

Homemaker Newsletter

June & July 2025

RUSSELL COUNTY EXTENSION OFFICE
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Thought of the Month:

"Ah, but he calls
them every night
And he tells
them that he
loves them"

*Roll On (Eighteen
Wheeler)*

Alabama 1984

Homemaker Council News

The Russell County Extension Homemakers attended the Kentucky Extension Homemakers Association state meeting from May 6-8, 2025, in Lexington, KY. Russell County Extension Homemakers had two blue ribbon cultural arts: Cindy Mills in quilting (hand pieced, hand quilted), and Debra Flanagan in sewing (basic apparel).



Roll Call:

In June, we
celebrate
fathers. Share a
favorite
memory with
your father.

****Volunteer Service Units and club reports are due to the Russell County Extension Office by July 15th.****

Please complete the enrollment form (page 6) and return it to the Russell County Extension Office starting July 1st, with your \$12 fee, to continue as a Russell County Extension Homemaker for the 2025-2026 year.

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Activities

The Russell County Extension Homemakers attended the annual Lake Cumberland Area Extension Homemakers Meeting in Albany, Kentucky, on May 15th.

The area meeting celebrated homemakers and their accomplishments, including Ovarian Cancer Screenings, Volunteerism, and supporting Cooperative Extension programming.



The Russell County Extension Homemakers hosted the annual Russell County Extension Homemakers Annual Meeting on Monday, June 9th, at the Russell County Public Library. Donnie Wilkerson talked about Russell County and things that bring us joy.

Homemakers also installed Pat Dennison as our new Russell County Extension Homemaker President, and Cindy Mills was installed as our new Secretary.

The new year for homemakers starts July 1st, so be on the lookout for upcoming events!



Social Connection: Good for Mind and Body

SOURCE: DR. NATESE DOCKERY, ASSISTANT CLINICAL PROFESSOR AND EXTENSION SPECIALIST,
MENTAL HEALTH AND WELL-BEING

A lack of social connection can hurt your mental health. And not only your mental health but also your physical health. Strong connections such as friendships, family ties, and romantic relationships can protect you against depression, anxiety, and physical illnesses such as heart disease.

How do these connections help? These connections have many benefits including lowering stress and a sense of belonging. You also get better quality of sleep and an overall better sense of well-being.

Ways to foster social connection:

There are many ways that you can make social connections and relationships, including:

- Spending quality time with friends and family,
- Volunteering within your community,
- Getting to know your neighbors, and
- Doing team-building exercises with your co-workers.

There are many factors that can affect your mental health and well-being. There are many that you have no control over. However, there is one that you can control, and that is your ability to make social connections. Being proactive and doing things that foster this sense of connection can improve your mental health, physical health, and overall well-being.

References

<https://www.cdc.gov/social-connectedness/about/index.html>

<https://www.cdc.gov/social-connectedness/promoting/index.html>

<https://www.cdc.gov/social-connectedness/improving/index.html>



Rice and Bean Salad



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

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

Nutrition facts

per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service



JUNE

1	2	3	4	5	6	7
8	9 Russell County HM Annual MTG 4:30 PM	10	11 Sit & Sew 10 AM	12 Homemakers On The Go 10 AM	13	14
15	16	17	18	19 Office Closed- Juneteenth	20	21
22	23	24	25	26	27	29

JULY

29	30	1	2	3	4 Office Closed- July 4 th	5
6	7	8 Crochet Group 9 AM	9	10	11	12
13	14	15 Crochet Group 9 AM	16 Sit & Sew 10 AM	17	18	19
20	21	22 Crochet Group 9 AM	23	24	25	26
27	28 Canning Jams & Jellies 10 AM	29 Canning BBQ Sauce 10 AM	30 Canning Beef Stew 10 AM	31		

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____

Address: _____

County: _____

Phone: _____

Email: _____

[illegible]

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

FOOD PRESERVATION SERIES

Cranberry Pomegranate Jelly

Looking to learn how to hot water bath can this summer? Join our beginner-friendly jelly-making class! The class has a \$5 registration fee. Please RSVP by July 21st.

July 28th, 2025
10 am-1 pm

To Register-
Call the Extension Office at
270-866-4477

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Cooperative Extension Service

EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025

Taylor County Extension Office
1143 S Columbia Ave, Campbellsville

EASTERN TIME

9:30-10:00 a.m. Registration
10:00 a.m. Program Begins
1:30 p.m. Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

Register with your local Extension Office
by September 10th



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Disability accommodations with prior notification.



FOOD PRESERVATION SERIES

Beef Stew

Looking to learn how to use a pressure canner to preserve your garden? Join the Russell County Extension Office to learn how to pressure can beef stew. The class has a \$5 registration fee. Please RSVP by July 21st.

July 30th, 2025
10 am-1 pm

To Register-
Call the Extension Office at
270-866-4477

Cooperative Extension Service



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Service

FOOD PRESERVATION SERIES

Zesty Peach BBQ Sauce

Looking for a new sauce to use this summer on your chicken or fish? Come learn to make BBQ sauce with the Russell County Extension Office. The class has a \$5 registration fee. Please RSVP by July 21st.

July 29th, 2025
10 am-1 pm

To Register-
Call the Extension Office at 270-866-4477

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