

November 2024



MCLEAN COUNTY COOPERATIVE EXTENSION

Family and Consumer Sciences Newsletter

David Fourgurean



Thought for the Day:

"And we know what we want And the future is certain Give us time to work it out" Road to Nowhere Ozzy Osbourne 1991

Roll Call:

In November, we celebrate Thanksgiving. How can your journey lead to you being a better person? OR What have you been most thankful for on your personal journey?

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography

What's Going On?

November

- 12th: BGG Club Meeting @ 12
- 13th: Friendship Club Meeting @ 1:30
- 14th: Taste of the Holiday from 6-8
- 28th-29th: Closed for Thanksgiving



- Perry Smith 10-21
- Pamela Lambert 10-26
- DeEdrea Lee 11-14



Cooperative Extension Service

Agriculture and Natural Resources
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HOMEMAKERS QUILT SHOW A SUCCESS AT CALHOUN HARVEST DAY!

This year's Homemakers Quilt Show, held during Calhoun Harvest Day, was a huge hit! The public voted for their favorite quilts, and the competition was tough with so many incredible entries. The talent on display was unbelievably amazing, showcasing the skill and creativity of our Homemakers.

This event is not only a great opportunity to enjoy beautiful quilts but also a perfect way to introduce others to the Homemakers organization. We can't wait to see what next year's show will bring!

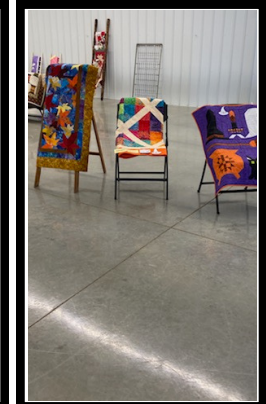
There were over 80 quilts on display.

Community Top Picks:

1st Brenda Pinkston

2nd Diane Dewus

3rd Sherry Lindsey



TASTE OF THE HOLIDAY

*ALL PROCEEDS WILL GO TOWARD
OVARIAN CANCER RESEARCH.*

HOSTED BY:

McLean County Homemakers

TASTE OF THE HOLIDAY

Hosted by McLean County Homemakers

Date: November 14th, 2024

Time: Starts at 1-5

**Location: McLean County Extension Office
335 West 7th Street, Calhoun, KY 42327**

Cost: \$10

Includes a cookbook and food samples.

Pre-register by November 8th

Ticket Sales Start: November 1st

**Join us for a culinary tasting experience and support
a great cause!**



FOSTERING OUR COMMUNITY!

Carla Troutman, along with Buck Creek Church's Women's Ministries, teamed up to apply for a grant to further their efforts in making quilts and providing backpacks for local foster children. This wonderful group has provided quilts and backpacks to over 50 foster kids this year, offering not just essentials but a sense of community and belonging. Each quilt, uniquely crafted with love, provides warmth and security, while the backpacks, filled with supplies and small treasures, brighten the children's days.

With Sue Berry's experience in grant writing, she and Carla submitted information to the State Homemaker Grant Committee. In May, at the KEHA State Homemaker Meeting, their program won the Area Grant of \$500. The funds will help support their ongoing success, inspiring others to contribute through donations, volunteering, or spreading the word about the project. The dedication of Carla and her team continues to make a significant impact on so many lives, sending a powerful message of hope and love to children facing challenging times.

"We were very proud to display information about the Green River Area Backpack Care Quilt Program on Saturday at the Harvest Days McLean County Quilt Show," said Mechele Arnold, Green River President. "Thank you, Carla, and your volunteers, for your dedication and commitment to helping the community!"

Respectfully,
Mechele Arnold, Green River President

Have something you'd like to add to the newsletter? Give us a call at the Extension Office at 270-273-3690, or feel free to send an email to jessica.l.johnson@uky.edu. We'd love to hear from you!



Questions Of the Month:

What is your favorite item to can?



Do you have a **spicy green bean canning recipe you would like to share?**

HEARTY HARVEST BOWL

Ingredients:

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional
- * 3 tablespoons olive oil
- * 1/8 teaspoon salt
- * 1/8 teaspoon ground black pepper
- * 2 tablespoons lemon juice
- * 3/4 teaspoon dried oregano
- * 1/4 teaspoon garlic powder



Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer. Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread
7. out into one even layer on the other prepared baking sheet.
8. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
9. While vegetables are roasting, combine *Dressing ingredients* in a small bowl or cup. Whisk until smooth. Set aside.
10. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
11. Drizzle with dressing before serving.

Refrigerate leftovers within 2 hours.

Nutrition facts per serving: 460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

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THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

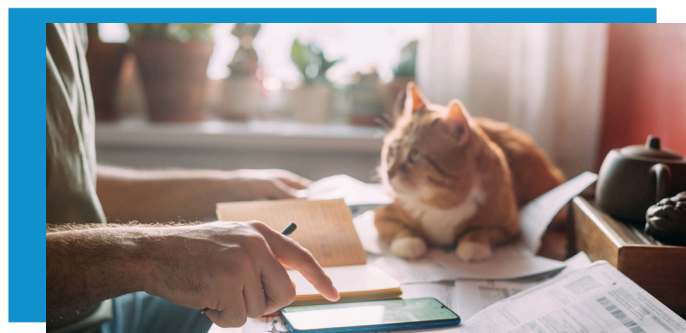
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.





HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

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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.

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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**

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