



Homemaker Newsletter

December 2016



Cooperative Extension Service
Davies County
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UPCOMING EVENTS AND MEETINGS

December 6

Executive Council Meeting
Spudz-N-Stuff 12:00p.m.

December 15

Diabetes Education & Support Group
Extension Office 5:30 p.m.

December 26 - January 2

Daviess County Extension Office Closed

January 3

Advisory Council Meeting
Extension Office 5:30 p.m.

Lesson for December

"Holiday Celebration"

Roll Call

Name your favorite Christmas Memory.

Thought of the Month

*Maybe Christmas, the Grinch thought, doesn't
come from a store.*

- Dr. Seuss

December is National Fruitcake Month

- Fruitcake dates back to at least Roman times.
- The saying "Nutty as a Fruitcake" was first coined in 1935.
- Fruitcake is served on special occasions for British royals.
- Claxton, Georgia and Manitou Springs, Colorado both want the title of "Fruitcake Capital of the world"

INCLEMENT WEATHER POLICY

Please remember - If Daviess County Public Schools are closed due to weather ALL Daviess County Family and Consumer Sciences Extension programs will be canceled as well.



"SOUP UP OUR SCHOLARSHIP"

Mark your calendars! The Daviess County Extension Homemakers will host a Soup Day fundraiser event on **March 9, 2017**. The proceeds will go toward the annual Homemaker Scholarship. More details to come!

43rd ANNUAL AG EXPO

The 43rd Ag Expo will be held at the Owensboro Convention Center on **Wednesday, January 25, 2017**. There is no charge for attending the Ag Expo. Green River Area Extension Family and Consumer Sciences Agents will be providing *Plate It Up Kentucky Proud Recipes*. **We hope to see you there!**





Kale and Potato Soup

Ingredients:
4 teaspoons Olive Oil
1 chopped yellow onion
1 clove garlic, minced
1 box (48 ounce) low-sodium chicken broth
6 red potatoes, diced
1/2 cup chopped carrot
4 cups shredded kale
1/2 pound cooked chicken breast, shredded
1/4 teaspoon black pepper

Directions:

- In a large saucepan, **heat** the olive oil over medium heat for 1 minute. **Add** chopped onion and garlic and **cook** uncovered for 5 minutes.
- Add** chicken broth, potatoes and carrot; cover and bring to a boil.
- Reduce heat** and simmer for 20 minutes.

4. Mix in the kale, chicken and black pepper. **Cover and simmer** for 15 minutes or until kale is tender.

Yield: 6, 1/2 cup servings.
Nutritional Analysis: 270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein.



E O T E L T S I M E D G F V O
 S V S I M W U U O E L N S R O
 A N D C R J M C C O L I F Y F
 Y Y O E E U T O R I J K M Y E
 A L A W G R R A R Y T C C Q F
 S T L C M A C E Z F T O N O H
 H Y P O T A E H R Q N T Z R B
 L V A I H D N I N T V S R F R
 Y P O D N P F R I E N D S A L
 T N L I I Y P P A H W V C M Y
 S R E W W L H S A N T A I I R
 H R E J R W O A P A Z J Q L R
 X Q W E A O P H O M N U V Y E
 D I G D T N U B G A L B T L M
 T S K A O U X Q Y L X Y J M A

CAROL	DECORATIONS	FAMILY
FRIENDS	HAPPY	HOLIDAYS
HOLLY	MERRY	MISTLETOE
REINDEER	SANTA	SNOWMAN
STOCKING	TREE	WREATH

4-H Junior Homemaker Club

The Daviess Co. Extension Homemakers are partnering with 4-H to begin a Jr. Homemaker Club in Daviess County. This club will be led by Homemaker members and will feature a hands-on lesson every month. This is a great opportunity for homemaker clubs and members to share their knowledge and talents with a younger generation!

Club meetings will be held at the Daviess County Extension Office (dates TBD). We are requesting that Homemaker clubs volunteer to lead the Jr. Homemaker Club meetings for the months of March, April, and May 2017. If your club is interested in volunteering to lead a club meeting please contact Susan Hall (270-691-2699) as soon as possible!

Book Review by Virginia Braswell

Murder Comes by Mail by A.H. Gabhart



"This was my introduction to Ms. Gabhart. I like the way she writes and her characters were well drawn, with some very engaging. The mystery began in a very unusual way and soon drew me in to know "who done it." The chapters passed quickly, as I came to like the hero and his community. One note of warning however, the crimes themselves are disturbing. Not a read for a dark and stormy night in a creaky house! That said, I reiterate, this is a well written mystery and the ending was satisfying."

The Brown Bag Book Club will not meet in December.



Mary Higginbotham

Mary Higginbotham
 Daviess County Extension Agent
 for Family & Consumer Sciences Education

ADULT HEALTH BULLETIN



DECEMBER 2016

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: STOP THE SPREAD OF ILLNESSES



During the winter months, we tend to gather together, especially during the holidays. This is a great time to be with family and friends, but it can also be a time when illnesses spread quickly. Staying healthy is important, especially if you do not want to miss out on all of the fun.

Below are some ways you can keep from spreading illnesses among your family and friends this holiday season:

- **Wash your hands regularly.** You should wash your hands when you are preparing food and before you eat; after touching a pet or feeding a pet; after coughing or sneezing; after going to the restroom; and after touching garbage.

Continued on the back 



It is not too late to get the flu vaccine. It can prevent you from getting the flu or make its symptoms milder.



→ Continued from page 1

- **Avoid touching your eyes, nose or mouth.** These are areas that have a mucous membrane. This is also the area where most illnesses get into the body. In fact, for illnesses that are respiratory in nature, that is the only way those germs can get in.
- **Get a vaccine.** It is not too late to get the flu vaccine. The flu vaccine can prevent you from getting the flu. If you do get sick, you are likely to have a much milder response.

Make sure you wash your hands regularly, try to keep from touching your eyes, nose and mouth, and make sure to get your flu vaccine.

- in-between your fingers and under your nails.
- You should do this for at least 20 seconds (or sing the “Happy Birthday” song two times).
- Rinse hands well.
- Dry your hands using a clean towel or let them air dry.

When should you use hand sanitizers?

There is no doubt that soap and water is the best way to get rid of germs that may be on your hands. But sometimes there is no soap and water available. Sanitizers can be an option, but remember that they do not get rid of all the germs that are on your hands. Also remember that sanitizers do not work as well if your hands are visibly dirty or they are greasy.

You do not want to be sick during the holidays! Make sure you wash your hands regularly, try to keep from touching your eyes, nose and mouth, and make sure to get your flu vaccine.

SOURCES:

- <http://www.henrythehand.com>
- <http://www.cdc.gov/handwashing>

Steps to washing hands

It is always good to review how to best wash hands.

- First, wet your hands with water and put a little soap on them.
- Next, rub your hands together, forming a good lather. Do not forget the back of the hands,

**ADULT
HEALTH BULLETIN**

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VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



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DECEMBER 2016

THIS MONTH'S TOPIC: SETTING FINANCIAL PRIORITIES

Most people would agree that financial security is an important life goal to achieve. However, most people would also admit they do not have a clear idea of how to obtain financial security. The majority of people go through their financial lives doing their best to meet daily financial obligations without setting aside the time to think about and plan for long-term financial goals.

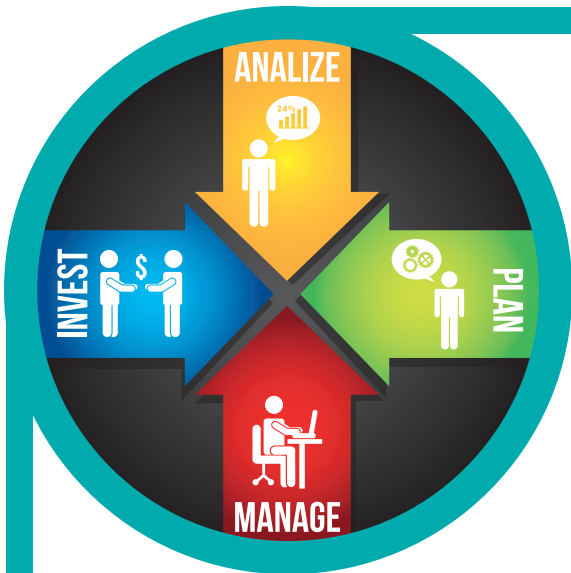
In order to make financial security a reality, you need to take the first step of setting financial priorities. Establishing financial goals will allow for you to take control of your spending and to set aside the necessary money that will hopefully leave you financially independent and successful in the future.

Below are steps that you can take to set financial priorities:

- **Figure out what you want.** Setting financial priorities is about using what you have to get what you want. You must first identify goals that are personally relevant to you and your

family. Do not be afraid to identify goals that will challenge you!





- **Ask your family to get involved.** Your partner and children can all be involved in identifying goals that are most important to your family. Additionally, the possibility of achieving these goals is increased when everyone is aware of what the goals are and are invested in making them a reality.
- **Make a list.** Write down your financial priorities. These priorities can range from paying off your debts to establishing a college fund for your children.
- **Categorize your financial priorities.** It is likely that your list is quite lengthy. In order to make this list more manageable, it is useful to categorize your priorities into short-, medium- and long-term goals. Short-term goals are those that can be reached within the next 6 months to 1 year. Medium-term goals can typically be accomplished within one to five years. Long-term goals require more time and will likely be achieved 5 or more years from now.
- **Rank your list.** It is common to experience difficulty with this step because financial priorities often overlap. For example, paying for your child's braces may take away money that could otherwise go to a college fund. In this situation, it is useful to ask yourself which

goal will cause the greater harm if it is delayed. Remember, putting off a goal for a while does not mean that you are abandoning it!

- **Do your research.** You will most likely need more information in order to figure out how to best meet your goals. For example, if one of your financial priorities is to retire by the age of 62, you may need to determine how much money you will need to have saved before retirement in order to live comfortably.
- **Revisit your list.** Once you have set your financial priorities, your job is not over! It is helpful to keep your list in an easily accessible location and to revisit it frequently to ensure that you are staying on track. A critical part of sticking to your financial priorities is making sure that you are controlling your spending and saving. It may be best to plan on revisiting your list whenever you are evaluating your budget.

Setting financial priorities may feel overwhelming. However, by following the steps outlined above, you are one step closer to making these priorities a reality. Keep in mind that it is okay to adjust your financial priorities as needed. Financial priorities should be taken seriously but should also be able to adapt to you and your family's changing needs.

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