

Family & Consumer Sciences

TAYLOR COUNTY FCS EXTENSION NEWSLETTER

December 2023 & January 2024



Index

December Calendar	2
January Calendar	3
Upcoming Classes	4-5
Save the Dates	6
Book of the Month	6
Reminders	7
Health Bulletin	8-9
Recipe	10

Family & Consumer Sciences Agent
charlsey.garmon@uky.edu



Cooperative Extension Service
Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718
(270) 465-4511
Fax: (270) 789-2455

IT'S NOT TOO LATE TO DEVELOP A HOLIDAY BUDGET

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.

Source: Nicole Huff, Assistant Professor, School of Human Environmental Sciences

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2023 DECEMBER Events

KENTUCKY NEAFCS Extension Association of Family and Consumer Sciences



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Holiday Gifts in a Jar 1:00 pm	7 Cooking Through the Calendar 5:30 pm	8 Low Impact Fitness Club 2:00 pm Christmas Hand Bell Concert 6:00 pm	9 Zippered Bag Sewing 9:00 am
10	11	12	13	14 Intro to Yeast 5:30 pm	15 Blood Drive 9:00 am Low Impact Fitness Club 2:00 pm	16
17	18	19	20 Passport Trip: Reindeer Farm	21 Holiday Gifts in a Jar 5:30 pm	22 Low Impact Fitness Club 2:00 pm	23
24	25 MERRY CHRISTMAS	26	27	28	29	30
						31



- Circle of Friends:** Second Tuesday Monthly, 6:30 pm
- Harmony Club:** Second Tuesday Monthly, 12:30 pm
- Mannsville:** Second Thursday Monthly, 6:00 pm
- Mastering Skills:** Second Monday Monthly, 12:30 pm
- Modern Day Homemakers:** Second Monday Monthly, 6:30 pm
- Saloma Road:** Second Thursday Monthly, 10:00 am
- Quilters Group:** First Tuesday Monthly, 9:00 am
- Quilts of Honor:** Fourth Wednesday Monthly, 10:00 am
- Sidetracked Homemakers:** Second Tuesday Monthly, 6:00 pm
- Bunco Club:** Third Tuesday Monthly, 6:00 pm

2024
JANUARY
Events

KENTUCKY
NEAFCS
Extension Association of
Family and Consumer Sciences



SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Happy New Year</i> Extension Office Closed	2	3	4 Low Impact Fitness Club 3:30 pm	5	6 Chemo Turban 9:00 am
7	8	9 Mindful Eating Workshop 1:00 pm Bible Cover Sewing Class 1:00 pm/5:30 pm	10 Crafternoon 1:00 pm Low Impact Fitness Club 3:30 pm	11	12	13
14	15 MLK DAY Extension Office Closed	16 Cooking Through the Calendar 5:30 pm	17 Blankets 1:00 pm	18 Decluttering & Organizing Series 1:00 pm Low Impact Fitness Club 3:30 pm	19	20
21	22 Intro to Yeast 1:00 pm	23 Painting 5:30 pm Mindful Eating Workshop 5:30 pm	23 Lunch & Learn 11:00 am Low Impact 3:30 pm Rope Trinket Bowl 1:00 pm/5:30 pm	25	26	27
28	29	30	31	1 February Leader Lesson 8:30 am Low Impact Fitness Club 3:30 pm		

Circle of Friends: Second Tuesday Monthly, 6:30 pm	Harmony Club: Second Tuesday Monthly, 12:30 pm	Mannsville: Second Thursday Monthly, 6:00 pm	Mastering Skills: Second Monday Monthly, 12:30 pm
Modern Day Homemakers: Second Monday Monthly, 6:30 pm	Saloma Road: Second Thursday Monthly, 10:00 am	Quilters Group: First Tuesday Monthly, 9:00 am	Quilts of Honor: Fourth Wednesday Monthly, 10:00 am
	Sidetracked Homemakers Second Tuesday Monthly, 6:00 pm	Bunco Club: Third Tuesday Monthly, 6:00 pm	



Upcoming Classes



Holiday Gifts in a Jar

Learn about the benefits of homemade gifts and how to repurpose household items! All participants will get to make a Cup O' Cocoa Snowman Jar on December 6th at 1 pm and December 21st at 5:30 pm. Spots are limited! Please call the Extension Office to sign up.

Low Impact Fitness Club

Finish out 2023 strong by joining us every Friday at 2:00 pm at the Extension Office! The last meeting of 2023 will be on December 22nd. We will resume in January, moving the class to every Thursday at 3:30 pm beginning January 4th. Please call (270) 465-4511 if you have any questions!



Cooking Through the Calendar

Learn how to make the monthly Food and Nutrition Calendar Recipes! We will be making and taste-testing Loaded Beef Stroganoff on Thursday, December 7th at 5:30 pm, and Savory Winter Pork Stew on Tuesday, January 16th at 5:30 pm.

Intro to Yeast Class

Wanting to start baking from scratch? Join us on Thursday, December 14th at 5:30 pm or Monday, January 22nd at 1 pm to learn all about the basics of baking with yeast! Participants will also learn how to bake cinnamon rolls from scratch. Spots are limited! Please call the Extension Office at (270) 465-4511 to sign up.



Zippered Bag Sewing Class

Learn how to sew your own makeup bag or zipper bag! You can purchase a sewing kit from the Extension Office for \$5 or bring your own supplies, including a zipper, fabric, interfacing, and thread to match. This class will be held on Saturday, December 9th at 9:00 am. Please call (270) 465-4511 to sign up!



Rope Trinket Bowls

Learn how to make a Rope Trinket Bowl! There is a \$2 fee to cover the cost of supplies, which will be available in a kit at the class. Join us on Wednesday, January 24th at 1:00 pm and 5:30 pm. Spots are limited! Please call (270) 465-4511 to sign up.

Painting Class

Join us on Tuesday, January 23rd at 5:30 pm to paint an adorable "Let it Snow" snowman sign! There will be a \$20 fee to cover the cost of the supplies. Spots are limited! Please sign up by calling the Extension Office at (270) 465-4511.



Mindful Eating Workshop

Many of us eat mindlessly without noticing it. Learn about mindful eating practices and how to enjoy food without distractions through this interactive workshop. Join us on Tuesday, January 9th at 1:00 pm or Tuesday, January 23rd at 5:30 pm. Please call (270) 465-4511 to sign up!



Chemo Turban

We will be making chemo turbans to donate to cancer patients on Saturday, January 6th at 9 am. We will have knit fabric available, but you are welcome to bring more. Even if you cannot sew, we will still need volunteers to cut fabric. Anyone is welcome to volunteer in this Community Project!



Bible Cover Sewing Class

Learn how to sew a Bible cover or book cover! This class will be held on Tuesday, January 9th at 1:00 pm and 5:30 pm. Participants will need to bring two fat quarters (18" x 21" fabric), matching thread, and their book of choice. Spots are limited! Please call (270) 465-4511 to RSVP.



All classes will be held at the Taylor County Extension Office at 1143 S Columbia Ave, Campbellsville, KY 42718. Spots are limited! Call (270) 465-4511 to sign up.



Save the Dates

New Monthly Programs



Crafternoon

A new monthly series dedicated to crafts, friends, & fun. Join us every month on the second Wednesday at 1 pm. In January, we will be crafting with wine corks on the 9th. There is a \$2 fee for supplies.



Decluttering & Organizing Series

Join us every month for this new series on decluttering and organizing your home one room at a time. We will meet monthly on the third Thursday at 1 pm. Our first meeting is January 18th.



Lunch & Learn

Learn how to make the monthly recipe from the Food & Nutrition Recipe Calendar, grab a bite to eat, & learn a new skill! Join us every month on the fourth Wednesday at 11 am. On January 24th, we will be eating Pork Stew and learning about cooking with herbs.

Book of the Month

Sown in the Stars: Planting by the Signs

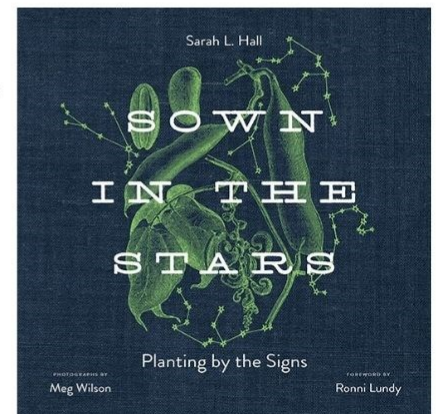
By Sarah Hall (Photographer), Ronni Lundy (Foreword) (2023)

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines connections between the world and these traditions.

When the author was 8 years old, a large, ugly wart appeared on her knee. Mom tried many treatments but none worked. In August, the family traveled to Kentucky for a family reunion. At the reunion, an uncle told the mother to wait for a full moon, cut a potato in half, rub it on the wart, and then bury the potato somewhere so no one can find it. She did this, and a week later, the wart was gone. This experience sparked the author to start researching the old tales. *Sown in the Stars: Planting by the Signs* is a collection of the roots of the beliefs of astronomy and astrology. This book provides a guide to the possibilities in the Almanac and calendars.

Jackie Thomas: Mailbox member and Taylor County Homemakers' President

This book is found in the Kentucky category of the KEHA Booklist and is found at the TC Library.



REMINDERS

Membership Dues

Don't forget to pay for your annual Homemakers Membership! Dues are \$10. Make sure to turn your dues in to the Extension Office by December 15th.

Blankets

Join us to make no-sew blankets on Wednesday, January 17th at 1:00 pm. These blankets will be donated to cancer patients.

Holiday Hours


The Extension Office will be closed from Monday, December 25th through Monday, January 1st. Normal hours will resume on Tuesday, January 2nd.

Bunco Club

There will be no Bunco Club meeting in November or December. The next club meeting will be on January 16th.

Passport Trip

On Wednesday, December 20th, we are going to The Reindeer Farm in Bowling Green. There is a \$15 fee per person. We will leave from the Extension Office parking lot at 9:30 am. Spots are limited! Please call the Extension Office to RSVP.



American Red Cross
GIVE SOMETHING THAT
Means Something
GIVE BLOOD

Blood Drive
Taylor County Homemakers
Extension Office Meeting Room
1143 South Columbia Ave
Campbellsville, KY 42718

Friday, December 15, 2023
9:00 a.m. to 1:00 p.m.

To schedule an appointment, please visit RedCrossBlood.org and enter sponsor code: TaylorCoHomemakers or call 1-800-RED CROSS.

Our gift to you: Come give Dec. 1 to 17 for a \$10 Amazon.com Gift Card by email: redblood@amazon.com

Schedule your blood donation appointment today!
1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2023 The American National Red Cross | 422021-00-036



WELCOME TO A CONCERT OF
Holiday Handbells!

Taylor County Public Library presents
a joyous concert of seasonal music!
6 p.m. - 7 p.m.
8 December 2023
1143 S. Columbia Avenue
Campbellsville, KY 42718
-FREE ADMISSION-

See you there!

ADULT 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>

Taylor County Extension Office
1143 S Columbia Ave
Campbellsville, KY 42718
(270) 465-4511

THIS MONTH'S TOPIC: THE GIFT OF HEALTH



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.

Continued on the next page →

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

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



→ Continued from the previous page

- 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

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





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

Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718

NONPROFIT ORG
US POSTAGE PAID
CAMPBELLVILLE, KY
PERMIT 1067



Zippy Corn Chowder

- | | | |
|--|---|---|
| 1 medium onion, chopped | and chopped | 3 cups fresh or frozen whole kernel corn |
| 1 green pepper, chopped | 2 teaspoons Dijon mustard | 4 green onions, chopped |
| 1 tablespoon butter | 1 teaspoon basil | 2 cups skim milk, divided |
| 1 (14.5 ounce) can low-sodium chicken broth | $\frac{1}{2}$ teaspoon paprika | 2 tablespoons all-purpose flour |
| 2 large red potatoes, cubed | $\frac{1}{2}$ teaspoon crushed red pepper flakes | 1 teaspoon salt (optional) |
| 1 jalapeno pepper, seeded | | |

In a large saucepan, **sauté** onion and green pepper in butter until tender. **Add** broth and cubed potatoes. Bring to a **boil**. **Reduce** heat; **cover** and **simmer** for 15 minutes or until potatoes are almost tender. **Stir in** jalapeno, mustard, basil, paprika and red pepper flakes. **Add** corn, green onions and $1\frac{1}{2}$ cups of milk. Bring to a **boil**. In a separate bowl, **combine** all-purpose flour and remaining $\frac{1}{2}$ cup

milk, **stirring** until smooth. Gradually **add** mixture to soup. Bring to a **boil**. **Cook** and **stir** for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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