

Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

HAPPY Thanksgiving

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER NOVEMBER 2023

Dear Owen County Extension Homemakers,

November is the month that reminds us to be thankful for all of the positive things happening in our life. Don't wait until the fourth Thursday in November to sit and enjoy time with family and friends. Make every day a day of Thanksgiving!

This is also the last chance to get your membership dues in! Membership dues are due in to the office no later than **November 30th**. The cost for a one year membership is \$10.00. Each paid membership donates \$1.00 to the Ovarian Cancer Research Program in Lexington. Invite a friend to join with you as a Mailbox Member or to join in an active club! There are many active clubs right now to get involved in including; Cotton Club, Craft Club, Crochet & Fellowship, Home & Heart, Memory Makers, Pleasant Home, Sew & Go, and Sweet Owen. A full list with descriptions are included in this newsletter. Call the office with any questions!

I want to wish you and your family a
Happy Thanksgiving!

Chelsea Young *Chelsea R. Young*
Owen Co.
Extension Agent For Family & 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506




Disabilities
accommodated
with prior notification.



Homemaker Happenings

Fall Craftin' for the Community Event

- 48 participants & 6 vendors
- This event provided a very nice donation of pet supplies (mainly food) for the animal shelter along with a check donation of \$1,525.
- There was also a very nice donation to Meeting the Needs of non-perishable food and personal care items.

13 members paid their annual membership dues that day!



Join us for our next

COUNCIL MEETING

November 15th at 1pm

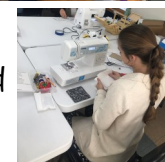
Extension Office

Northern Kentucky Area Annual Homemaker Meeting

This year's theme was Flannel at the Area Annual Meeting. Owen County was represented well this year with 5 members and 1 agent. 28 Cultural Arts exhibits were entered with 6 receiving Blue ribbons and moving on to the State KEHA Meeting in May 2024 in Bowling Green. Congrats to all who participated! If you are interested in attending the State meeting in May 2024, call the office!



Sew & Go had a great meeting in September! If you are interested in learning more about sewing consider joining the newest Homemaker Club, SEW & GO, on Monday, November 20th starting at NOON at the Extension Office. You can learn new sewing project and leave after OR you can stay to sew and socialize until 3pm. Call the office to sign up!



Homemaker Book List

The Growing Season: How I Built a New Life—and Saved an American Farm by Sarah Frey (2020)

The "Growing Season" tells the inspiring story of how a scrappy rural childhood gave Sarah Frey the grit and resiliency to take a risk that paid off. With freshness and creativity, Frey has grown one of the largest produce companies in the history of America.

***The Garden Refresh: How to Give Your Yard Big Impact on a Small Budget** by Kier Holmes (2022)

Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.

***These books can be found at the Owen County Public Library.**



MEMBERSHIP

Membership Dues



You don't want to forget! Membership dues are due to the Extension Office no later than **November 30th**. The cost for a one year membership is \$10.00. \$1.00 from each membership paid is donated to the Ovarian Cancer Research Program in Lexington. Invite a friend to join with you as a Mailbox member or to join an active club!



POPUP DRIVER LICENSING

11-14-2023

<https://drive.ky.gov/Drivers/Pages/Popup-Map.aspx>

265 Ellis Road
Owenton, KY 40359

REGISTRATION OPENS 10-31-2023

Educational Programs

FAMILY AND INDIVIDUAL DEVELOPMENT

Education Focus

Focus 2: Self-Care and Self Pampering 2023-2024

To feel great this year, KEHA supports the following goals:

Taking time to engage in self-care alleviates some of life's daily pressures and provides the necessary reset that allows you to get back a healthy point where you can maximize daily productivity. When you take time to spend time on yourself, you ultimately benefit everyone. But if negative experiences, behaviors, and feelings persist and/or prevent the ability of carrying out daily responsibilities, it is important that you call a health care provider and seek professional services.

In addition to supporting on-going self-care, KEHA is also exploring the temporary benefits of self-pampering. Self-pampering in this sense refers to healthy adornment practices that make us feel good in the moment. The practice of self-care and self-pampering can complement each other. When used in moderation, pampering yourself can be a form of self-care that we should not feel guilty about.

Goals & Lesson Resources

Resources will be provided to explore the following topics:

1. Identify the difference between your self-care needs and self-pampering wants in terms of health and grooming.
2. Analyze what style is best for your body shape.
3. Identify ways to pamper yourself at home without breaking the bank.
4. Choose to love yourself and be happy with the blessing you have.
5. What is self-care and why is it important for you.

Activities

The facilitator guide will provide several suggestions for self-pampering activities.

For more information, resources or assistance with website access, contact Chelsea Young.



SANTA'S CASTLE

Sponsored by: Owen County Homemakers

Saturday, December 2nd

9 AM-11 AM



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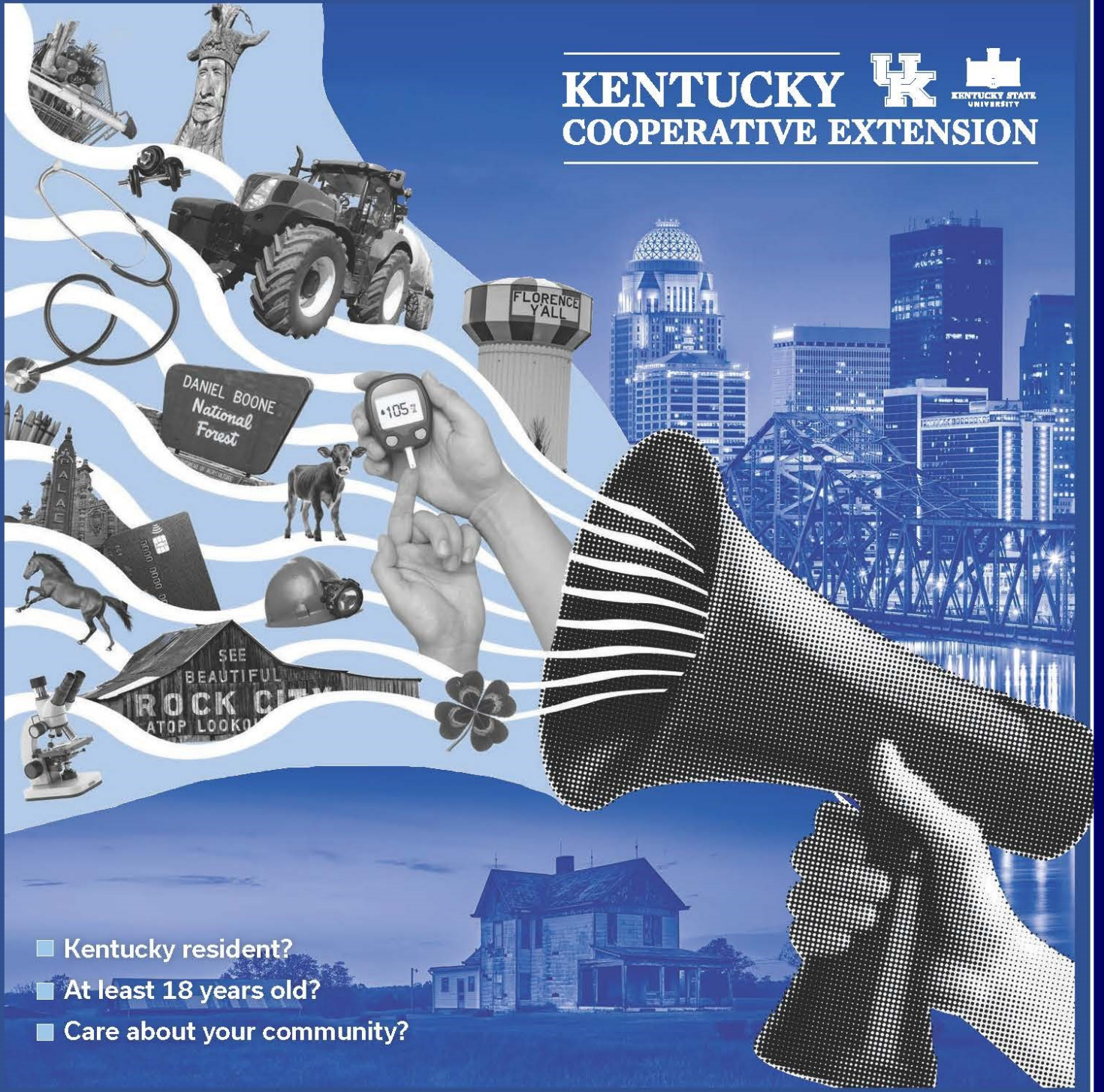
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Lexington, KY 40506



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with prior notification.

KENTUCKY  KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION



- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW
CAN WE
serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:

go.uky.edu/serveKY

ASK ANTHEM



You're invited to another great event in your community!

November 13, 2023

5:30-7:00 PM

Owen County Public Library

1370 Hwy 22 East

Owenton, KY 40359

You are welcome to attend Anthem Medicaid's Health Advisory Committee Meeting. This meeting will have a Diabetes Presentation by Sherri Hoffman, Community Health Educator with Anthem Medicaid and a Vaccination Clinic by Three Rivers Health Department.

Sherri Hoffman

sherri.hoffman@anthem.com

Anthem Blue Cross and Blue Shield Medicaid is the trade name of Anthem Kentucky Managed Care Plan, Inc., independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

www.anthem.com/kymedicaid

AKYMKT-0292-19

Anthem 
Medicaid



HEALTH & WELLNESS SCREENINGS

*Wednesday,
November 15th*

Mary Schneider

Regional Cancer Control Specialist II

Owen County Cooperative Extension

Lunch 11:30AM-12:00 PM

Presentation 12:00-1:00 PM

Call 502.484.5703 to REGISTER

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WINTER PRESCHOOL DAY

 Cooperative
Extension Service

Owen County Extension
265 Ellis Highway



FEBRUARY 9TH
10 AM-NOON

CALL 502.484.5703
TO REGISTER




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OWEN COUNTY SENIOR CENTER
MARGINA KING, DIRECTOR
118 N. MAIN ST. | OWENTON, KY 40359
(502) 484-3139 | HOURS: M-F, 8:30 A.M.-3 P.M.
"SUPPORTING THE INDEPENDENCE & DIGNITY OF OLDER ADULTS"



The Owen County Senior Center is a place to laugh, have fun, make new friends, and get reacquainted with old friends!

ALL SENIORS ARE WELCOME TO ATTEND

All activities are provided by the Senior Center.

Activities include:

BINGO, Rook, Card Games, Wii Bowling & Sports, Chair Volleyball, Corn Hole, Crafts, Nutritional Programs, Silver Sneakers, Informational Programs, Health Programs, Board Games, Computer Lessons, Day Trips, Movie Days, Themed Parties, Zumba, Exercise Equipment, and Socializing with Coffee & Pastries.

Lunches include:

Various main dishes on-trays such as beef or turkey stew, Salisbury steak, beef patties, chili, BBQ, pork chops, country ham & beans, meatloaf, chicken, spaghetti with meat sauce, chicken pot pies, sliced ham, various puddings, Jell-o, fruits, vegetables, and breads. (Please call 24 hours in advance to reserve your hot cooked meal or stop by the center to sign up for a meal the day before)

Other activities:

*Med Ride transportation: Please check your insurance to schedule your medical appointment for transportation or the local Wellness Transit. We are your last resort for transportation.

*Volunteer opportunities are offered to help better senior life. Behind every successful organization there is an extraordinary volunteer team.

The Owen County Senior Center is a safe place where seniors can come and be comfortable, share ideas, and life stories. Seniors are able to have a day out with friends and family to do activities that are offered. The Golden years are the most important years in a person's life. Sitting at home, alone, is a thing of the past. Come join the fun! We would love for you to become a part of our family!

***NOTE: The center is not medically staffed. All Seniors who attend must be self-reliant.**

SPECIAL UPCOMING ACTIVITIES

Saturday, December 2nd– Santa Claus & his Elves will be at the center. Santa will be handing out candy.

1:00pm-3:00pm

Saturday, December 9th– Senior Van in the Christmas Parade. Join us riding in the van and throw out Candy!

Parade starts at 5:30pm



OWEN COUNTY CHRISTMAS PARADE

"Christmas Songs"

Saturday, Dec. 9, 2023

Courthouse Square | Owenton, KY

1:00-5:00 p.m., Open House at Participating Merchants/
Christmas Shopping Around the Square

1:00-7:00 p.m., Bellator Trackless Train

2:30 p.m., Christmas Bake-Off (Drop off at Epoch)

2:30 p.m., Caroling on the Courthouse Lawn

3:00 p.m., Lining Up of Floats (Covenant Group, aka old Itron building)

4:00 p.m., Judging of Floats

5:00 p.m., Leave Covenant Group Parking Lot

5:00 p.m., Lighting of the Christmas Tree

5:30 p.m., Christmas Parade

6:00 p.m., Santa Claus in Front of German American Bank

7:00 p.m., Mayberry Christmas Play at the Owen County Courthouse

SPONSORED BY



CHAMBER OF COMMERCE
OWEN COUNTY, KENTUCKY

LAST CALL

Owen County Homemaker Membership 2023-2024

Please complete and return this form to Owen County Cooperative Extension Office to become a Owen County Homemaker or to retain membership. Make checks payable to **Owen County Extension Homemakers Association, 265 Ellis Highway, Owenton, KY 40359. New Membership or Renewal is \$10 per year.**

Due by NOVEMBER 30th!

Name: _____ Birthday: _____

Mailing Address: _____ Primary Phone: _____

Emergency Contact: _____ Emergency Phone: _____

The Kentucky Cooperative Extension Service is required by Federal Law to collect and maintain information regarding the characteristics of the people we serve. The information you provide is voluntary.

Race: White Black Asian Hispanic Native American Other

Gender: Female Male

Age Group: 20-24 25-34 35-44 45-64 65 & Over



Please select club(s) that interest you:

- Cotton Club
- Home & Heart
- Pleasant Home
- Craft Club
- Mailbox
- Sew & Go
- Crochet & Fellowship
- Memory Makers
- Sweet Owen

Photography/ Media Permission Form

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

SEE BACK FOR DETAILS ON EACH CLUB

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Owen County Homemaker Clubs

Cotton Club: This quilt club meets once a month in the evening. They also have one day a month as SEW ALL DAY.

Craft Club: This club meets once a month in the evening. They do a variety of crafts. The members decide what they would like to learn or make. Usually a member of the club teaches the lesson for the chosen craft but sometimes there is an instructor. There is a small cost for supplies each month.

Crochet & Fellowship: This club is exactly what it implies. It meets once a month during the day to crochet and talk. If you are interested in learning how to crochet these ladies are your connection to learning a new skill.

Home & Heart: This club does special interests of the club members. For example, they made freezer meals as a quick grab and go for dinner. This club meets in the afternoon or evening once a month. Children are welcomed with an attendee.

Mailbox: If you would like to receive information about what is going on with Owen County Homemakers, special events, recipes, or other information of interest, you can attend what you like and you will receive a newsletter packed full of information and flyers on special events or trips the homemakers may be involved. Many of us who have very busy evenings have found this is a great way to be involved. We have members who live outside Owen County but still want to stay connected. So if you move, you can still belong as a mailbox member.



Memory Makers: This is a scrapbooking club. They meet on weekends (Friday & Saturday). Twice a year they host an event Craftin' for the Community where they rent out table space for anyone to join them and do whatever craft they would like. This is a fundraiser for them to give back to the community. If you would like to learn how to or work on a scrapbook this group is for you.

Pleasant Home: This club is a traditional homemakers club with a little twist. They are known as the "Traveling Ladies who Lunch." This club meets once a month at various restaurants for lunch where they have meeting and fellowship.

Sew & Go: This club meets once a month. Each member can decide to stay and sew or go after the demo of the project.

Sweet Owen: This club meets once a month at the Sweet Owen Store for lunch and to fellowship.

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LET'S TALK TURKEY SAFETY

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees Fahrenheit and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.

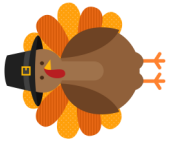
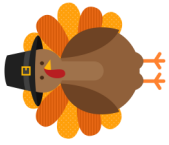
Measure the turkey's internal temperature with a food thermometer, even if the turkey includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165 degrees throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165 degrees.

More food safety information and timetables for proper thawing and cooking are available on the USDA Food Safety and Inspection Service website at <http://bit.ly/1uKfrNl>. For additional food safety information, contact the Owen County Extension office.

Source: Annhall Norris, UK extension specialist

November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 29	Oct 30	Oct 31	1	2	3	4
			Pleasant Home 11 AM			
5	6	7	8	9	10	11
			National Cappuccino Day 	Sew All Day 9 AM	Sweet Owen 11 AM	
12	13	14	15	16	17	18
			Lunch & Learn 11:30 AM (Lunch) 12 PM (Speaker) Council Meeting 1 PM	Santa's Castle Pillow Making Day		
19	20	21	22	23	24	25
	Sew & Go 12 PM	Cotton Club 6 PM		OFFICE CLOSED		
26	27	28	29	30	Dec 1	Dec 2
	Craft Club 6 PM		Crochet & Fellowship 9AM	Santa's Castle Set Up Day Begin at 10 AM Membership Dues Deadline		

Butternut Squash and Turkey Chili

2 tablespoons olive oil	1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes	2 (14.5-ounce) cans petite diced tomatoes	1 (15.5-ounce) can white hominy, drained
1 medium onion, chopped	1 cup low-sodium chicken broth	1 (15-ounce) can no-salt-added kidney beans, drained and rinsed	1 (8-ounce) can tomato sauce
4 cloves garlic, minced	1 (4.5-ounce) can chopped green chilies		1 tablespoon chili powder
1 pound ground turkey			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

