



*December* 2024 & *January* 2025  
**NEWSLETTER**



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**Some photos from the 2024  
Holiday Bazaar!**

1. **Summersville Homemakers**
2. **Help Hope and Hands group**
3. **Homemaker Shirley Wright selling aprons**
4. **Homemakers Linda and Heather Milby**



**4**





# November Recap

November went by in a blink of an eye! Can you believe that it is already December and soon to be the new year!

During November we had one of our biggest events, The Holiday Bazaar! We had around 42 vendors with a wide variety of goods that they were selling! Thank you to everyone that helped make this event great and another memorable year to add under our belts. Be sure to mark your calendars for the 2025 Holiday Bazaar, November 8th, 2025!

Green County Homemakers with the help of Nancy Turner hosted a Recycling Day at the extension office. I sadly forgot to take pictures but we had a good group of people drop off their recyclables. Thank you Nancy for assisting with that program!

This newsletter consists of December 2024 and January 2025 events so be sure to RSVP for these programs and mark them on your calendars! I hope you all have a Merry Christmas and Happy Holidays!

*Sincerely, Katelyn Squires*

## What else has Katelyn done in November?

- LEAP with Head Start and Little Lambs
- Just Family Adult Day
- FCS Staff Meetings
- Cooking from the Calendar
- KEAFCS Annual Meeting



**KEAFCS Annual Meeting with fellow area FCS Agents!**



**Cooking from the Calendar November recipe:  
Hearty Harvest Bowls 10/10!**





# Homemade Vanilla Extract

Learn to make your own vanilla extract in just minutes.

We all know that a little vanilla elevates the taste of freshly baked cookies, creamy puddings, even that steaming cup of coffee.

December 4th at 10am CST

Green County Extension Office

298 Happyville Rd Greensburg KY 42743

\$10 registration fee that will cover supplies and two varieties of Vanilla Extract.

Limited spots available so RSVP by calling 270-932-5311



# Save the Date

## COOKING FROM THE CALENDAR

### Slow Cooker Navy Bean Soup



December 5th 2024 at 12pm CST

Call the Extension Office at  
270-932-5311 to register



## Passport Trip:

My Old Kentucky Home in Bardstown KY



December 18th at 11am CST

Leaving Green County Office at 8:45am CST

Vehicle space is FCFS, Please RSVP at the extension office  
Registration **deadline is December 11th**, no exceptions

**\$14 per person**

Any questions call 270-932-5311 or visit Katelyn at the extension office!

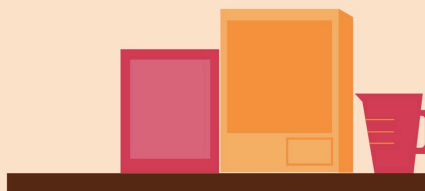


# WHAT'S COOKING?

GREEN COUNTY EXTENSION OFFICE IS OFFERING A FREE ONE DAY TEEN COOKING CAMP FOR MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS THAT WISH TO LEARN MORE ABOUT COOKING AND PREPARING FOOD.

REGISTRATION IS LIMITED SO BE SURE TO STOP BY OR CALL THE EXTENSION OFFICE AT 270-932-5311 OR FAMILY RESOURCE CENTER TO REGISTER.

DEADLINE TO REGISTER IS DECEMBER 13TH.



December 20th 2024  
10am-2pm CST

**GREEN COUNTY  
EXTENSION OFFICE**  
298 HAPPYVILLE RD  
GREENSBURG KY 42743







# LAUGH & LEARN

KINDERGARTEN PREPARATION FOR TODDLERS AND PRESCHOOLERS, 5 AND UNDER

Presented by the Green County Extension Office

STORYTIME, HEALTHY SNACKS, GROSS MOTOR SKILLS, FINE MOTOR SKILLS, AND MORE!

**JANUARY 10TH, 2025**

10 am CST

LOCATION:  
GREEN COUNTY EXTENSION OFFICE

298 HAPPYVILLE RD  
GREENSBURG

CALL 270-932-5311 TO RSVP

# Save the Date

## COOKING FROM THE CALENDAR

Split Pea Soup



January 16th 2025 at 12pm CST

Call the Extension Office at 270-932-5311 to register



FREE

# BASIC SEWING WORKSHOP

JANUARY 22ND 2025 10AM & 4PM

GREEN COUNTY EXTENSION OFFICE  
298 HAPPYVILLE RD  
GREENSBURG KY

PLEASE SPECIFY WHICH CLASS YOU ARE ATTENDING!

SOME SEWING MACHINES WILL BE AVAILABLE BUT IF YOU HAVE A MACHINE PLEASE BRING IT!

TO RSVP CALL 270-932-5311

# Reminder



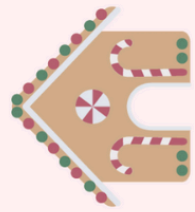
If you haven't already make sure you come in and pay your dues for this year! They are due by December 1st



Homemakers are having a competition on who can fill those passport books up! Visit the most places in KY that fit those categories and you may receive an incentive!

This competition runs from July 1 2024-June 30 2025.





# DECEMBER 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Vanilla Extract 10am

Help Hope & Hands  
9a  
Cooking from the  
Calendar 12p

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Help Hope & Hands  
9a

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Passport Trip: My Old  
KY Home (see flyer  
for more details)

Help Hope & Hands  
9a

Teen Cooking Camp  
10am-2pm

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office closed

office closed

office closed

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Circle of Friends 4:30

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office closed

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# JANUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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office closed



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Town & Country 4pm  
@ Brenda Blakemans

Laugh & Learn 10am

Cooking from the  
Calendar 12p

Lesson Leader Training  
12pm

Summersville 5:30

Circle of Friends 4:30

Homemaker Council  
3p

Sewing Basics  
10am & 4pm

**UK CES Green County  
 298 Happyville Road  
 Greensburg KY 42743-9498**

**RETURN SERVICE REQUESTED**

## Butternut Squash and Turkey Chili

- |   |   |   |   |
|---|---|---|---|
| <p><b>2 tablespoons</b> olive oil<br/> <b>1</b> medium onion, chopped<br/> <b>4 cloves</b> garlic, minced<br/> <b>1 pound</b> ground turkey</p> | <p><b>1 pound</b> (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes<br/> <b>1 cup</b> low-sodium chicken broth<br/> <b>1 (4.5-ounce) can</b> chopped green chilies</p> | <p><b>2 (14.5-ounce) cans</b> petite diced tomatoes<br/> <b>1 (15-ounce) can</b> no-salt-added kidney beans, drained and rinsed</p> | <p><b>1 (15.5-ounce) can</b> white hominy, drained<br/> <b>1 (8-ounce) can</b> tomato sauce<br/> <b>1 tablespoon</b> chili powder<br/> <b>1 tablespoon</b> ground cumin<br/> <b>1/2 teaspoon</b> salt</p> |
|---|---|---|---|

**Stovetop:** Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

**Electric Pressure Cooker:** Press sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

**Yield:** 10, 1-cup servings  
**Nutrition analysis:**  
 190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium





# ADULT HEALTH BULLETIN



DECEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page →



**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

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**ADULT  
HEALTH BULLETIN**

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