

# Washington County Homemaker Newsletter

SEPTEMBER 2024



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

## In This Issue:

President's Note  
Door Prizes  
Extension on the Radio  
Thought of the Month  
Book of the Month  
Cooking through the  
Calendar  
Recipe Club  
Truth & Consequences  
Homemaker Lesson  
Quilt Show  
Dates to Remember  
Wits Workout Dates  
KEHA News & Notes  
Census Quilt Squares  
Self Care Tips

## Contact Us:

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## Lincoln Trail Area Homemaker Kick Off

Thanks to Celeste Fowler, Martha Ann Hardin, Sue Clements, and Rita Yates for representing Washington County at the Lincoln Trail Area Homemaker Kick Off!

Rita Yates put her acting skills to work as she performed in a skit about Robert's Rules of Order. Thanks to Rita for being willing to play the role!



## Note from the President

Hello Homemakers!

We had such a good meeting on Tuesday! And a delicious potluck lunch. I'm encouraged by your presence.

Booklets for 2024-2025 are the best ever. Thanks to Cabrinal! Pages 10-11 show our full calendar for the year. If you weren't able to attend, books are being mailed to you.

Marion County is hosting this year's Lincoln Trail Area Annual Meeting on October 25th. There's a registration form in this newsletter. Please sign up to go and support Marion County as they rebuild their Homemaker group.

Sincerely,  
Sue Clements

## Meeting & Lesson Door Prizes



We will give a door prize at each meeting and lesson. We hope everyone enjoys the first prize from the WC Homemaker Kick Off! Thanks to Ann Noble for donating eggs as an extra prize and congratulations to Rita Yates for winning!

**ON AIR**

**100.9**

Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!



Thoughts of the Month come from lyrics to songs about transportation or travel from the 1960s to the 2000s to fit the theme of Blazing the Way with KEHA

## Thought of the Month:

"Well, it's all right, even if they say you're wrong. Well, it's all right, sometimes you gotta be strong."

- "End of the Line,"  
Traveling Wilburys,  
1989

# Book of the Month

.....  
from the 2024-2025  
Homemaker Book List

*The Art of Home: A Designer Guide to Creating an Elevated Yet Approachable Home* by Shea McGee (2023)

In *The Art of Home*, Shea takes us through every room of the house, starting with an explanation of the process and then guiding our entryways, living rooms, kitchens, offices, kids' rooms, and even our utility rooms. With step-by-step guides paired with her own design projects and the power of her personal stories, Shea helps us transform the most important parts of our lives and how we live.



## Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://facebook.com/WashingtonCountyNutritionEducation).

**September 26 - 4pm**  
**Washington County Public Library**  
**Ramen Skillet Dinner**

Do you need new meal ideas?

## Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

# Truth and Consequences - Volunteers Needed

Truth and Consequences is an annual program for all high school freshman students. The goal of this program is to learn potential consequences of substance misuse and other high-risk behavior. We hope to prevent high-risk behavior and spread awareness that resources are available to help if needed. Truth and Consequences will be held on October 3 at the WC Judicial Center from 9am to 11:30am with lunch for volunteers to follow. Students will be divided into groups to rotate through speakers and scenarios. In the scenario rotation, small groups of students receive scenario cards and speak to professionals about that scenario. **Volunteers are needed to walk with these students to the professionals in their scenario.** If you would like to help, please call the Extension Office at 859-336-7741. Thank you for your consideration!

## Homemaker Lesson

**September 23 - 1pm**

**Washington County Extension Office**

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your healthcare team in reaching your overall health goals.



**HEARTLAND OF  
KENTUCKY QUILT SHOW**

**Hardin County Extension Office,  
Elizabethtown, KY**

**September 20, 2024 9:00 to 5:00  
September 21, 2024 9:00 to 4:00  
Admission: \$6.00**

**QUILTS,  
VENDORS,  
REFRESHMENTS,  
DOOR PRIZES**

**For Info:  
Deb Hancock  
276-206-5199**

# Dates to Remember

September 3 - Washington County  
Homemaker Kick Off & Potluck Lunch  
Washington County Extension Office - noon

September 6 - Wits Workout  
Washington County Public Library - 10am

September 12 - Monthly Food Distribution at  
Idle Hour Park - 8:30am

September 20 - Wits Workout  
Washington County Public Library - 10am

Heartland of Kentucky Quilt Show  
Hardin County Extension Office  
September 20 - 9am to 5pm  
September 21 - 9am to 4pm

September 23 - Lead Your Team: Health  
Literacy for the Win! Homemaker Lesson  
Washington County Extension Office - 1pm

September 26 - Cooking through the Calendar  
WC Public Library - 4pm

## **Adult Sewing Group**

September 4 - 6pm  
Washington County Extension Office

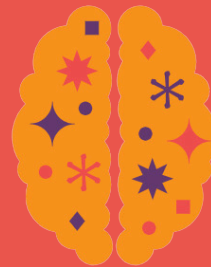
## **Quilting Club**

September 21  
Washington County Extension Office

## **Save the Dates**

October 25 - Lincoln Trail Area Annual Meeting  
Marion County Extension Office  
*Cultural Arts contest - October 24*  
*Submit cultural arts items on October 23*

October 30 - Bingocize  
WC Extension Office - 10am



# WITS WORKOUT

Join us for free  
sessions to learn  
about brain health &  
exercise your wits  
with fun games!

**All sessions will be held at the  
Washington County Public Library**  
1st & 3rd Fridays at 10am

**September 6 - Forget Me, Not!**  
*forgetfulness contributors*

**September 20 - Take a Number!**  
*intellectual challenge*

Taught by Cabrina Buckman,  
WC Extension FCS Agent  
Questions? Call Cabrina at 859-336-7741  
Registration is not required for this program.



# KEHA News & Notes

## State Leadership Chair Vacancy

The KEHA Board is looking for a Leadership Development Educational Chair. Nancy Snouse has resigned effective September 30; she is moving out of state to spend more time with family. The remainder of the term will be from September 30, 2024 to June 30, 2026. Qualifications for the position can be found online. Interested members should complete and submit the KEHA State Chairman Nomination Form. Credentials must be sent by certified mail to KEHA Secretary Wanda Atha, postmarked no later than September 7.

## Educational Chair Reports

County level educational chair reports and VSU reports were due August 15. We will begin compiling the data September 1, so if you have not yet submitted your county information, please do so as soon as possible. Educational chair reports are submitted online, and a copy should be shared with the area educational chair. Thank you to everyone who has submitted on time!

## Educational Chairman Webpages

The webpages for the eight state educational chairmen have all been updated with materials for planning the 2024-2025 KEHA program year.

## YOU Could Speak at State Meeting!

The call for session proposals at the 2025 State Meeting is now online. Homemakers who have a topic to share are encouraged to submit a proposal. The form is due October 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.

## KEHA Week is Coming Soon

Now is the time to start planning for KEHA Week October 13-19, 2024. Refreshed materials will be coming soon to the KEHA Week webpage. New materials will be based around a theme celebrating the Olympics and emphasizing homemaker teamwork and unity.

## 2025 KEHA State Meeting Room Block Open Now

Next year's KEHA State Meeting will take place May 6-8, 2025 at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details on the KEHA website.

## 2024 State Meeting Evaluation Results

About 38% of attendees completed evaluation forms and rated the conference very highly, indicating a wealth of knowledge they will take home to implement locally. On average, respondents rated the overall meeting as nearly an 8.5 on a 10-point scale. The vast majority of respondents enjoyed starting the event with a luncheon rather than a dinner and also enjoyed having more free time in the evening. They noted free time allowed for rest after a full day or provided time to meet with others from the area, county, or new friends made at the event. Evaluations indicated they enjoyed educational sessions, officer and chairmanship trainings, craft sessions, cultural arts, and the chance to network with other homemakers and share new ideas. Homemakers noted the officer and chairman training sessions as particularly helpful. From the learning sessions, they enjoyed leadership skills, meeting guidance from the Robert's Rules session, and food related sessions such as the Lavender Lady, meatless Mediterranean, and best of brunch. Homemakers plan to implement locally the information they received about membership, volunteering, cultural arts, and time management. One attendee noted, "I enjoy it all - the biddings, the viewing of cultural arts, the meals and fellowship, sessions learning from the trainings, vendors - all together it works and keeps us on the go!" Another said, "I want to show my homemakers support. I want them to know that what they do is valuable to me and the county!"

## Dates to Remember

- October 13-19 - KEHA Week
- October 15 - Deadline for submitting session proposals for the 2025 KEHA State Meeting

# 2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



## Simpson County

**Creator:** Nell Jordan

**Pattern:** Sawtooth Star

**Description:** Blue floral star with Simpson County in yellow writing



## Spencer County

**Creator:** Gail Browning

**Pattern:** Applique

**Description:** Spencer County officially became a county in 1824 and is known mainly for its agriculture. A major attraction for Spencer County is Taylorsville Lake, formed by the U.S. Army Corps of Engineers in 1983 to help control flooding on the Salt River. In 1985, Taylorsville Lake became an official Kentucky State Park open to the public to enjoy fishing, boating, and camping on the lake.

## September Word Search

LABOR DAY  
LEARNING  
APPLE CIDER  
BONFIRE  
SWEATSHIRT  
SUNFLOWER  
SCARECROW  
FOOTBALL  
HAYSTACKS  
FALLING LEAVES



puzzle-maker.com

R T R I H S T A E W S N F  
E H B O N F I R E U M A J  
D A Q R M Q B T N Y L S L  
I Y J L L J J F A L C E L  
C S B B N B L D I A A L N  
E T X R M O R N R R A Q N  
L A Z V W O G E N B D N R  
P C P E B L C I T D G D Z  
P K R A E R N O G G R P X  
A S L A O G O D V G R W K  
B Z V W B F L Y P X P Z W  
M E L L L T Q M X Y K D L  
S B B P K X N M Y R V J N

## Butternut Squash and Turkey Chili

**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-ounce) can** no-salt-added kidney beans, drained and rinsed

**1 (15.5-ounce) can** white hominy, drained  
**1 (8-ounce) can** tomato sauce  
**1 tablespoon** chili powder  
**1 tablespoon** ground cumin  
**1/2 teaspoon** salt

**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 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.

**Electric Pressure Cooker:** Press sauté function. **Add** olive oil and onion; **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.

**Yield:** 10, 1-cup servings

**Nutrition 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



## Fit & Flexible

Flexibility is key for mobility and maintaining independence. Stretching is a basic way to improve flexibility. Warm up for at least 5 minutes before stretching. Stretching should be done 3 days per week, keeping joints relaxed, pain free, and with poses held for 10 to 30 seconds. Fun ways to increase flexibility include martial arts, dance, yoga, and Pilates.

Source:

"Fit and Flexible," FitBlueKY- [https://fcs-hes.ca.uky.edu/system/files/fitblue\\_fitandflexible.pdf](https://fcs-hes.ca.uky.edu/system/files/fitblue_fitandflexible.pdf)