

# Homemaker Newsletter

## December 2024

### Thought of the Month:

"Workin' on a  
mystery, goin'  
wherever it leads  
Runnin' down a  
dream"  
*Runnin' Down a  
Dream*

Tom Petty and the  
Heartbreakers 1989

### Roll Call:

What is your  
dream for this  
holiday  
season? (Or for  
the upcoming  
new year?)

## Homemaker Holiday PJ Party

The Russell County Extension Homemaker Council invites you to join them on Thursday, December 12th at 5:30 p.m. at the Russell County Library for the annual holiday party. The cost is \$10, and payment should be completed with RSVP. The **absolute deadline to RSVP is December 2nd for catering purposes.**

There will be a cakewalk. Please bring a covered dessert and quarters to play, proceeds go to cover the cost of the party.

Those attending are welcome to wear holiday-themed PJs. There will be a door prize drawing for those dressed in the theme.

The gift exchange will be a game using a mug filled with something small (candy, socks, hot chocolate mix, etc.) that will be turned upside down to hide the treat.

**The next Council meeting will be Monday, January 25th at 5 PM.**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# **Upcoming Service Projects**

## ***Toys For Tots***

The Extension Homemaker Council voted to donate \$100 to the Jaycees Toy for Tots program on Wednesday, November 27th. The check will be presented by Caitlyn Helm, President of Homemakers By Heart.

## ***Creekside Anchors at Home***

The Extension Homemaker Council voted to donate \$50 to the Creekside Anchors at Home charity to help clothe Russell County middle school and high school girls.

## ***Christmas Cards for the Nursing Home***

Please bring Christmas cards to sign and deliver to the nursing home for the holidays. You can bring these on December 12th, at the Holiday PJ Party.

## ***Goodie Bags for the Highway Department***

The Russell County Homemakers will collect donations of shelf-stable snacks for bad weather goodie bags for the local and state highway departments.

Donations will be accepted starting January 2nd and must be received by 10 am on January 10th.

# Homemaker Projects

## Warm the Children



## Birthday Bags



## Celebrating Our Veterans



# Preparing Your Home for Winter

SOURCE: HARDIN STEVENS, SENIOR EXTENSION ASSOCIATE, UNIVERSITY OF KENTUCKY, COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

As the weather turns colder, the threat of severe winter weather is ahead. It is important to prepare now so your home is ready for Old Man Winter.

When preparing for the possibility of severe weather, such as winter storms and cold temperatures, have an emergency preparedness plan. Share your plans with family and friends. Gather the necessary items for either sheltering in place or evacuating if you need to leave your home. For more information on Planning for a Natural Disaster, visit <https://fcs-hes.ca.uky.edu/content/planning-natural-disaster>.

After developing an emergency preparedness plan for you and your family, it's time to make one for your home.

Steps you can take now to prepare your home for winter weather:

- Have an expert service your heating source (furnace, fireplace, wood stove, chimney) to make sure they will work properly, provide heat, and are properly ventilated.
- Properly install your smoke alarms and carbon monoxide detectors. Test your alarms, and fill them with fresh batteries. Experts recommend changing the batteries twice a year.
- Seal and weather strip doors and windows. Replace screens with storm windows.
- Insulate any indoor water pipes near exterior walls to keep them from freezing and bursting.
- Unhook outside water hoses.
- Clean your gutters of any leaves and debris. This will decrease the weight on the gutters when it snows. It also will allow for proper water flow when the snow and ice melt.
- Inspect your roof inspected for any holes, cracks, and gaps.
- Keep bushes and trees trimmed to keep limbs from falling on your home or electrical lines.
- If you have a pet, plan to bring them indoors. Or make sure they have proper shelter, heat, food, and water outside.

By taking these steps before severe winter weather arrives, you will be prepared and ready for whatever Old Man Winter brings this year.

## References:

<https://fcs-hes.ca.uky.edu/content/planning-natural-disaster>

<https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>

<https://www.cdc.gov/prepyourhealth/planahead/index.htm>

<https://www.cdc.gov/nceh/features/winterweather/index.html>

<https://www.cdc.gov/disasters/winter/index.html>



## Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

### Soaking:

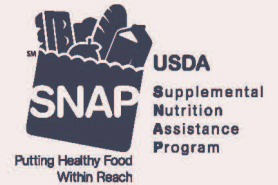
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

**Quick soak:** Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

**Overnight soak:** Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

### Cooking:

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.



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

### Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

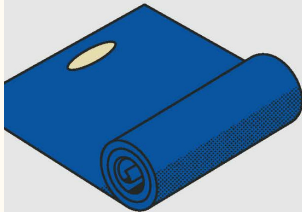
**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$7.18**  
**Cost per serving: \$0.60**



# December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Holiday RSVP Deadline	Crochet a Scarf MTG 9 AM				
8	9	10	11	12	13	14
	DIY Ornaments 10 AM Sunset Party 6 PM	Lunch & Learn 12 PM		Holiday PJ Party 5:30 PM		
15	16	17	18	19	20	21
	Cooking the Cal- endar 5 PM					
22	23	24	25	26	27	28
			CLOSED	CLOSED	CLOSED	
29	30	31		<b>Reopen January 2nd</b>		
	CLOSED	CLOSED				



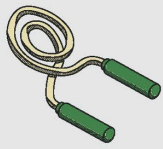
Cooperat  
Extension

# JOIN US FOR AN EASY MORNING WORKOUT

Kickstart your day, stay active,  
and have fun in a supportive  
environment!

**9 AM - 10 AM**  
Every Monday in January, starting  
on Jan. 6th.  
2688 S. 127  
Russell Springs, KY 42642

Call 270-866-4477 to RSVP.



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may be available with prior notice. Program information may be made available in languages other than English.



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## Cooking through the Calendar

### Slow Cooker Navy Bean Soup

Free recipe demonstration & sampling

When: December 16, 2024 at 5:00 p.m.

Where: Russell County Extension Office  
2688 South Highway 127  
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477  
by December 9, 2024.

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# Holiday Ornament Class

Monday, December 9th  
10 AM

Join Russell County FCS Agent,  
Megan Gullett, in making last-  
minute ornament gifts with UV  
resin and macrame.

This class is free, but you must call 270-866-  
4477 to RSVP.



An Equal Opportunity Employer.



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## COOKING THROUGH THE Calendar

### Split Pea Soup

Monday, January 13th  
12:00 PM (noon)

For more information on how you can attend  
these FREE cooking classes, please contact  
your local Cooperative Extension office:

Russel County Extension Office  
2688 S. US 127  
Russell Springs, KY 42642  
(270) 866-4477



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

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