President’s Comments
November 2015

November is an important month for Homemakers! Thanksgiving dinners and entertaining can stress any homemaker to the point where they do not enjoy themselves. Years ago, as a young mother and wife, I thought EVERYTHING should be perfect! Perfect table settings, dishes prepared as though they were going in a magazine, kids dress and clean to the hilt, house cleaned with no dust bunnies to be found. well you know what I am saying. Now that I am older and the kids are grown and have families of their own, I simply do not mind a few dust bunnies (that’s character), dish settings (they have a chip here and there – the kids did that), my cake falls (that just makes them better), and oh the apron is stained (too late to change it!) Guess what I am saying is that all that really matters is – family time, laughter, and full bellies!

Have a Great and Stress-Free Thanksgiving!

Debbie Roe

SAVE THE DATE!!!

November 2-6   NEAFCS—Kay out of office
November 3   Election Day—
Remember to Vote
November 9   Homemaker Council
November 10   Registration
for Living Well
November 12   Taste of Home
Harrison County
November 14   Living Well
November 18   Sunshine Club
(Need Sponsor)
November 19   Lesson Leader 10:00
November 26   Thanksgiving
November 26-27 Office Closed for Holiday
December 3   Family & Consumer Sciences Day
Relocating late in life often involves downsizing to a smaller home. Many empty nesters and older adults are frequently interested in having less space and fewer maintenance responsibilities. There are many reasons for moving including illness, death, or simply a desire to be near family or to experience a new retirement lifestyle. Regardless of the reason, downsizing can be exhausting and emotionally draining. This lesson will help you start the process of sifting, sorting, donating and disposing of a variety of personal items. Even those who are not moving will benefit from tips on organizing, decluttering and family negotiations.

November Lesson—“Tips on Downsizing”
Thursday, November 19, 10:00 am
Bourbon County Extension Office

To update our records, we are asking ALL members (club, mailbox and special interest) to complete new membership forms this year. We want to make sure everyone is informed and is receiving the latest information. Thank you for helping us with this update!

REMEmber—Winter Weather Policy: No School—No Meetings
If Bourbon County Schools are closed due to inclement weather, meetings will automatically be cancelled also.
If in doubt, please call 859-987-1895

INSIDE THIS NEWSLETTER

- “Tips on Downsizing” Lesson information is on page 2.
- It is Turkey Season! Delicious and Nutritious! Turkey handling safety tips on page 3.
- Bluegrass Area Homemakers meeting recap by county President on page 4. Way to go Bourbon!
- Planning for NEXT year’s lessons! If you want Homemaker lessons that more fit your needs and interest, please look at pages 5 and 6 for information on giving your input on next year’s lessons. This is your chance to be heard! Deadline extended.
- Living Well date has been set, information on page 7. If you are interested register soon. Registration forms go to Fayette County office. Let us know if you are going and we will save enough space for all Bourbon County to sit together. The only way that we will know you are going is if you call and fill us in! Don’t want to leave anyone out.
- Prediabetes Health Bulletin on page 8. November is Diabetes Awareness month.
- December 3 is Family and Consumer Sciences Day. Read details of “Dining In” campaign on page 9.

Remember to vote November 3
It is a privilege!
To ensure that foodborne illness isn’t a guest at your holiday table, follow these tips from USDA when buying and preparing your turkey.

When buying a turkey, allow one pound per person. If you buy a fresh turkey, check the “sell by” or “use by” date to make sure that it really is fresh, and buy it only 1 or 2 days before you cook it.

If you buy a frozen turkey, keep it frozen until you are ready to thaw it for cooking. The USDA recommends that you thaw a frozen turkey in the refrigerator. Leave the turkey in its original wrapping and place it in a pan to catch any juices that leak. Allow about one day to thaw for each four pounds of bird (for example, four days for a 16-pound turkey). After thawing, it’s safe to store the turkey in the refrigerator for up to two more days. To thaw a frozen turkey more quickly, you can use the cold water method. Cover the bird in its original wrapping in cold tap water, changing the water every 30 minutes. Allow about 30 minutes per pound of turkey and cook the turkey immediately after thawing. You can also use a microwave oven to thaw your turkey. Be sure to follow the oven manufacturer’s instructions. If you use this method, plan to cook the turkey immediately after thawing because some parts of the bird may become warm and begin to cook during microwaving.

When the big day comes and it’s time to prepare your feast, wash your hands but don’t wash the turkey. Washing poultry can spread bacteria around the sink and kitchen and lead to the contamination of other foods. Likewise, keep the raw turkey separate from the other foods you will be serving, using separate cutting boards and utensils to avoid spreading bacteria.

For optimum safety, cook stuffing in a casserole dish, separate from the turkey. If you are planning to stuff the turkey, mix the stuffing ingredients and stuff the bird just before cooking. Whether inside the bird or out, stuffing should be cooked to a temperature of 165 degrees F as measured with a food thermometer.

To roast the turkey, set the oven temperature to no lower than 325 degrees F. Place the turkey breast-side up on a rack in a shallow roasting pan. The time that it takes to roast a turkey depends on the size of the bird, whether or not it is stuffed, the type of pan and the oven itself. Breasts may take from 1½ to 3¼ hours; unstuffed birds will take 2½ to 5 hours; and stuffed birds 3 to 5½ hours. The only way to be sure the turkey is safely cooked is to use a food thermometer, checking the temperature at three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. All parts of the turkey must reach 165 degrees F to ensure that harmful bacteria are killed. Once cooked, remove the bird from the oven and let it stand for 20 minutes before carving. After the feast, be sure to refrigerate leftovers within two hours. Store the meat and stuffing separately and use or freeze within three or four days.

For more information on holiday food safety, contact the Bourbon County Extension Office.


Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky; College of Agriculture, Food and Environment

Happy Thanksgiving!
Bluegrass Area Annual Meeting Recap (from Debbie Roe)

Thirteen members and our agent attended the Bluegrass Area Extension Homemaker’s Annual Meeting in Powell County in October. “Nature’s Bridge to the Mountains” is an appropriate nickname for this warm community, and as well the theme for this year’s event.

It is amazing how our community of homemaker’s can be such a strong force within the area!

Here are some facts and awards that were presented during this year’s event:

LEADERSHIP
Bourbon County holds 4 of the 12 chairmen and officer positions – who are these leaders?

Area Secretary—Debbie Roe
Area Food, Nutrition & Health—Peggy Tracy
Area Leadership Development—Ann Davis McClain
Area Management & Safety—(Newly Elected)

AWARDS RECEIVED
♦ Highest increase of membership for 2014-15 Bourbon County
♦ 25 or more membership increase 2014-15 Bourbon County
♦ Area’s largest percentage increase 2014-15 Bourbon County
♦ Most new members 2014-15 Bourbon County

Bourbon ranked 4th (out of the 9 counties) in Volunteer Hours with 9000 hours
Valued at $207,630.00
(Thank you Ann Davis for this fact!)

Cultural Arts
Bourbon County Homemakers
32 Entries
27 Ribbons
14 Blue Ribbons (will go to State)

Bourbon County Homemakers –
You Are An Awesome Group! I am So Proud to be your representative!
Debbie Roe, County President

Kentucky Homemakers Creed
(Last three lines. What do they mean to you?)

I believe in the homemaker as a community leader responsible for passing on to others mastered skills and knowledge.

I believe in the fellowship that comes through the homemakers’ organization—the exchange of ideas and the joy of knowledge shared with others thus broadening our lives and lifting household tasks above the commonplace.

For these opportunities I am grateful. I am also thankful for the courage of yesterday, the hope of tomorrow and as growing consciousness of God’s love always.

Please read the last line again. There are many things for which each of should be thankful!

Happy Thanksgiving, Bourbon County Homemakers!
DEADLINE EXTENDED—ONLY ONE CLUB RESPONDED
This information has to be sent to Area. Deadline will NOT be extended again.
Let them know what you want to learn!

There are six suggested areas for Homemakers lessons mapped out on page 6. They are:
1) Housing  2) Foods & Nutrition
3) Clothing  4) Health & Wellness
5) Financial Management  6) Family Life

If you want to add areas feel free to do so. These are the recommended ones but we can be creative in our adaptation.

There have been negative (and a few positive) comments about the lessons over the past few years. Put your thinking caps on and think of what topics you as a club would like additional information/training. This is your chance to speak up and be heard!

Please note that this selection is not up to ONLY Bourbon County Homemakers. Bourbon County’s compiled list of suggested topics must be sent to the Bluegrass Area Homemakers by November 18. There the suggestions will be taken into consideration for planning 2016-2017 lessons.

This is a very short turnaround time, so please give it some thought, discuss it with your members and turn page 6 into Bourbon County Extension office no later than November 18. You can scan and email the completed form to Karen.denniston@uky.edu or take a picture and text it to 859-533-9381.

Really looking forward to great feedback!

Stay up-to-date on FCS Programs and Homemakers activities by visiting the Bourbon County Extension website, bourbon.ca.uky.edu and click on Family & Consumer Sciences on tool bar.
Updates can also be found on Facebook pages—Bourbon County Cooperative Extension Family and Consumer Sciences
2016 –2017 Leader Training Ideas

(Individual Name or Club Name)

(Please return to your County Extension Office by November 18)

- Housing Lessons:
- Food & Nutrition Lessons:
- Clothing Lessons:
- Health & Wellness Lessons:
- Financial Management Lessons:
- Family Life Lessons:
Living Well: A Healthier Holiday
November 14, 2015

Our Featured Speaker will be Brigitte Nguyen, host of “From the Kitchens of...” and “The Kentucky Proud Kitchen.”

Please join us for a wonderful event that includes a delicious brunch and sampling of recipes, guest speakers, quick decorating & gift ideas, financial tips for holiday shopping, and much more!

Cost $15.00 per person  Registration begins at 9:00 a.m.  Program begins at 9:30 a.m.

Deadline to turn in registration form is November 10, 2015.

Sponsored by:
Bluegrass Area Extension Family & Consumer Sciences Agents and Bluegrass Area Extension Homemakers
Living Well seminars are projects of Family and Consumer Sciences Agents and the University of Kentucky Cooperative Service to advance locally grown, nutritious food and healthy lifestyles.

Please complete and return this registration form with a $15 check payable to “Community FCS Program” by November 10th.

Mail to: Fayette Extension Office, Living Well 1140 Red Mile Place, Lexington, KY 40504

Name: ______________________ Telephone: ______________________
Address: ______________________
City: ______________________ Zip Code: ______________________ Email: ______________________

Living Well: A Healthier Holiday

Details: Living Well: A Healthier Holiday is Saturday, November 14, 2015. Registration begins at 9:00 a.m. This includes program and brunch. Pre-registration is required, first come, first served.

Location: This program will be held at the Fayette County Cooperative Extension Center, 1140 Red Mile Place, Lexington, KY (see map on right).

Parking: There is limited parking at Fayette County Extension Center, therefore, carpooling is encouraged.

Seminar fee: $15.00 per person

Registration Deadline:
November 10, 2015—Limited seating, First come, first served.

Please make checks payable to, and mail to:
Community FCS Program
Fayette County Extension Office,
1140 Red Mile Place, Lexington, KY 40504

Bluegrass Area FCS Agents:
If you have any questions, please contact your county:
Bourbon County: Kay Denniston (859) 987-8955
Clark County: Jennifer Austin (859) 744-4604
Estill County: Chelsea Childs (606) 732-3357
Fayette County: Diana Covert and Liz King (859) 357-3592
Harrison County: Benita Poynter (859) 254-2510
Madison County: Gina Noe (859) 623-4072
Nicholas County: Rachel Adney (859) 389-2334
Powell County: Pam Dooley (606) 669-6405
Scott County: Connie Minch (502) 863-0994
**Adult Health Bulletin**

**NOVEMBER 2015**

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

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1865

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**THIS MONTH’S TOPIC:**  
PREDIABETES

Diabetes is a disease that affects the way a person’s body handles blood sugar. The sugar is called glucose. Diabetes can last a lifetime and currently about 27 million people in the United States live with type 2 diabetes. Type 2 diabetes occurs when the body makes insulin, a hormone that helps turn blood glucose into energy, but the insulin is not used by cells as it should be. Doctors usually call this insulin resistance. Because the insulin is not used as it should be, there is more sugar left in the blood.

If you have been told that you have prediabetes, it means that although you do not have a blood sugar level high enough to be considered diabetic, it is higher than the normal range. There are three different types of tests that can determine whether or not you are in a prediabetes stage:

**Continued on the back**

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If you have prediabetes, you should not get worried, but you should take steps to lower your blood sugar levels.

**Continued from page 1**

- **Fasting Plasma Glucose (FPG):** For 8 hours or more before a blood sugar level check you will not be able to have anything to eat or drink (other than water). A good time to take this test is first thing in the morning before any breakfast or coffee. With this test, a normal level for blood sugar is less than 100. A prediabetes blood sugar range is 100 to 125. A diabetes diagnosis is made when the blood sugar level is higher than 126. It is important to remember that having a blood sugar level test only tells the glucose level at the time of the test.

- **A1C:** A doctor may want you to take an A1C test to know what your blood sugar levels look like over a longer period of time, such as 2 to 3 months. For the A1C, if the results come back between 5.7 percent and 6.4 percent, the test points to prediabetes. If your A1C is above 6.4 percent, it is a sign that you have diabetes. A person does not have to fast, or avoid liquids before this test.

- **Oral Glucose Tolerance Test (OGTT):** This test takes about two hours and checks blood sugar levels at certain times. Usually a person would take a blood sugar level before the test and then again 2 hours after drinking a specific type of drink. For this test a normal blood sugar level would be less than 140. A person with prediabetes would have a blood sugar level of 140 to 199 two hours after the drink. And a person with diabetes would have a blood sugar level of 200 or higher at the 2-hour mark.

If you are diagnosed with prediabetes, you should work on managing your blood sugar levels and perhaps even lowering them by:

- Increasing your physical activity (find an activity that you enjoy and do it)
- Eating more fresh foods such as fruits and vegetables and low-fat proteins
- Discussing with your doctor other steps you may need to take specific to your needs

If your healthcare provider has talked to you about prediabetes, make sure to continue the conversation the next time you meet. You may have some other tests or be asked to come in sooner than normal to keep checking on your blood sugar levels.

**SOURCE:**  

**Written by:** Nicole Peritore  
**Edited by:** Connie Wheeler  
**Designed by:** Randy Barnes  
**Stock Images:** 123RF.com
Celebrate Family and Consumer Sciences Day

What is family and consumer sciences?

Family and consumer sciences (FCS) is an interconnected collection of disciplines that help people gain knowledge and make informed decisions about their well-being, relationships and resources to improve and enhance quality of life. The field includes:

- human development,
- parenting and family communication,
- consumer issues and consumerism,
- personal and family finance,
- housing and interior design,
- textiles and apparel,
- nutrition and wellness, and
- food science.

Family and consumer sciences is also known as human environmental sciences. Family and consumer sciences professionals are dedicated to improving the quality of life for individuals and families.

"Dine In" with us!

What you can do! (choose one or more)

1. Commit to "Dining In" on December 3 at [www.aafcs.org/fcsday](http://www.aafcs.org/fcsday)
2. Prepare and eat a healthy meal with your family on December 3.
3. Ask your friends and family to "Dine In."
4. Visit [plateitup.ca.uky.edu](http://plateitup.ca.uky.edu) to select healthy recipes using Kentucky produce.
5. Take a photo of your family preparing a healthy meal and post it to Facebook or Twitter using #FCSday and #UKHES.
Wow, what a "whirlwind" of activities!!! You guys have kept this FCS agent busy this past month!!! Am I complaining? No way! Busy means productive. If you missed working with the Recipe for Life, you REALLY missed a rewarding experience. (I have pictures but cannot print due to confidentiality issues—sorry) It is so much fun to watch learning in progress and such a proud feeling to know that Bourbon Homemakers are responsible!

The Fun Night Hayride at Julie’s Pumpkins to kick off Homemakers week was amazing. Mary Lovell’s story telling—let me just say that some of us were not quite as brave as we thought we were! So much fun—thanks to all that made it possible.

It is time to start programming for the new calendar year. I have a few ideas but I need to hear from you to know your wants and/or needs. Please let me know.

Late September-early October is a hard time of year for me. Thank you so much for your patience and assistance during this time. It is appreciated and very much noticed. Homemakers make my job fun!

Kay

VETERANS DAY—November 11

A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Shine a green light in your home in their honor.

Thank you veterans for your service to our country.
November 11—Thank a Vet!

Going South?

If you have your mail forwarded or stopped during the winter months, please let us know. The post office will not forward or hold your newsletters! We are happy to send your newsletter to your winter address or hold it until you return. It does not cost any more for us to send your newsletter to another address—in fact it saves us paying for return postage. Contact us and let us know your plans.

Don’t forget to notify us when you return!