

Homemaker Newsletter

November 2022



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Updates from the Homemaker Council (cont. page 2)

Warm the Children Donation Campaign

Homemakers will be completing a Warm the Children winter clothing drive this year. **The donation drive will run from November 1st - November 18th**, and the clothing items (**new only**) can be dropped off at the Russell County Extension Office. These winter clothing items will be donated to the Russell County School District and will be distributed by the Family/Youth Resource Center.

Clothing Items Requested: Head coverings, coats (all sizes), gloves (kids), and socks

Homemaker Fundraiser



Homemakers will have the opportunity to **sell 1 lb. bags of chopped pecans** to help raise money to support State Meeting attendees. Please call 270-866-4477 if you have any questions regarding this fundraiser.

You should be able to pick up your Pecans the first week of November. Call 270-866-4477 for more information.

Homemakers On the Go Fundraiser

The Homemakers On the Go will be offering a Christmas Brick Painting class on **November 9th from 1-3 PM** to anyone interested. **The cost is \$12.00.** Please call **270-866-4477** to reserve your seat. **Limit of 12 people.**



October Community Service Project

Homemakers will deliver **four** baskets thanks to your donations! **Donations go to:** Somerset Dialysis Center, Russell County Hospital Hospice Rooms, and the Campbellsville Dialysis Center.



Thought for the Month:

“We must find time to stop and thank the people who make a difference in our lives.”

John F. Kennedy

Roll Call:

In November, we celebrate Thanksgiving. What is one thing you are thankful for this year?

Homemaker Dues

Deadline to pay your homemaker dues is November 30th.



Homemakers Holiday Gathering

Homemakers, mark your calendars! The Homemaker annual holiday gathering will be on **Tuesday, December 6th from 5-7 PM.**

We will be providing more information as we get closer to the date. **Please call 270-866-4477 to RSVP!**

More Info to Come!



Wild Turkey & Broccoli Casserole

Can be made with left-over (cooked) Turkey!! Servings: 8 Serving Size: 1 slice

Ingredients:

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat (can use domestic cooked turkey)
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- ½ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 1 tablespoon melted butter

Directions:

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Source: Adapted from: “Fish & Game Cookbook” Bonnie Scott. 2013.

Nutrition Facts per Serving: 270 calories, 12g total fat, 3g saturated fat, 0g trans fat, 65mg cholesterol, 660mg sodium, 17g total carbohydrate, 0g dietary fiber, 2g total sugars, 23g protein, 6% DV calcium, 6% DV Iron, 8% DV Potassium



This material was funded by the USDA's SNAP-Ed program through the Kentucky Cabinet for Health and Family Services.

Upcoming Russell County FCS Extension Events

10.13 11A-2P FCS Agent Welcome Reception

11.07 5 PM Holiday Budgeting and Craft Idea

11.10 2 PM Savings Savvy with Grocery List
and Coupon Apps

11.14 5 PM Cooking through the Calendar:
Simple Sheet Pan Dinner

11.21 5 PM Surviving the Holidays, Recipe
Substitutions

12.12 5 PM Kentucky Favorites, the Low Fat
Way

12.19 5 PM Cooking Through the Calendar-
Corn and Cheese Chowder

COME JOIN MEGAN GULLETT, RUSSELL CO. FCS
AGENT,
FOR THESE FREE PROGRAMS!

CALL 270-866-4477 TO REGISTER FOR THESE FREE
WORKSHOPS. THE DEADLINE TO REGISTER IS A
WEEK BEFORE EACH EVENT!



University of Kentucky
College of Agriculture,
Food and Environment
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November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Daylight Savings Time ends	7 Holiday Budget & Craft - 5:00 p.m.; Please register by 10/31.	8 Election Day Sunset - 5:00 p.m.	9 * Homemakers On the Go - 10:00 a.m. * Christmas Brick Painting Class 1-3	10 Savings Savvy with Grocery Lists & Coupons - 2:00 p.m.; Please register by 11/7.	11 Veterans Day	12
13	14 *Cooking Through the Calendar - 5:00 p.m.; Please register by 11/7. *Piece Makers - 1:00 p.m.	15 America Recycles Day	16	17	18 Warm the Children Final Donation Day	19
20	21 Surviving the Holidays - Recipes Substitutions - 5:00 p.m.; Please register by 11/14	22	23	24 Thanksgiving Day RCEO Closed	25 RCEO Closed	26
27	28 *Piece Makers - 1:00 p.m. *Homemaker Council - 5:00 p.m.	29	30			

Prediabetes: What it is and what you can do about it

In Kentucky, one out of every three adults has prediabetes. This equals about 1.1 million individuals. What is even scarier is that out of the 1.1 million, approximately 852,000 people don't even know it. Prediabetes is when an individual's blood sugar levels are too high, but not high enough to be diagnosed with diabetes. Just because "pre" is in front of diabetes doesn't mean this isn't a serious issue. Up to 30 percent of individuals diagnosed with prediabetes will develop Type 2 Diabetes within 5 years. Some individuals may be more at risk than others. If you have any of the following risk factors, see your primary care doctor to check your blood sugar levels. Risk factors include:

- Overweight
- Over 45 years old
- Close family member with diagnosed diabetes
- Exercise less than 3 times a week
- Certain races and ethnicities, including African Americans and Hispanics

If you are at risk or have been diagnosed with prediabetes, you should know that it can be reversed. In most individuals, losing 5-7 percent of body weight (10-14 pounds for a 200 pound individual) can reduce your likelihood of developing diabetes by 58 percent and return blood sugar levels to normal. This can be done by focusing on healthy diet choices and increasing physical activity to 150 minutes per week. Simply walking a few minutes each day may help reduce blood sugar levels. Within your community, diabetes prevention programming and support groups may be available to encourage and motivate positive lifestyle change.

Source: Heather L. Norman, Extension Specialist for Food and Nutrition; University of Kentucky, College of Food, Agriculture and Environment.