We have our Homemaker Extravaganza on December 12th with registration starting at 5:00 p.m.. The flyer for that is located in the newsletter.

December 5th at 10:00 a.m. is Gifts from the Kitchen. We will make jar layered recipes and other things to give from the kitchen. This is open for everyone. More information is in the newsletter. Call to sign up so I can plan supplies.

I will be having a Heart Healthy Lunch and Learn on February 7th from 11:30 a.m. to 1:00 p.m. We will wear red and learn about having a healthy heart. Call to sign up.

All programs are cancelled if school is canceled for weather. If we have slick road conditions and can not make it in to work, the office may be closed. We will post on our Facebook pages.

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.

Be safe and have a wonderful holiday and a great new year.

Dates of Interest

- ◇ December 25th to January 2nd—Office closed for holiday season
- ◇ January 15th—Martin Luther King Jr. Day, Office Closed
- ◇ December 5th 10:00 to 12:00—Gifts from the Kitchen
- ◇ December 12th at 5:00—Homemaker Extravaganza
- ◇ December 9th and January 13th at 1:30— I'd Rather Bee Quilting Club
- ◇ January 9th 6:00—Homemaker Houseplant Special Interest Club
- ◇ December 20th and January 17th at 10:30—Laugh and Learn at the library
- ◇ January 23th at 4:00—Homemaker Leader Lesson
- ◇ February 7th at 11:30-1:00—Heart Healthy Lunch and Learn
- ◇ May 8th-10th KEHA Annual Meeting

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

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Disabilities
accommodated
with prior notification.

Homemakers News

Hello Estill Homemakers,

Not Your Momma's group met on Thursday, November 2nd. We opened with our general business meeting and finished with our monthly service project. For November's service project, Not Your Momma's members bought non-perishable items and filled bags for the seventeen residents of Irvine School Apartments. We finalized plans for the Homemaker Christmas Party and discussed future events. Our next meeting will be January 4th.

The special interest group for plants held their first meeting on November 14th. Cheyenne Lamb had a presentation on floral arrangements and taught those present how to assemble a bud vase. The flowers were very pretty and made nice arrangements. This special interest group is open to all Homemakers and their next meeting will be held Tuesday, January 9th at 6:00 p.m. at the Extension Office.

Tuesday, December 12th at 5:00 p.m. will be the annual Homemaker Christmas party. We will be having Chili and potluck appetizers and desserts. There will be a craft, sock exchange, and a Saran Wrap ball. Sign up for all the fun at the Extension Office by December 8th. The cost is \$10 for the event.

If you would like to know more about Volunteer Service (VSU) hours, the book list, passports or any of our other fun activities, please contact the Estill County Extension Office at (606) 723-4557. Also, let us know if you have any trip ideas or service project ideas.

We hope to see you at the next meetings!

Rebecca Lamb
Estill County Homemakers

You are invited to attend the 2023



Estill County Extension



Homemaker Extravaganza

Candy Christmas

Tuesday, December 12, 2023

Beginning at 5:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine

Estill County FCS Agent, Judy Vaughn, will be making chili. Homemakers are asked to bring finger foods and desserts.

Pre-registration with payment required by Dec. 8th

Registration Fee: \$10.00

Checks made out to Estill County Extension Homemakers



Questions? Contact the Estill County Extension Office at 606-723-4557



Judy Vaughn

Judy Vaughn
Estill County Extension Agent
for Family & Consumer Sciences



*Why not give
homemade this
holiday season?*

GIFTS FROM THE KITCHEN

Tuesday, December 5th

10:00 a.m. – 12:00 noon

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

During this class participants will be making layered jar recipes, simple candy recipes, and different mixes that can be given as gifts.

COST \$2.00

**Call 606-723-4557 to sign up so we can know
the quantity of supplies that will be needed.**

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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Self-Care: Fuel Your Energy



(aka: Pamper Yourself!)

Self-pampering is a valuable practice for enhancing wellness. Think spa days, comfortable sheets, scented candles, massages, and cups of herbal tea! These in-the-moment soothing practices can be used to cope when stress and crises are making you feel overwhelmed.

Such rituals are beneficial because they provide a temporary distraction to help create a momentary level of calm. FCS Extension will help you identify ways to pamper yourself for overall health and well-being.

Come to the Estill County Extension office to learn more!

- When: January 23, 2024 at 4:00 p.m.
- Where: Estill County Extension Office
- For More Information: Judy Vaughn, 606-723-4557

It's not too late to develop a holiday budget

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

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



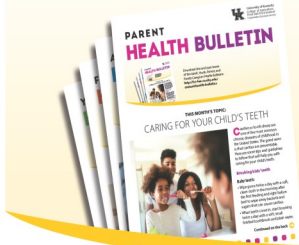
great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list 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 Estill County Extension office.

PARENT 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>

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

THIS MONTH'S TOPIC:

KEEP FIRE SAFETY IN MIND



The U.S. Fire Administration estimates that 300 people die and \$280 million in property is destroyed each year as the result of children playing with fire. Parents and caregivers can take steps to prevent children from making the costly mistake of handling fire before a tragedy occurs. Talk to your children about fire safety, and keep dangerous items out of the reach of children.

The most common way children gain access to fire starters is through handheld lighters and matches. Keep matches, lighters, and other ignitable substances in a secured location out of your child's reach.

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Only use lighters with child-resistant features.

Reduce the need for routine use of lighters and matches by buying flameless candles. These candles contain a lightbulb instead of a wick and take the danger out of your child accidentally knocking over a burning candle and being exposed to an open flame. Never leave an open flame, such as a candle, fireplace, stove, or heater, unattended by an adult.

In the winter months, consider holiday-specific fire concerns as well. Make sure that smoke alarms are working before decorating for the holidays. Turn off holiday lights before leaving the house or going to bed. If you buy an artificial tree for decorating, be sure it's labeled "fire-retardant." If you use a natural tree, keep it watered, as a dry tree can more easily catch fire. Keep all decorations away from all heat sources, such as electrical outlets, radiators, and portable space heaters. Don't overload indoor or outdoor electrical outlets. Check light strands and other decoration wires for fraying or damage.

Have your fireplace inspected before you light your first fire of the season. A chimney professional can clean your fireplace and ensure that it is safe to use. Use a sturdy fireplace screen when burning fires. Never burn paper or pine boughs because they can float out of the chimney and ignite a nearby home or your own roof.

Even if no one is at fault, house fires can still happen. Help your child survive a fire by installing smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas. Once a month, check whether each alarm in the home is working properly by pushing the test button. Replace the batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low. Teach your children what smoke alarms sound like and what to do when they hear one.

Have a family fire escape plan that everyone in the household knows. Teach your children two ways to escape from every room of your home, and where

Once a month, check whether smoke alarms are working properly by pushing the test button. Replace the batteries in alarms at least once a year.



to meet up outside. Practice your fire escape plan at least twice a year. Teach children to stay low to avoid smoke, test doors for heat before opening, and not to take anything with them when they evacuate. Emphasize "get out, stay out." Only professional firefighters should enter a building that is on fire — even if other family members, pets, or prized possessions are inside. Consider getting escape ladders for sleeping areas on the second or third floors. Learn how to use them and store them near the windows. Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Preparation, education, and practice can help keep your family safe from fires.

REFERENCES:

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-for-kids.html>
- <https://kidshealth.org/en/parents/holiday-dangers.html>

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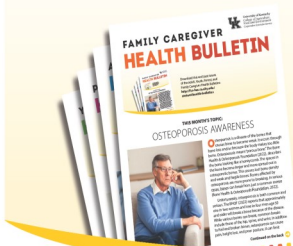
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**ADULT
HEALTH BULLETIN**

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

FAMILY CAREGIVER HEALTH BULLETIN



DECEMBER 2023

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Estill County Extension Office
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THIS MONTH'S TOPIC:

SELF-CARE AND STAYING CONNECTED



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

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

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

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

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

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

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



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

REFERENCES:

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

FAMILY CAREGIVER HEALTH BULLETIN

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



ADULT HEALTH BULLETIN



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THIS MONTH'S TOPIC:

THE GIFT OF HEALTH

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



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.

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- 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

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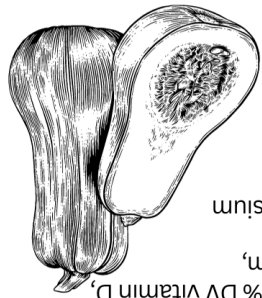


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Nutritional analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium

Yield: 10, 1-cup servings

Electric Pressure Cooker: Press large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until the onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 pound ground turkey
- 1 pound (1 small) butternut squash - peeled, seeded, and cut into 1-inch cubes
- 1 cup low-sodium chicken broth
- 1 (4.5-ounce) can chopped green chilies
- 2 (14.5-ounce) cans petite diced tomatoes
- 1 (15.5-ounce) can hominy, drained
- 1 (8-ounce) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1/2 teaspoon salt

Butternut Squash and Turkey Chili

