

Homemakers F&CS



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

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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

JANUARY 2023

Thoughts from Ronda...

Happy New Year Everyone!

WOW! I cannot believe it is already 2023. Where is the time going? LOL

Thanks to everyone who turned in their Homemaker dues. Way to go Homemakers! Continue to ask others to join.

We had such a wonderful time at our Diamond Art classes. Thank you, Chelsea Young, for teaching it for us and Thank you to everyone who attended. I hope you had time to finish them up during the Holidays. If you did, please let us know.

We have some wonderful classes coming up so be sure to check those out by viewing the enclosed flyers in this newsletter.

Homemaker Council is January 17 at 12:00. Lunch will be provided. If you have not had a chance to join us, please do so. We will be hosting two area Homemaker meetings in this year. One is April 26 which is at 1:00 p.m. at the Gallatin Co. Extension Office. We will be providing the lunch for the area Homemakers here at the Extension Office and the meeting will follow. The second one will be in September or October. Details will be announced closer to time to the meeting.

Upcoming classes include: (see enclosed flyers)

January 20th—Basic Embroidery

January 26th—Wood Burning

February 14th—Candle Making

I am looking forward to many wonderful classes, programs and events coming up in 2023. See you soon!

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember for January

January 5 —9:00 am-4:00 pm—The Embroidery Club will meet at the Extension Office.

January 10—9:00 am to 4:00 pm—The Fun Time Quilters will meet at the Extension Office.

January 10—6:00 pm—The Back to Basics Homemakers will meet at the Extension Office.

January 10—6:00 pm—The Napoleon Homemakers will meet at the Zalla Lodge.

January 11—10:30 am—The Cross County Homemakers will meet at the Extension Office.

January 16—Martin Luther King, Jr. Day—The Extension Office will be closed.

January 20—1:00 pm—Basic Embroidery with Ronda—at the Extension Office. (See Enclosed Flyer)

January 20—7:00 pm—The Scrapbooking Club will meet at the Extension. On Saturday January 21st the club will also meet for all day scrapbooking.

January 26—1:30 pm—Learn to Burn wood burning workshop at the Extension Office. (See Enclosed Flyer) Spaces are limited!

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Gallatin County Extension activities are **not** automatically cancelled if Gallatin County schools are closed due to bad weather. Many times roads may be questionable in the morning, but clear by afternoon/evening. Call the office at 567-5481 to see if the meeting/activity will be held or if it will be rescheduled.



The 2023 Food & Nutrition Calendars are here! Stop by the Extension Office anytime Monday-Friday, 8:00 am—4:30 pm and pick your free calendar up. There is a new recipe each month!



County Homemaker Officers and Chairs

Marie Allison	President
Louise Hiles	Vice President/President Elect
Sherri Broderick	Secretary
Barbara Finrock	Treasurer
Ange Morris	Cultural Arts
Mary Jane Day	Environmental
Shirley Chipman	Food & Nutrition
Charlene Giles	4-H
Doris Knepper	Family Life
Vacant	Leadership Development
Bonnie Bond	International
Doris Sullivan	Management & Safety
Tina Wehrle	Past President



LEARN. LEAD. SERVE.

Recipe of the Month

Slow Cooker Smoky Black-Eyed Peas

Ingredients:

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 tsp. garlic powder
- 2 small or 1 large jalapeno pepper, ribs & seeds removed and finely chopped (optional)
- 1 lb. dried black-eyed peas, sorted and rinsed
- 1 pkg. (12 oz.) smoked turkey sausage, cubed
- 1/2 tsp. Cajun seasoning
- 1/4 tsp. ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop Option: Sauté chopped vegetables in 1 Tbsp. vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover and cook for 1 hour or until peas are tender.

Makes 12 servings

Serving Size: 1 cup

Cost per recipe: \$6.69

Cost per serving: \$.56



Nutrition facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium.

Source: Anita Boyd, Mason County SNAP-Ed Program Assistant Senior

Homemaker Happenings

The Diamond Art Class on December 6th was held with over 26 participants! The class was taught by Chelsea Young, Owen Co. FCS Agent.



The Senior Center had a lot of fun making Ornaments in December, led by Ronda Rex.

The Treasure Hunt, held on December 3rd was successful raising over \$450.00 for the Mayme Walters Scholarship Fund.



The Cross County Homemakers enjoyed their Christmas Luncheon at the Blind Squirrel in Florence on Wednesday, December 14th.



The Back to Basics Homemakers have been busy! Members visited Madison and saw the Festival of Trees at Lanthier Winery, had dinner at Jewell's for their Christmas outing on December 13th and exchanged gifts afterward.

Bonnie Bond, president of the club, is pictured with Stacey Darnold, of Gallatin Health Care & Rehab. The Back to Basics Club gave a generous donation to the Christmas Fund for the residents.

Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu or Cindy at: cindy.sullivan@uky.edu

Basic Embroidery

With Ronda

Friday, January 20, 2023—1:00pm

At the Gallatin County Extension Office



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Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805
(859) 567-5481
Fax: (859) 567-5432
Gallatin.ca.uky.edu



Join us to learn
Basic Embroidery!
All your supplies
will be supplied.

Registration is
required by calling
the Extension
Office at
(859) 567-5481 on
or before

January 16, 2023.
Space is limited!

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Disabilities
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learn to **BURN**

CRAFT CLASS

Register by calling (859) 567-5481
By January 19, 2023

UK University of Kentucky
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January 26, 2023

1:30-3:00 pm

At the

Gallatin County Extension Office



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ADULT HEALTH BULLETIN



JANUARY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Gallatin County
 Extension Office
 395 US Highway 42 West
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 (859) 567-5481

THIS MONTH'S TOPIC: EMERGENCY HEALTH INFORMATION (EHI) CARDS



An Emergency Health Information (EHI) card can be a helpful tool. If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you. While you cannot predict when an emergency may happen, you can be prepared. Make sure that key health information is up to date, correct, and handy. If you have children, make them a card too. You may not be available to tell emergency workers about your child, and your child might not be able to communicate either.



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An EHI card gives first responders or other emergency workers essential health information they can use to give you better care.

You can find Emergency Health Information card templates online to print and fill out. You also can use an index card or other small piece of paper. Please keep in mind, not all card templates ask for appropriate information. Below is a list of information that you should and should NOT include on your EHI card.

Information you should include on an EHI card:

- Full legal name
- Date of birth
- Medication names, doses, and schedules
- Medical equipment (Insulin pump, wheelchair, oxygen, etc.)
- Chronic medical conditions (epilepsy, diabetes, COPD, heart conditions, etc.)
- Disabilities that affect care (mobility, speech, memory loss, vision, hearing, etc.)
- Blood type
- Allergies to food or medications
- Recent immunization record
- Emergency contact name and phone number
- Medical contacts (doctors and pharmacy)

It is important to note that EHI cards are about the health and medical treatment of a person, not payment information. First responders and hospital staff do not need, nor can they require, financial information to treat you in an emergency. To protect yourself from identity theft, keep certain information separate from an EHI card.

Information you should NOT include on an EHI card:

- Financial or banking information
- Social Security Number
- Health insurance information such as insurance provider or ID number

The purpose of an EHI card is to give first responders or other emergency workers essential health information they can use to give you



better care. Make this information easy to find. Put copies of your and your children's EHI cards in easy to see places in your home, car, and personal belongings that you carry every day.

Where to put copies of an EHI card:

- Purse, wallet, or backpack
- First aid kits and emergency supply kits
- On your refrigerator or kitchen cabinet door
- Vehicle glove box
- On the side of children's car seats
- On mobility devices such as wheelchair or walker

REFERENCE:

<https://www.mayoclinic.org/first-aid/emergency-health-information/basics/art-20134333>

ADULT
HEALTH BULLETIN

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