

# Homemaker Newsletter January 2023

## UPDATES FROM THE HOMEMAKER COUNCIL

### Thought of the Month:

"I like the dreams of the future  
better than the history of the  
past."

-Thomas Jefferson

### Can Drive for God's Food Pantry

From January 3rd through January 20th, the Russell County Homemakers will be collecting non-perishable food items for God's Food Pantry.

Please bring your non-perishable food items to the Extension Office! Items can include:

### Roll Call:

January rings in the new year.  
Share one goal you have for  
the new year.

- Snack Cakes,
- Canned Fruit,
- Canned Beans,
- Pasta
- Tuna
- Rice
- Can openers
- Dry milk
- Soups
- Crackers,
- Peanut Butter
- Etc.

## January Council Meeting Reminder

SAVE THE DATE: JANUARY 23RD @ 5 PM

Please plan to attend the January Homemaker Council meeting on January 23rd at 5 PM.





## **Summer Sausage Charcuterie Board 3 Part Workshop (Must attend all 3)**

**JANURY 30TH, FEBRUARY 6TH, AND FEBRUARY 13TH**

Please call the Russell County Extension Office if you want to attend our three-part Charcuterie Board Workshop! We will be making our own boards, and our own summer sausage, and putting it all together!

Cost is \$20 a person/ \$25 per couple, Space is limited!

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### **Cooking Through the Calendar: Slow Cooker Black-Eyed Peas**

**JANUARY 9TH @ 5 PM**

Come learn how to make Slow Cooker Smoky Black Eyed Peas and taste the new recipe!

[FIND OUT MORE](#)



### **Homemaker Cultural Arts Submissions Due in February/March**

Please don't forget that your cultural arts submissions will be due in the upcoming months!

I will provide more information as I have it!

# Self-Care

**SOURCE: PAUL NORROD, DRPH RN, EXTENSION SPECIALIST FOR RURAL HEALTH AND SAFETY**

The holiday season is often thought of as a time of celebration and rest, but for many people, the holidays cause a lot of stress. The stress can come from worrying about money, travel, work, child care, or dealing with the absence of someone you love. The results of holiday stress can negatively affect relationships at work and in our family. To deal with the stress of the holiday season, we should find ways to better care for ourselves by engaging in self-care.

Self-care is a broad term involving attitudes, knowledge, and activities to improve or maintain our well-being. Self-care generally applies to reducing stress, but it is important to support our physical well-being as well as our relationships. On the other hand, well-being involves living out our mental and physical health to achieve our dreams, passions, and goals, and keep or form new relationships. Focusing on self-care involves the use of coping skills, which are a set of activities or skills to reduce our stress. Coping skills and activities can vary, but often include drawing, painting, sowing, hunting or fishing, taking walks, or using boxed breathing.

When thinking about stress and self-care, we should consider events or situations that create stress and those coping activities that reduce our stress. A simple way to evaluate your stress is to make a list and rank those things that cause stress from least to greatest. That way, you can find your most problematic stressors. Once you've made that list, do the same for your coping skills. Rank them from least to greatest in terms of what gives you the most relief from stress. Lastly, if your feelings of stress are not improving or are worsening, text or call 988 to speak with a crisis counselor and receive support.

## Reference

National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

# Deep Dish Apple Cranberry Pie

MAKES 10 SERVINGS      SOURCE:FOOD AND HEALTH COMMUNICATIONS, INC.

## Ingredients

- 4 apples (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all-purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

## Directions

Wash hands with soap and water.

Stir all ingredients (except for the pie crust) together in a medium-sized mixing bowl and place in a 10-inch deep dish pie pan.

Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.

Bake at 375 degrees for about an hour. Serve warm. Refrigerate any leftovers.



## Nutrition Information

Serving Size: 1 slice, 1/10 of recipe

[Show Full Display](#)

Nutrients Amount

Total Calories 158

Total Fat 1 g

Saturated Fat 0 g

Cholesterol N/A

Sodium 15 mg

Carbohydrates 37 g

Dietary Fiber 4 g

Total Sugars 27 g

Added Sugars included 14 g

Protein 1 g

Vitamin D 0 mcg

Calcium 11 mg

Iron 0 mg

Potassium 137 mg

# January 2023

| Sun | Mon   | Tue                              | Wed  | Thu | Fri | Sat |
|-----|---|----------------------------------|--|-----|-----|-----|
| 1   | 2<br>Office Closed in Observance of New Years Day         | 3                                | 4  | 5   | 6   | 7   |
| 8   | 9<br>Sit & Sew @ 1PM<br>Cooking Through the Calendar @ 5P | 10<br>Sunset Club Meeting @ 6 PM | 11<br>Homemakers on the Go Meeting @ 10:00 | 12  | 13  | 14  |
| 15  | 16<br>Office Closed: MLK Day                              | 17                               | 18   | 19  | 20  | 21  |
| 22  | 23<br>Sit & Sew @ 1PM<br>Homemaker Council Meeting @ 5 PM | 24                               | 25   | 26  | 27  | 28  |
| 29  | 30<br>Charcuterie Board Making Workshop Pt 1 5PM - 8 PM   | 31                               |  |     |     |     |

## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

|                               | Early-Bird Rate (By 4/10/22) | Late Registration (By 4/24/22) |
|-------------------------------|------------------------------|--------------------------------|
| Full Conference Registration  | \$140                        | \$175                          |
| 2-Day Conference Registration | \$120                        | \$140                          |

### Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

### 2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch)
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

# ADULT HEALTH BULLETIN



**JANUARY 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>

Russell County  
Extension Office  
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Russell Springs, KY  
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(270) 866-4477

## THIS MONTH'S TOPIC: EMERGENCY HEALTH INFORMATION (EHI) CARDS



**A**n Emergency Health Information (EHI) card can be a helpful tool. If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you. While you cannot predict when an emergency may happen, you can be prepared. Make sure that key health information is up to date, correct, and handy. If you have children, make them a card too. You may not be available to tell emergency workers about your child, and your child might not be able to communicate either.

Continued on the next page 



# An EHI card gives first responders or other emergency workers essential health information they can use to give you better care.

## → Continued from the previous page

You can find Emergency Health Information card templates online to print and fill out. You also can use an index card or other small piece of paper. Please keep in mind, not all card templates ask for appropriate information. Below is a list of information that you should and should NOT include on your EHI card.

### Information you should include on an EHI card:

- Full legal name
- Date of birth
- Medication names, doses, and schedules
- Medical equipment (Insulin pump, wheelchair, oxygen, etc.)
- Chronic medical conditions (epilepsy, diabetes, COPD, heart conditions, etc.)
- Disabilities that affect care (mobility, speech, memory loss, vision, hearing, etc.)
- Blood type
- Allergies to food or medications
- Recent immunization record
- Emergency contact name and phone number
- Medical contacts (doctors and pharmacy)

It is important to note that EHI cards are about the health and medical treatment of a person, not payment information. First responders and hospital staff do not need, nor can they require, financial information to treat you in an emergency. To protect yourself from identity theft, keep certain information separate from an EHI card.

### Information you should NOT include on an EHI card:

- Financial or banking information
- Social Security Number
- Health insurance information such as insurance provider or ID number

The purpose of an EHI card is to give first responders or other emergency workers essential health information they can use to give you



better care. Make this information easy to find. Put copies of your and your children's EHI cards in easy to see places in your home, car, and personal belongings that you carry every day.

### Where to put copies of an EHI card:

- Purse, wallet, or backpack
- First aid kits and emergency supply kits
- On your refrigerator or kitchen cabinet door
- Vehicle glove box
- On the side of children's car seats
- On mobility devices such as wheelchair or walker

#### REFERENCE:

<https://www.mayoclinic.org/first-aid/emergency-health-information/basics/art-20134333>

**ADULT**  
**HEALTH BULLETIN**

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



YOU ARE INVITED

TO



# A FREE COOKING DEMO AND SAMPLING

OF SLOW COOKER  
SMOKY BLACK-EYED  
PEAS

WHEN

January 9th,  
From 5:00-6:00 PM

REGISTER BY JANUARY  
3RD

CALL: 270-866-  
4477





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

# Russell County Extension Office Presents

## Summer Sausage Charcuterie Board Workshop Series

1/30, 2/6, & 2/13 from 5-8 PM

Must attend all 3 classes

Summer Sausage Charcuterie Board Series: 3 part  
class, must attend all 3 classes

- January 30th: Making Your Own Cutting Board
- February 6th: Making Summer Sausage
- February 13th: Charcuterie Boards- Putting it all together

15 people max (or 10 couples) whichever occurs first

\$20 per person or \$25 per couple

Call 270-866-4477 To Reserve your Seat Today!

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LEXINGTON, KY 40546



# Happy New Year

MEGAN GULLETT  
CEA FOR FAMILY & CONSUMER SCIENCES