

# Washington County Homemaker Newsletter

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



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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.

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## Storing and Cleaning Scarves

Scarves are a versatile accessory. We wear them to add visual interest to our outfits and to keep us warm. Some of us may have only

one or two scarves that are worn in colder weather, while others have a closetful, for all seasons and outfits. If you wear a lot of scarves, keep them accessible by neatly folding over hangers or rolled in a bin. Special scarf organizers or clips can work too. Just be sure the storage area or hook is smooth so it won't snag the delicate fabric.

Because scarves are worn close to the skin of our neck and face, they are exposed to our body oils day after day. Remember to clean them periodically to keep them fresh and looking new. For best results:

- Clean scarves according to the care label.
- If you snip off the care label, save it for future reference, or take a photo first.
- At the end of the season, clean the scarf before storing it.
- Do not keep dry-cleaned scarves in the plastic bag from the cleaner. Place them in a clean plastic tote, or a breathable cotton storage bag.

Source: Jeanne Badgett, senior Extension associate for clothing, textiles, and household equipment

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Note from the President

Dear Homemakers!

The stockings all hung by the chimney with care! One of my favorite things about Christmas is filling stockings with little things for everyone! I think I like doing that more than they like getting the “stuff”!

I also like the cooking (the cleaning up, not so much!). I did learn something while baking this year. There are more dramatic differences between brands and types of flour than I hitherto suspected. I learned this by making what one of my sons dubbed “Cookie Hash” and then my favorite “Jam Cake Scramble.” Fun times!

This is the time of year we think of family, with us or not, and gathering and celebrating and eating and fellowshiping and on and on. As the year winds down, I try to think of all the ways I am blessed, even though things change over time.

Merry Christmas, Happy New Year and God Bless Us, Every One!  
Rita Yates, County President



*Rita's family stockings, all hung with care*

## Thought of the Month:

**“Remember this December, that love weighs more than gold!”  
-Josephine Dodge Daskam Bacon**

**Roll Call:  
December is the holiday season.  
What is your favorite holiday tradition?**

## Information Needed for Local Hunger

To help address the issue of hunger, the Family and Consumer Sciences Advisory Council requested to include local places to find supplemental food in newsletters. If you know information about food pantries, blessing box locations, or other resources in the county, please call the Extension Office. Thanks for your help!

## Monthly Lessons

**December: No lesson — enjoy the holidays!**

**January: Grocery List and Coupon Apps**

Learn how you can save time and money using grocery apps. This lesson includes information about grocery list and coupon apps available for your smartphone or other device. This will be mailed out.

# Book of the Month

*Inspired: Understanding Creativity: a Journey through Art, Science, and the Soul*

by Matt Richtel (2022)

In this book, author Matt Richtel examines the mysteries of human creativity, the sources of inspiration, the secrets of the masters, and how readers can maximize their own creative potential. Richtel invites all readers to engage in the creative process and address blocks to find their inspiration and skill.



## Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold the final recipe demonstration and tasting of 2022. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://facebook.com/WashingtonCountyNutritionEducation).

**December 6 - 4pm**  
**WC Public Library**

**2023 calendars are available at the Extension Office!**

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.



# KEHA News & Notes

## KEHA Dues

Membership drives and county dues collection should be in full swing! Counties are encouraged to have a dues deadline no later than December 1. Dues payment and the remittance form (KEHA Appendix, page 16) should be mailed to the area and state treasurers by December 15 and are delinquent if not received by December 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

## New Membership Campaign

Remember the new “**3-R’s— Keys to Membership**” campaign. The three R’s are to **Recruit**—get a plus one; **Retain**—value members and engage; and **Repeat**—continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. For example, counties that get 12 new members will be entered four times. There will be five \$100 drawings per year. The county with the highest number will receive a Golden Key to display in the county.

## 2023 State Meeting

The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Because of the rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the State Meeting webpage. Full details and registration forms will be available in February when the state newsletter is issued.

## KEHA State Choir

To join the KEHA Choir send \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. Include your name, mailing address, email and phone. The only commitment is one rehearsal and one performance,

both during State Meeting. For more information, contact Wendy at wendy7hood@icloud.com or 859-613-2575.

## 2023 KEHA State Elections

The following KEHA state officer and chairman positions will be open for election in spring of 2023: first vice president (program); treasurer; environment, housing, and energy chairman; food, nutrition, and health chairman; leadership development chairman; marketing and publicity chairman. Additional details regarding elections will be shared in January 2023. Qualifications for nominees are listed on page 12 of the handbook.

## Leadership Academy

Participants selected for the Leadership Academy are being notified and commitments are due December 9. This second KEHA Leadership Academy will take place on March 1-3, 2023 at Blue Licks Battlefield State Resort Park.

## KEHA Week

Thank you to all who participated locally and via the KEHA Facebook page. We hope you all enjoyed celebrating how KEHA’s light shines! Kudos to Becky Clay, KEHA Marketing and PR Chair, and Mindy McCulley, her advisor, for coordinating materials for the week. If you have feedback, please share.

## Dates to Remember

- Dec. 9 - Leadership Academy commitments due
- Dec. 15 - County dues due to state and area
- Dec. 31 - deadline for dues; fundraising-based recognitions (ovarian cancer, coins for change, etc.); county membership recognition reports
- Jan. 15 - county membership database/updates due via the web-based system; KEHA newsletter deadline - info due to KEHA 2nd Vice President
- March 1-3 - KEHA Leadership Academy
- May 9-11 - KEHA State Meeting

## Dates to Remember

December 5-9 - drop off Holiday Assistance donations at the Extension Office

December 6 - Cooking through the Calendar  
WC Public Library — 4pm

December 7 - ovarian cancer screenings

December 8 - Wreath Making Workshop  
9am-4pm at the Extension Office

December 10 - free Holiday Ice Skating, sponsored by Springfield Tourism; noon-8pm behind the Judicial Center - skates are provided

December 15 - Monthly Food Distribution at Idle Hour Park — 8:30am

Quilters - December 17 - 10am

Yoga - Thursdays - 5pm



## Self-Care through the Holidays

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 supporting 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, goals, and keep or form new relationships. Focusing on self-care involves 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, sewing, 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.

Source: Paul Norrod, DrPH RN, Extension specialist for rural health and safety



## Preparing Your Home for Winter

As the weather turns colder, the threat of severe weather is ahead. It is important to prepare now so your home is ready for Old Man Winter.

When preparing for the possibility of severe weather, such as winter storms and cold temperatures, have an emergency preparedness plan. Share your plans with family and friends. Gather the necessary items for either sheltering in place or evacuating if you need to leave your home. For more information on Planning for a Natural Disaster, visit <https://fcs-hes.ca.uky.edu/content/planning-natural-disaster>.

After developing an emergency preparedness plan for you and your family, it's time to make one for your home. Steps you can take now to prepare your home for winter weather:

- Have an expert service your heating source (furnace, fireplace, wood stove, chimney) to make sure they will work properly, provide heat, and are properly ventilated.
- Properly install your smoke alarms and carbon monoxide detectors. Test your alarm, and fill them with fresh batteries. Experts recommend

changing the batteries twice a year.

- Seal and weather strip doors and windows. Replace screens with storm windows.
- Insulate any indoor water pipes near exterior walls to keep them from freezing and bursting.
- Unhook outside water hoses.
- Clean your gutters of any leaves and debris. This will decrease the weight on the gutters when it snows. It also will allow for proper water flow when the snow and ice melt.
- Have your roof inspected for any holes, cracks, and gaps.
- Keep bushes and trees trimmed to keep limbs from falling on your home or electrical lines.
- If you have a pet, plan to bring them indoors. Or make sure they have proper shelter, heat, food, and water outside.

By taking these steps before severe winter weather arrives, you will be prepared and ready for whatever Old Man Winter brings this year.

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2022



## 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.

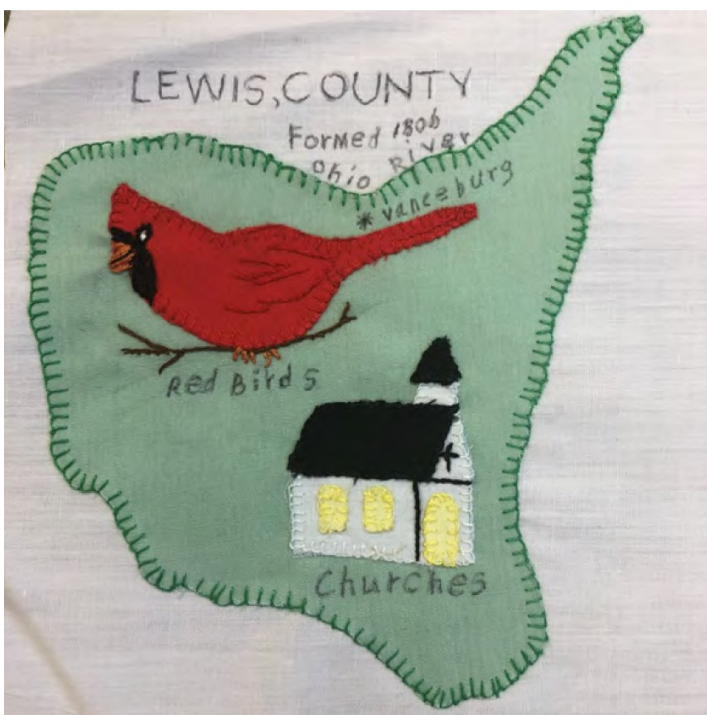


### Letcher County

**Creator:** Cathy Fisher

**Pattern:** Friendship Star

**Description:** The Friendship Star represents the friendships made through Extension Homemakers and the friendly communities in the county.



### Lewis County

**Creator:** Ruby Rayburn

**Pattern:** Applique

**Description:** Many churches are located across Lewis County. We are really blessed to have them in all parts of our county. The cardinal represents the joy taken from feeding birds in the winter and watching these brightly colored visitors feed, often by the dozen.

## Resource Management

Family resource management requires intentionality. Consider your resources and assess what is working well and what should be managed differently. Deciding to reduce stressors, halt time or energy stealers, take better care of yourself and your belongings, or improve negative relationships can have compounding, positive impacts in all areas of your life.

**Make a list of your collective resources and assets. What do you manage well, and in what areas could you still improve? Make a plan to address those areas. Positive change rarely happens without intentionality.**

Source: UK FCS Big Blue Goals resources, week 9 reflection

## Baked Apples and Sweet Potatoes

Apples are low in sodium and high in potassium. More than 2,500 varieties are found in the U.S.

Source: Plate It Up KY Proud, UK Cooperative Extension



### Baked Apples and Sweet Potatoes

<b>5</b> medium sweet potatoes	<b>½ cup</b> margarine	<b>1 teaspoon</b> nutmeg
<b>4</b> medium apples	<b>½ cup</b> brown sugar	<b>¼ cup</b> hot water
	<b>½ teaspoon</b> salt	<b>2 tablespoons</b> honey

**1. Boil** potatoes in 2 inches of water until almost tender.

**2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.

**3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.

**4. Layer** potatoes on the bottom of the dish.

**5. Add** a layer of apple slices.

**6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.

**7. Repeat** layers of potatoes, apples, sugar, salt and margarine.

**8. Sprinkle** top with nutmeg.

**9. Mix** the hot water and

honey together.

**10. Pour** over top of casserole.

**11. Bake** for 30 minutes.

**Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Be Ready Anytime!

Keep comfortable clothes and walking or running shoes in the car or at the office, to make adding activity breaks to your routine more seamless.

Source: UK FCS Big Blue Goals resources, week 3 activity tip