

Hart County Homemaker Newsletter

 Cooperative
Extension Service

Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
November 13
December 11

Cub Run Club
November 20
December 18

Outreach Too
November 19
December 17

Quilt Club- Sew & Sew
November 21
December 19

Waterloo
November 7
December 11

Hardyville
November 20
December 19

ART with Allison
November 15 @ 10AM

November- December 2024



A Note from Sonya

With the Holidays coming up, we have many events to look forward to. Check out the newsletter to read about upcoming events.

We had a very successful Mammoth Cave Area Annual Day. Thank you to everyone who helped in any way. It was a great day. I'm so proud that we won the award for the county with most participants and the name tag contest!

Remember, November brings holidays and Homemaker Fundraising. We will be selling Poinsettias and Pecans.

Sonya Carter

Extension Agent for
Family and Consumer 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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Holidays are Here!

Art with Allison

On Monday, November 15, Allison Denny, KSU Area Art agent, will be providing an Art Class. We will be making barnquilt paintings. Please call the office to sign up so we can prepare for supplies.

Christmas Party Time

The Christmas Party is scheduled for December 12 at 10AM. Mark your calendar and make plans to attend. It will be a joyous time!

Homemaker Dues

Homemaker Dues are due this month. Please bring your \$10 dues to the office by November 22.

Homemaker Fundraising

POINSETTIA sales will begin in November. Be sure to offer the beautiful poinsettias to family and friends. The order form is enclosed in this newsletter.

PECANS will be in soon. We will let you know the moment they arrive! The pecans will be \$12. Don't forget these will make great holiday gifts!

Training for Leaders

On November 14, there will be a Leadership Training at the Warren County Extension Office for Club Officers and Committee Chairs. The training will begin at 10AM with morning refreshments beginning at 9:30AM until 1PM. If you are a county officer or committee chair, please try to attend. Anyone interested in leadership is welcome to come! We always learn so much at this event.



From Everyone at Hart County Extension Office, Happy Holidays!!



POINSETTIAS

HART COUNTY HOMEMAKERS FUNDRAISER

ORDERS DUE MONDAY, NOVEMBER 21, 2024

PICK UP ON FRIDAY, DECEMBER 6, 2024

\$12 EACH

RED

WHITE

PINK

6 ½ INCH POTS



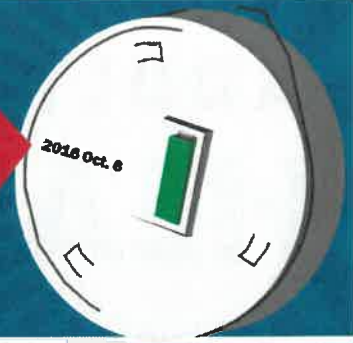
**JUST IN TIME FOR THE HOLIDAY SEASON!!
PERFECT TO GIVE AS A GIFT OR DECORATE YOUR HOME!!**

HART COUNTY EXTENSION OFFICE

PHONE: 270-524-2451

Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years



Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!

| | | | |
|--|--|--|--|
| 1 Remove the smoke alarm from the wall or ceiling. | | | 2 Look for the date of manufacture. |
| 3 Smoke alarms should be replaced 10 years from the date of manufacture. | | | 4 Put it back on the wall if it is less than 10 years old. |



A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit usfa.fema.gov and www.nfpa.org.

U.S. Fire Administration



FEMA



ADULT

HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health. Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page →



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Disabilities accommodated with prior notification.



**There is no cure for diabetes,
but you can manage
prediabetes and can even
reverse it with the right
medical care and
lifestyle choices.**

➔ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

Written by:
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Adobe Stock





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

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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Cooperative Extension Program

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RETURN SERVICE REQUESTED

42765-0367
Munfordville, KY
P.O. Box 367
Hart County

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



Sorghum Gingerbread Pear Muffins

| | | |
|--------------------------|------------------|------------------------|
| 1 cup whole-wheat flour | ½ teaspoon | ½ cup sorghum syrup |
| ½ teaspoon baking powder | ground ginger | ½ cup unsweetened |
| ½ teaspoon baking soda | ¼ teaspoon salt | applesauce |
| ½ teaspoon ground | 1 egg | 1 pear, peeled, cored, |
| cinnamon | ½ cup buttermilk | and diced |

Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper liners. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, mix together the egg, buttermilk, sorghum syrup and applesauce until smooth. Add the egg mixture to the flour mixture and combine until the batter is just moistened. Gently fold in the diced pears. Fill the muffin cups with the

mixture. They will be full. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

