



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Warren County Extension HOMEMAKER HORIZONS

November/December 2023 (sg)



Cooperative Extension Service
Warren County
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Kristi Shive

Kristi Shive
Warren County Extension
Agent for Family and
Consumer Sciences



JINGLE Mingle!

Join us for food & craft demos presented by
the Warren County Homemakers.

FRIDAY,
NOVEMBER 10TH



10:30AM
REGISTRATION
11AM EVENT

Registration Fee: \$15
Please pay before event.

Silent Auction & Catered Lunch Included.

RSVP by Friday, October 27th.
270.842.1681

*Clubs! Please bring a friend &
a \$25 item for the Silent Auction.*



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Anna-Sandhill Homemaker Club Auction and Dinner!

Saturday, November 4th
4:00pm
Anna Community Center

\$10/person (cash or check)



**Thanksgiving
meal & auction!**

No RSVP required

How to Write a Holiday Poem

- Line 1- Name of the holiday
- Line 2- Something you see on this holiday
- Line 3- Something you smell on this holiday
- Line 4- Something you hear on this holiday
- Line 5- Something you taste on this holiday
- Line 6- Something you touch on this holiday
- Line 7- Name of the holiday

Caregiving Around the Holidays

Source: Amy Kostelic, UK Extension Specialist in Family Life

Providing care for someone can be both rewarding and challenging. However, the responsibilities and obligations that come with the holidays can create added stress. The following suggestions may help make the holidays easier on you, the person you are caring for and your extended family and friends.

1. Make a plan. Planning includes little things like shopping for holiday presents and food well before the actual holiday to spread out time, money and stress and booking homecare or respite if needed with an agency in advance to ensure you have help.

2. Prepare your visitors. Bring the realities of caregiving to the attention of your guests and uninvolved family members who may not know a person's condition has changed. For example, it may be less stressful for the person for whom you are caring to spend the holidays in their home, where they are comfortable, rather than traveling to another location or a new location.

3. Adapt the environment and traditions as needed. Depending on a person's ability, large crowds, background noise, bright lights, etc. may be stressful. Find quiet spaces and places for people to sit and visit. To

help avoid added anxiety, assess ways to adapt the holiday experience (time spent away from home, number of people, noise levels, less time-intense festivities, simplified traditions, etc.), which may include changing some holiday traditions and gatherings.

4. Make an effort to get help. Sharing the truth about the caregiving situation, including your stress and energy levels, can help reduce the risk of feeling stressed and isolated as a caregiver. Honest communication helps others understand what you need. The holidays are often a busy time. Give someone permission to run errands for you, such as picking up groceries or Christmas cards, or have them stay with your loved one so you can run errands. Share your wish list of needs. Most people will be happy to lend you a helping hand if you ask.

5. Make sure you schedule some time for yourself. Do something you enjoy while giving yourself a break from caring for others and preparing for the holidays. Doing something as simple as going for a walk, chatting with a friend or having a cup of coffee can greatly improve your mood.

Happy Birthday!

Donna Buselmeier	November 4
Ann Pfisterer	November 9
Nancy Larimore	November 10
Connie Pittman	November 15
Betty Stahl	November 15
Chesley Kemp	November 18
Leeanne Brown	November 23
Jane Frost	November 27
Faye Sparks	November 27
Maddy Bean	November 28
Betty Halcomb	November 29
Joyce Sampson	November 30
Romanza Johnson	December 1
Ann Stahl	December 4
Wanda Willoughby	December 5
Linda Johnson	December 6
Sherri Miller	December 8
Alice Sweets	December 13
Mary Jaynes	December 17
Janet Metzger	December 21
Linda Denton	December 24
Jess Spence	December 28
Aimee Counts	December 29
Paula Davidson	December 30
Carol Lee	December 30

Upcoming Dates

- **October 26th**
10:00 AM Leader Lesson
“Savor the Flavor: Cooking with Oils and Vinegars”
Presenter Kristi Shive
- **November 1st**
9:30 AM MCA Officer & Chairman Training
- **November 10th**
10:30 AM Jingle Mingle
- **November 17th**
Turn in your club’s choices for 2024-25 lessons
- **December 15th**
Dues must be mailed by this date to
Area & State Treasurer
- **December 31st**
County Membership Report due to
Area President & VP
- **January Leader Lesson**
“Focus on Fun – Pickle Ball” (Mail out)
- **January 11th**
9:30AM MCA Homemaker Council MTG
For Area Officers & County President Only
- **January 18th**
9 AM Executive Board, 10 AM Advisory Council
- **January 25th**
10 AM February Leader Lesson “Radon”

The WCEO will be
CLOSED

November 23-24
for Thanksgiving

December 25-29
for Christmas

January 1
for New Year’s Day

Join Us for Farm & Home

with Kristi Shive & Joanna Coles
on WBKO Channel 13-1



Monday - Friday between
5:15 a.m. - 5:30 a.m.



Be sure to like
“Living Well in Warren County”
on Facebook to keep with
all the homemaker events!



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Back to School: How Grandparents Can Help Grandchildren Succeed

As school starts, children will be bringing home homework to help them reinforce what they are learning during the day. While homework helps teach skills such as discipline, organization and time management, it can also create a power struggle between a child and adult, especially a grandparent. Grandparents are often stereotyped to be “grand”, as in splendid, fun, a non-disciplinarian who pampers and spoils.

But nationally, approximately 2.7 million

grandparents have grandchildren living with them and many of

them are helping take care of the children’s basic needs. According to the KY Youth Advocates, 53,000 children are cared for by grandparents or other relatives in the state of Kentucky. Dealing with school is one of the many issues grandparents have to address. Rules and consistency can help a child be successful and aide the grandparent in having a positive approach for daily school routines:



- Decide together on a consistent and quiet time for homework to help promote good study habits. Such a skill set is important because it translates to life in terms of time management, organization, working independently and self-discipline.
- Help a child who is struggling with homework—but do not do it for him or her. Arrange for tutors if necessary.
- Create timelines, work plans and short and long-term goals for large and/or lengthy projects.
- Balance and prioritize school, extracurricular and family/friend activities.
- Be patient. Patience over frustration and irritation will help you be a good role model.
- Provide positive and affective feedback and praise. If a child has studied hard for a spelling test and does well, for example, point out how his or her hard work paid off and that you are proud of them as a result.
- Respect the child’s teacher. A supportive and positive relationship with the teacher demonstrates to a child not only how to be respectful, but also how working together encourages moving forward in a positive direction.
- Help your grandchild get organized to stay on top of assignments and times. Included with organization is having basic supplies such as pens, pencils, notebooks, binders and calendars.

- Create positive study habits.
- Younger children may need help studying for exams or for someone to go over their homework prior to handing it in.

In addition to helping a child develop important life skills and self-confidence as you work together to be successful in school, a supportive, positive and honest grandparent can also help a child handle stress and address mistakes and challenges.

Reference: Grandparents as parents: Helping children succeed in school. Retrieved August 3, 2017 from <http://fcs.tamu.edu/families/aging/grg/educators-and-support-group-leaders/helping-children-succeed-in-school/>

Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

Pair Homework with a Healthy Snack

Snacks can play a very important role in helping kids fulfill their daily nutritional requirements if healthy snacks are planned for. Snacks can help your children get additional servings from each food group in case they are not getting enough at meal times. Here is a great recipe from MSU Extension’s “Making Healthy Choices” newsletters that kids can do on their own.

Kid’s Pizza (serves 1)

1. Use a toasted 100% whole-wheat English muffin (or slice of bread) for your pizza base.
2. Add 2 tablespoons pizza sauce to base.
3. Add a sprinkle of cheese.
4. Add your favorite toppings (like tomatoes, mushrooms and peppers).
5. Place on microwave-safe plate and microwave for 45 seconds or until cheese is melted. Be careful. It will be hot!
6. Let food rest for 3 minutes to allow the food to fully cook.
7. Enjoy!



Reference: Healthy After School Snacks. Michigan State University. Retrieved August 23, 2023 from https://www.canr.msu.edu/news/healthy_after_school_snacks

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Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch + 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings
Serving size: 1 potato with chicken
Cost per recipe: \$8.82
Cost per serving: \$1.47



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake,
Program Coordinator II, University of Kentucky Cooperative Extension Service



November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>9:30am MCA Officer & Chairman Training</i>	2	3	4 <i>11am Stitches 4pm Sandhill Auction & Dinner</i>
5	6	7	8	9 <i>6pm Oakland</i>	10 <i>10:30am Jungle Mingle</i>	11
12	13 <i>6pm Sandhill</i>	14 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	15 <i>11:30am Eastside</i>	16 <i>10:30am Hays 6pm Jack & Jill</i>	17	18
19	20 <i>10:30am Oakview</i>	21	22	23	24	25
26	27	28	29	30	WCEO Closed for Thanksgiving	

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>11am Stitches</i>
3	4	5	6	7	8	9
10	11 <i>6pm Sandhill</i>	12 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	13	14 <i>6pm Oakland</i>	15	16
17	18 <i>10:30am Oakview</i>	19	20 <i>11:30am Eastside</i>	21 <i>10:30am Hays 6pm Jack & Jill</i>	22	23
24	25	26	27	28	29	30
			WCEO Closed for Christmas Break			
31						