

# Homemaker Newsletter June & July 2025

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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 1<sup>st</sup>, 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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# **Homemaker Activities**

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

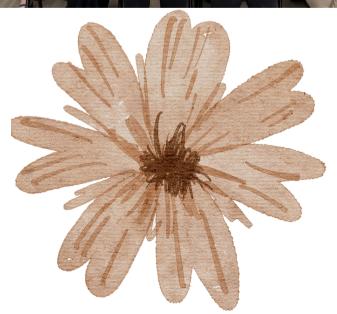
The area meeting celebrated homemakers and their accomplishments, including Ovarian Cancer Screenings, Volunteerism, and supporting Cooperative Extension programming.



The Russell County Extension
Homemakers hosted the
annual Russell County
Extension Homemakers Annual
Meeting on Monday, June 9<sup>th,</sup> 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 1<sup>st</sup>, 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:

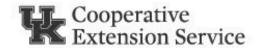
There are many ways that you can make social connections and relationships, including:

- 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**



SNAP Supplemental Nutrition Assistance Program

Puting Healthy Food Within Reach

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
- 11/2 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
- 11/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped

Lexington, KY 40506

- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Rinse cilantro and jalapeno under cool running water and pat to dry.
- 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.
- Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
- You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
- 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

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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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## JUNE

		•	JUNE			
1	2	3	4	5	6	7
8	Russell County HM Annual MTG 4:30 PM	10	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 <sup>th</sup>	5
		α				

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

Date:	- 500
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# Enrollment Form for

(	County Exte	nsion Homem	akers Associa	ation
NameAddress				<del></del>
Email				
Name of Club				
Phone: Home ()			)	
Cell ()		Fax ()	2	
Birth year (Optional):				
Race (Optional – circle one):	White Bla	ck or African Am	erican	
Asian/Pacific Islande	er Am	erican Indian	Hawaiian	Other
Ethnicity (Optional - circle one):	Hispanic	Non-Hispanic		
Gender (Optional - circle one):	Female	Male		
Date joined:	_			
I, (print full name) hereby grant permission to the Univer Kentucky Extension Homemakers As and/or to supervise any others who m use and/or permit others to use inform aforementioned images in educational compensation.	rsity of Kentuck sociation, Inc., t ay do the intervi nation from the a	to interview, photogiew, photography, a aforementioned inter	liates and subsidi graph, and/or vide and/or videotapin erview and/or the	aries, and eotape me; g; and/or to
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:	A	Address:				
County:	Phone:		Email:			
			н	urs (report in ap	Hours (report in appropriate category)	γ)
Date	Activity/Job Performed		Extension	КЕНА	Community	Personal
		TOTALS				

within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1. by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned June 2023

Appendix 18

# Cranberry

# Pomegranate Jelly

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

10 am-1 pm

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

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# **EVOLVING LEADERS FORUM**

#### SEPTEMBER 25, 2025

**Taylor County Extension Office** 

#### **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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# 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

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