

Logan County

 Cooperative
Extension Service

In this
Issue:



Homemakers

November 2024

Mark Your Calendars	1
Clubs	2
Trainings	2
Highlights	3-4
Council Meeting	5
Alzheimer's	6
KSU	7-8
Recipe	9

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**Cooperative
Extension Service**

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

Mark Your Calendars! Date Change!!!!

Mammoth Cave Area Homemaker Leadership Training is **November 14**

All county officers/chairmen invited to attend!

Gift wrapping for FRYSC families Christmas is December 5, 2024.

Please let me know if you plan to volunteer this day!

Logan County Homemaker Council Meeting/Christmas Party
December 10

Homemaker Dues

Your annual Homemaker dues of \$12 are due to the Logan
County Extension Office by December 1, 2024!

Homemaker Leadership Training

The Mammoth Cave Area Homemaker Leadership Training has been scheduled for Thursday, November 14, 2024 at the Warren County Extension Office. **This is a new date than originally scheduled.** This training will begin at 10 AM and will conclude by noon. All county officers and chairmen are encouraged to attend. Please let the Extension Office know whether or not you will be able to attend.

FRYSC Families Christmas

The Family Resource in Logan County and Russellville need your help during their Christmas distribution day with wrapping children's Christmas gifts. This event will be held on December 5 from 8AM-4PM. If you are available to help this day and would like to please let me know.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Club Meetings

O & H Homemakers

President Donna Washington
270-893-1467

Meets 3rd Monday @ 2:30 PM

Corinth

President Sharon Travis
270-539-4604

Meets 3rd Thursday @ 10 AM

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403

Meets 3rd Saturday 9 AM—3 PM

Neighbors

President Emily Hayes
270-542-4287

Meets 4th Tuesday @ 11 AM

South Union

President Judy Kirkland
615-337-0999

Meets 2nd Wednesday @
NOON

**ATTENTION ALL
MEMBERS AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.



The Logan County Extension Office will be closed Tuesday,
November 5, 2024 for Election Day and
November 28-29, 2024 for Thanksgiving!

Homemaker Leader Trainings

December Leader Training
No December Leader
Training

January Leader Training
"Self Defense"
Mail out Lesson

February Leader Training
"Tips to Manage Stress Eating"
February 5, 2024 @ 10 am

Any changes in leader trainings
will be announced!

you are
A·M·A·Z·I·N·G



HOMEMAKER HIGHLIGHTS

November

O&H Homemakers Club celebrated breast cancer awareness month at their October club meeting. They made ink pens in honor of breast cancer awareness!



Cornith Homemakers made tobacco stick Santa's and other items at their October club meeting!

If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and pictures!



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS ON
FACEBOOK!**

HOMEMAKER HIGHLIGHTS

November

Several Logan County Homemakers attended the multi-county leader training on Cake Decorating and learned a variety of decorating techniques!



Congratulations!



Logan County was well represented at the Mammoth Cave Area Homemakers Annual Meeting in October! Sandra Lennon was installed as the new Mammoth Cave Area Homemaker President! She will lead the area homemakers for the next three years.



Council Meeting/ Christmas Party



The Homemaker Council meeting and Christmas party has been scheduled for December 10, 2024 at 11 AM at the Logan County Extension Office. The committee has planned a fun day! We will have finger foods followed by a brief council meeting before we celebrate the holidays. Please bring a Christmas tea towel for a small gift exchange. The planning committee has decided that each club be responsible for a finger food as our lunch. I recommend planning for 30 to be safe but I will try to have a rough head count prior to the event. I have listed below the items that the committee has asked each club to be responsible for:

Rachel will provide drinks and paper products

Corinth - Vegetable tray with dip

Getaway Girls - Cheeseball and crackers

Neighbors - Cookie tray

O&H - Fruit tray with dip

Sew Fun - Sausage balls and puff pastry with chicken salad

South Union - Lil smokies

AUTUMN Word Search



- LEAVES
- MUSHROOM
- SQUIRREL
- HEDGEHOG
- SCARECROW
- PINE CONE
- ACORN
- PUMPKIN
- RAKE
- CHESTNUT
- SWEATER
- UMBRELLA



Alzheimer's Disease Awareness Month

It is common for people to worry about Alzheimer's disease. You may forget a name or face ... or you have a family member who has been diagnosed. With nearly 7 million Americans living with Alzheimer's, it is important to know the signs of Alzheimer's Disease.

According to the Alzheimer's Association, warning signs include:

1. Memory loss that disrupts daily life and activity. You might forget new information or important dates and events and not remember or recall it later. You might repeat the same question, rely more on memory aids, or ask for help with things you used to handle on your own.
2. Challenges with planning and problem solving. You might have trouble following directions, like in a recipe or staying on top of your monthly bills. It may be harder to concentrate or complete tasks in a timely manner.
3. Trouble completing familiar tasks. Running an appliance, driving to a familiar store, or remembering rules to a favorite card game might become difficult.
4. Confusion with time or place. Losing track of dates, seasons, and time and not figuring it out later. Forgetting where you are or how you got there.
5. Difficulty with visual images and spatial relationships. Changes in vision can lead to difficulty with balance, reading, judging distance, determining color and contrast. This can also create challenges with driving.
6. New challenges with word-finding when speaking and writing. It can become increasingly difficult to follow or complete a conversation, find words, or call familiar objects by the correct name. Repetition may become more common.
7. Misplacing things or the inability to retrace steps. You might put items in unusual places, accuse others of stealing things, and lose the ability to go back and find items.
8. Changes in judgment and decision-making. You might experience poor decision-making in terms of finances, safety, and hygiene.
9. Withdrawal from work and social activity. With decreasing ability to follow conversations or carry out tasks, you might become less social or less interested in your hobbies and other activities.
10. Changes in mood and personality. As the disease progresses, you might feel more confused, suspicious, irritable, depressed, or anxious.

It is not unusual to have occasional trouble with word-finding or forgetting where you put something. But persistent or worsening trouble with thinking, memory, and the ability to complete everyday tasks may be a sign of something more serious. If you notice any of these signs in yourself or someone you care about, the Alzheimer's Association encourages you to seek evaluation by a health-care professional. Early diagnosis not only provides increased access to treatment options, but it also offers opportunity for clinical trials, emotional and social support, and more time to plan for the future. For more information about Alzheimer's disease, visit the Alzheimer's Association at www.alz.org or call UK Sanders-Brown Center for Aging at (859) 323-5550.

References: Alzheimer's Association. (2024). 10 Early Signs and Symptoms of Alzheimer's and Dementia. Retrieved July 15, 2024 from https://www.alz.org/alzheimers-dementia/10_signs

CDC. (2019). Healthy Brain Initiative. Retrieved July 15, 2024 from <https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging





Holiday Countdown

There is nothing like being home for the holidays. And there is no reason the holidays have to be stressful. If your home is where everyone gathers for Thanksgiving, Christmas, or other holiday meals, use the countdown below to make a game plan and eliminate the stress before it can start.



~~4 weeks out~~

- Send out invitations.
- Take an inventory of tables, chairs, cups, plates, napkins, and silverware. It's OK to use disposable dishes and utensils. Just make sure you have enough of whatever you decide to use.
- Place your order for a fresh turkey, if that's the type of turkey you are cooking.
- Place your order for a fully cooked turkey, ham, or roast, if that's your preferred entree.

~~3 weeks out~~

- Plan your menu, including all recipes.
- Make a detailed grocery list.
- Purchase containers for storage of leftovers or take-home favorites.

~~2 weeks out~~

- Follow up with guests to confirm the number of attendees.
- Double check your grocery list, and start shopping for shelf-stable items, beverages and anything frozen – this includes the turkey, if necessary.
- Locate your roasting pan and thermometer.
- Gather necessary equipment.

~~1 week out~~

- Clear out the fridge. Start using foods that are taking up space in your refrigerator and freezer.
- Make ahead any dishes that can be frozen and warmed up the morning of.
- Set out seasonal decorations.
- Make a holiday playlist for background music.

~~5 days before~~

- Check frozen turkey (ham or roast), and determine how long it will take to thaw. Allow 24 hours for every 4 to 5 pounds.
- Clean the house. You can allow two days for this!

~~4 days before~~

- Purchase fresh items for the menu.
- Purchase ice or make ice and place in bags in freezer.
- Make a cooking timetable for the morning of to ensure all dishes are cooked thoroughly and ready when needed.

~~3 days before~~

- Prepare table linens.
- Make a plan for keeping food warm. Set out warming plates or slow cookers.

~~2 days before~~

- Set the table or assemble the buffet.
- Set up a bar for drinks.
- Make cards identifying each dish so guests will know what they are eating and if any allergens are present.
- Thaw frozen dishes in the refrigerator for cooking the morning of.
- Spot clean high traffic areas in the house.

~~1 day before~~

- Make any dishes that can be made ahead of time – usually pies and desserts.
- Chop and measure ingredients for dishes that cannot be made ahead of time.
- Place drinks in cooler for icing the next morning.
- Set out fresh flowers.

~~The morning of~~

- Place turkey, ham, or roast in the oven.
- Start cooking items according to your timetable.
- Ice the drinks in the cooler.
- Set out fresh towels in the bathroom. Have a roll of paper towels in the bathroom as a backup as well.
- Relax and enjoy the day.

For more information on holiday meals or great recipes, contact your local Extension office.

References:

<https://www.tasteofhome.com/article/holiday-hosting-checklist/>
<https://leisurelydoesit.com/thanksgiving-countdown/>

Source: Annhall Norris, Food Preservation Extension Specialist

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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

1. 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.
3. 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.



6. Don't overcrowd the pan or the veggies will steam instead of roast. 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. While vegetables are roasting,
8. combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside. Divide ingredients into six servings.
9. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using. Drizzle with dressing before serving. Refrigerate leftovers within 2 hours.
- 10.
- 11.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$7.71

Cost per serving: \$1.29



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

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g 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

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
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