

November 2023 Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston
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for Family & Consumer Sciences



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College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
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November is a month of gratitude!

And what is this thing called gratitude? It is a way of appreciating what we have instead of grasping for something new that we think will make us happier and/or more satisfied. Gratitude channels our thoughts toward what we have instead of what we lack. This is why gratitude is credited for being beneficial to our mental, physical, and social well-being.

People with grateful attitudes seem to be happier and more satisfied with where they are in life. Their cups are half full – not half empty! With all of this in mind each of us can benefit with a heart of Thanksgiving during the holidays and throughout the year.

Tips for practicing gratitude/thanksgiving:

- Sharing your gratitude. Send a quick note of thanks or appreciation.
- Identify that for which you are thankful. We often say “thank you” by reflex. Specify what you are thanking someone for.
- Write it down. Journal gratitude.
- Having a bad day. Identify something good in your life.

We are all going to be sleeping better and feeling less anxious when we start practicing these tips and what a better time to start than during the Thanksgiving holiday!

Kay Denniston

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Veterans Day - Why November 11?

Veterans Day was originally called “Armistice Day” and was set as a legal holiday to honor the end of World War I. The war officially ended on November 11, 1918. In 1938 legislation dedicated this date to be dedicated annually to the cause of world peace and to honor the World War I veteran.

In June of 1954, after World War II and the Korean War, Congress changed the wording of Armistice Day to Veterans Day to become a day to honor all veterans. Not just those serving in WWI.

It is now 2023 and November 11 is a day to honor all veterans. How is that to be done? Start in our own community. Fly the flag, attend a veteran’s ceremony, visit a veteran friend, or support a veteran owned business. The how is not as important as the actual act of honoring a veteran – you do not have to know the individual by name to respect the commitment and work they have done.



Cooperative Extension Service

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accommodated
with prior notification.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Holiday food safety: Planning ahead

Food is as much a part of holiday gatherings as football, decorations, and carols. In holiday season, keep food safety in mind each step of the way. Be food-safe when you plan, shop, work in the kitchen, and wrap up leftovers.

Proper planning

Ensure your kitchen has what you need for safe food handling. Have two cutting boards (one for raw meats and seafood and the other for produce and ready-to-eat foods), a food thermometer, shallow containers for storage, paper towels, and soap. Store food in the refrigerator at 40 degrees F or below or in the freezer at 0 degrees F or below. Check the refrigerator and freezer with an appliance thermometer.

Safe shopping

Be sure to keep food safety in mind as you shop. Keep raw meat, poultry, and seafood away from ready-to-eat foods like fruit, vegetables, and bread. It is OK to buy fruits and veggies that are oddly shaped but don't buy bruised or damaged ones. Don't buy canned goods that are dented, leaking, bulging, or rusted. These could become a breeding ground for harmful germs. Choose cold foods last. Bring foods straight home from the grocery store. Always refrigerate food that can spoil, such as raw meat or poultry, right away.

Working in the kitchen

All hands may be on deck in a holiday kitchen filled with family and friends. But are those hands clean? Make sure each person washes their hands with clean, running water and soap for 20 seconds before and after handling food. And when you bake tasty holiday treats, don't forget that no one should eat raw cookie dough or brownie batter.

Wrapping up leftovers

As you eat and visit, keep in mind how long the food has been on the buffet table. You can't tell if a food is unsafe by taste, smell, or how it looks. Throw away foods that spoil if they sat out of the refrigerator longer than two hours. Foods such as meat, poultry, eggs, and casseroles can spoil quickly. Refrigerate or freeze other leftovers. Use shallow, air-tight containers. Label and date each package. Use refrigerated leftovers within three to four days. Reheat those leftovers to 165 degrees F.

Source: <https://www.eatright.org/homefoodsafety/safety-tips/holidays/holiday-food-safety-planningto-leftovers>

Can't remember where you placed your measuring cups?

Recognize any of these items?



All were left behind after Recipe for Life.

If they are yours or you think they may be yours, please stop by the Bourbon County Extension Office to claim. They may be needed for your holiday cooking!



Holiday Food Tasting

COME JOIN US
ESPECIALLY FOR THOSE WITH DIABETES OR PRE-DIABETES

TUESDAY FROM
3:00-4:30 PM

12TH

DECEMBER, 2023

AT THE BOURBON COUNTY
HEALTH DEPARTMENT

RSVP by Dec. 5th to Lisa Wheat at
859-987-1915 ext. 4117

SPONSORED BY THE BOURBON COUNTY
EXTENSION OFFICE & THE BOURBON COUNTY
HEALTH DEPARTMENT



BCHD
Bourbon Co Health Department
Grow Healthy...Stay Healthy

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

Leader Lesson



**Savor
the
Flavor**



SEASONING WITH SPICES

Should I buy whole versus ground spices? Which are the best ones to have on hand while cooking? You may hear often that spices are a great way to add flavor without additional sodium and fat, but how? Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!

November 30th

10:00 am

Bourbon County Extension Office

Please RSVP attendance
Bourbon County Extension Office
859-987-1895



“PRESIDENT’S NOTES”

The leaves are changing colors and I love everything about it! Cooler weather, soup, all things pumpkin, and Thanksgiving are a few of my favorite things! When I walk outside and step on the fallen leaves, it makes me think about the house I grew up in. We would spend a weekend raking the leaves into a big pile. When we were all done, my sister, brother, and myself would jump in the pile. We would then throw them in the air like confetti. I love looking back on those memories. Do you have any fond memories from when you were a child? Do you have any family traditions that have been passed down to you? Are you passing those traditions on to the next generation? Holiday Foods this year, on November 2 is all about “Family Traditions”. I hope you have purchased your tickets! Take this month to enjoy your time with your family and friends.

Don't forget to share the message of Homemakers and recruit some members! Remind them we are “Better Together”!

Happy Fall,
Mallory Lowe
County President



Save the Dates

- November 2Holiday Foods
- November 10-12.....Legends of Bourbon County
- November 15-17.....Kay at Agent’s State Meeting
- November 18.....Holiday Hop Downtown
- November 23-24.....Thanksgiving Office Closed
- November 25Small Business Saturday
- November 30.....Leader Lesson
- December.....No Leader Lesson
- December 2.....Christmas Parade
- December 25-January 2...Office Closed -Holidays
- January 11.....Homemaker Council Meeting
- January 18.....Leader Lesson
- January 24-26.....Kay out of Office

Membership Dues

*Dues deadline
EXTENDED
to November 29th!*
Enrollment forms found on website
<https://bourbon.ca.uky.edu/fcs>

JW Ornaments to Pick Up

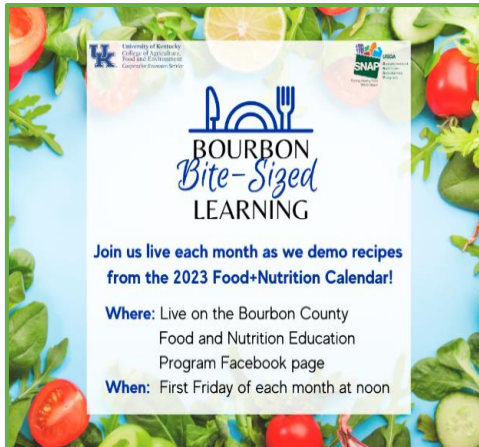
If you ordered a “JW” Christmas ornament at the annual meeting, they are now available at the Extension Office.



Coming to you on Bourbon County Nutrition Education Facebook page. If you missed the 1st Friday, it is still available on FB and YouTube.



Stop by the Extension Office and pick up your 2023 calendar to cook along!



Join us on Bourbon County Nutrition Education Program Facebook page, November 3rd to view Kacy preparing "Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes" or even better - get your ingredients and prepare along with us. Mark your calendar for November 3rd at noon!



We have expanded!

BOURBON Bite-Sized LEARNING

Plate it Up! Kentucky Proud edition

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

Subscribe to our YouTube Channel!

Check out our past recipe demos and more on our office YouTube Channel!

YouTube

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

Reminder to set
the clock
back one hour.



Sunday,
November 5th
"fall back"!

BOURBON COUNTY EXTENSION HOMEMAKERS

**HAS A
NEW
CLUB!**



More Information and introductions to follow.
First meeting is November 10th
1:00 pm
at the Extension Office

**YOUR VOTE
IS YOUR
VOICE.**



BE HEARD.

Vote on November 7.

November 11, 2023

THE



LEGENDS

OF BOURBON COUNTY
Welcome Home Parade

The **ONLY** way that your **VOTE** does **NOT** count –
is to not vote!

Remember to vote on or before **November 7th**.

Call Bourbon County Clerk's Office
859-987-2142
for details on where and when.

Making A New Holiday Tradition

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.
- Write a letter to someone serving our country.
- Serve food at a local shelter or soup kitchen.
- Donate clothes or toys or create hygiene kits for a holiday drive.
- Host a potluck and invite three families.
- Plan a seasonal treasure hunt (see treasure hunt information releases for Christmas and Halloween).
- Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.
- Put on a talent show.
- Give massages or foot rubs.
- Put together an adult's night out.

There are many ways to make the holidays special, so start a new tradition in your family this year.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Talk About Family Health History this Thanksgiving.

Talk about family health history this holiday season. According to the Centers for Disease Control and Protection, knowing your family's health history is an important first step in identifying risk that might run in your family. When you know a family member has had a health issue or disease, you are better armed to talk to a health-care provider about recommended screenings, early diagnosis, and/or prevention. Knowing your family health history may also motivate you to change unhealthy behaviors.

Talking about health issues may be uncomfortable conversations for some families or family members. Sometimes it can be helpful to remind everyone that such conversation is for the health of the family, including future generations. Because family often gets together around the holidays, Thanksgiving is National Family History Day.

When you talk to your family, write down names, relationships, conditions, and age of diagnosis. Sometimes you will find you know less than you thought you did. The CDC recommends asking the following list of specific questions:

- Do you have any chronic diseases, such as heart disease or diabetes, or health conditions, such as high blood pressure or high cholesterol?
- Have you had any other serious diseases, such as cancer or stroke? What type of cancer?
- How old were you when each of these diseases or health conditions was diagnosed? (If your relative doesn't remember the exact age, knowing the approximate age is still useful.)
- What is your family's ancestry? From what countries or regions did your ancestors come to the United States?
- What were the causes and ages of death for relatives who have died?

My Family Health Portrait is a free web-based tool the CDC recommends that can help you record and organize information about your family health history. You can save it and update it as needed. You can also print it and share it with health-care providers and family members. <https://cbit.github.io/FHH/html/index.html>



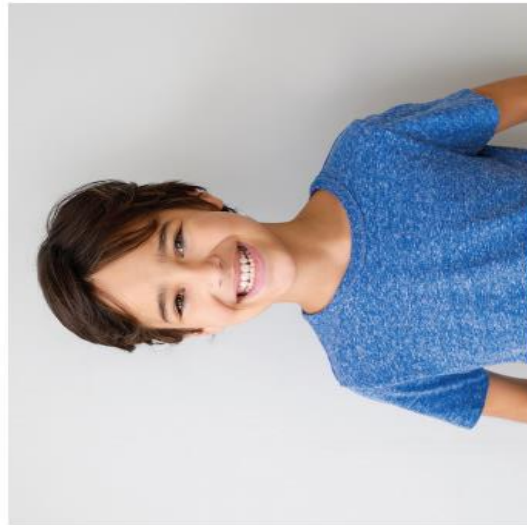
NOVEMBER 2023

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

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THIS MONTH'S TOPIC:

TEACHING YOUR CHILD TO BE GRATEFUL



The upcoming holiday season is the perfect time to teach your children a very important life lesson about gratitude that can last well past Thanksgiving.

Gratitude, or being thankful, is a high-level concept that can be tricky for children to grasp. Children are naturally self-focused in their early years of development, but as children grow, they become more aware of the needs and feelings of others. This is the perfect opportunity to teach children to shift their focus from just thinking about people and things that they love and appreciate, to thankfulness and gratitude of those people and things.

Continued on the next page →



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with prior notification.

When we teach our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

Continued from the previous page

With that in mind, how do we teach our children to be grateful? One way to start is to talk with them about what they are thankful for. It can be easier to help children think about what they are thankful for in terms of people, places, and things.

1. Teach them to say thank you to the people who do things for them. Model gratitude in the world around you and encourage them to do the same. This could be toward a server at a restaurant, a sibling who helped them clean up a mess, or a friend who gives them a gift.

2. Tell your kids why you are grateful for them. Be specific in letting your children know they are special and loved. For example: "I appreciate the way you speak kindly to your sister," or "I am thankful to spend time with you practicing baseball."

3. Talk about the things you are grateful for. You can do this in many ways, from a blessing before dinner to keeping a family gratitude journal or taking turns sharing what you are thankful for out loud.

4. Support a charitable cause. Whether you donate clothes or toys, participate in a food drive, or raise funds for an organization, involve your child in the process, and talk to them about what those actions mean to those who receive the kindness.

5. Be consistent. Like all skills, gratitude is not learned in one lesson. Look for ways to weave the concept of gratitude into daily conversations and routines.

Gratitude leads to caring actions and helps build more positive relationships. When we teach our children to feel and express heartfelt gratitude, it increases our bond with them and their ability to bond with others.

Research shows that grateful people are usually more optimistic. They tend to be less stressed out and depressed. When we teach



our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

REFERENCE:
<https://www.firstthingsfirst.org/first-things/teaching-young-kids-about-gratitude>

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ADULT
HEALTH BULLETIN



Need 30
more
MEMBERS

1. Recruit
2. Maintain

★ Goal of 300 members for 2023-24 year!

Join Now!



THERE'S STILL TIME! DEADLINE EXTENDED! Nov. 29th

Bourbon County Homemakers goal - 300 members for 2024. That is 30 more members than 2023.

Help us meet that goal. Share the Homemaker experience with all your friends and family.

Time to retain and recruit to learn, lead and serve Bourbon County.

2023 Bluegrass Area Meeting/Cultural Arts



President, Connie Vaughn presiding at meeting.



Daniel & Rebecca Boone reading from their diary about settling in Nicholas County.



Installation of Officers & Chairs

2023 Cultural Arts

CONGRATULATIONS BOURBON COUNTY HOMEMAKERS

First Place and advancing to State

- Kay Thomas – Beading Miscellaneous – Blue
- Ellyse Poole – Knitting (Hand) Accessories – Blue
- Kerstin Derolf – Knitting (Hand) Afghan – Blue
- Laura Bills – Painting, Art Oil – Blue
- June Erla - Miscellaneous - Blue

Second Place

- Veda Miracle – Basic Sewing Apparel – Red
- Ellyse Poole – Knitting, Fashion – Red
- June Erla – Weaving - Red

