

Washington County Homemaker Newsletter

OCTOBER 2023

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Disabilities
accommodated
with prior notification.

Note from the President

Hello Heritage Homemakers!

Fall is officially here and our 2023-2024 business is underway! Welcome to new members!

Thanks to those who attended the first lesson of the year on coping with trauma. This lesson and our next one on Emergency Cards are vitally important to all W.C. residents. I hope we can have good attendance on October 26 at 10:30 at our Extension Office. Invite friends and family.

We'll have a short business meeting following this lesson. Lincoln Trail Area Meeting will be October 12 in Meade County. Please consider attending.

Our next Homemaker Council meeting will be November 2 at 2pm. I hope everyone can come together for this meeting!

Sue Clements

Monthly Lesson & Meeting



Emergency Health Information Card

Emergency Health Information Card
October 26 - 10:30am
Washington County Extension Office

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in need of immediate medical treatment, but are not able to communicate with first responders, an EHI card can tell medical providers important information about how to help you. The lesson focuses on who can benefit from carrying an EHI card, information that should and should not be included, and where to put copies of an EHI card. This is part of the Management and Safety Program of Work for 2023-2026.



Thought of the Month:

"Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are."
-Brene Brown

Roll Call:

In October we celebrate Halloween. What was your favorite costume ever?

Book of the Month

.....
from the 2023-2024
Homemaker Book List

And Then There Were None by
Agatha Christie (1939)

This is Agatha Christie's most famous and acclaimed novel! Ten strangers are brought together on an isolated island where, one by one, they die in a murderous countdown...



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

October 16 - 4pm
Washington County Public Library
Italian One Pot Pasta and Beans

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA State News & Notes



Celebrate KEHA Week

The tagline for this year's celebration, from Oct. 8-14, 2023, is "Plant a seed – Help us grow." Find materials online on the KEHA Week webpage at <https://keha.ca.uky.edu/celebrate-keha-week>. The online digital resource kit includes a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. It's also a great time to start your county membership drive and dues collection. Counties are encouraged to have a dues deadline no later than Dec. 1. The remittance form can be found in the [KEHA Manual Appendix](#) on page 16.

Consider Presenting at the 2024 State Meeting

Do you know something that would be useful for other homemakers to know? Now is your chance to share! KEHA members are encouraged to share their knowledge by presenting a learning session. The form is due Oct. 15 to First Vice President Ann Porter. The form is on the State Meeting webpage at <https://keha.ca.uky.edu/content/state-meeting-information>.

2024 State Meeting

Mark your calendars! The next KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$126/night (1-2 people; scaled pricing for more people per room). Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Nominations Sought for Kentucky Master Farm Homemakers Guild

The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should complete and submit the County Information form by Nov. 15.

Dates to Remember

- Oct. 8-14 – KEHA Week
- Oct. 15 – Deadline for submitting session proposals for the 2024 [KEHA State Meeting](#).
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

Dates to Remember

October 9 - submit Cultural Arts items to the WC Extension Office for the Lincoln Trail Area Cultural Arts Contest - see your Homemaker Yearbook for a complete list of categories

October 12 - Lincoln Trail Area Annual Meeting in Meade County

October 12 - Monthly Food Distribution at Idle Hour Park - 8:30am

October 26 - Homemaker Monthly Lesson & Meeting at the Washington County Extension Office at 10:30am

November 2 - Truth and Consequences at the WC Judicial Center from 9am-11:30am, with lunch to follow for volunteers

November 2 - Homemaker Council Meeting for Officers & Chairmen
2pm at the WC Extension Office

Truth & Consequences

Truth and Consequences is a program that teaches high school freshman students the consequences of substance misuse and other high-risk behavior. Students hear from speakers and walk through real-life scenarios to see what would happen to them. **Volunteers are needed to accompany students through these scenarios.**

Truth and Consequences will be held on November 2 from 9am-11:30am at the Washington County Judicial Center. There will be a lunch for volunteers to follow at the Old Louisville Store building. If you have any questions, call the Washington County Extension Office at (859) 336-7741 or email cabrina.buckman@uky.edu. Thank you for your consideration.

Autumn Health Concerns

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

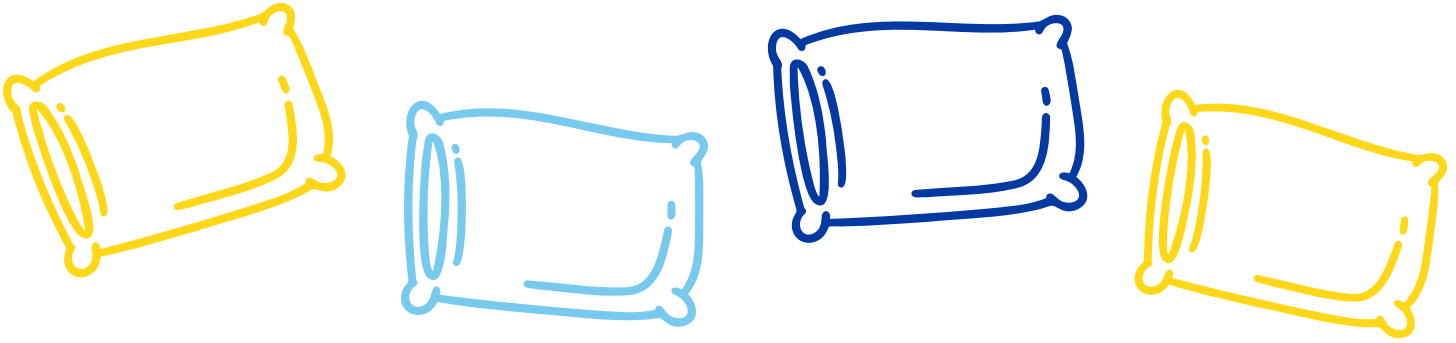
Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

Source: Katherine Jury, Extension Specialist for Family Health

Silk Pillowcases: Is the Shine Just for Show?



Pillowcases that go with our sheets may be an afterthought, but for some people, pillowcases are more important than the pillow itself. Silk pillowcases are receiving more attention lately because of advertisements claiming they prevent frizzy, messy hair, as well as wrinkles. Is this true? And what should we look for when buying silk pillowcases?

Independent tests confirm that many silk pillowcases do limit the occurrence of messy hair after a night of sleep. This is because there is less friction with silk fabrics compared to cotton fabrics. Skin may feel less dry because silk does not absorb oils or moisturizers like cotton. However, if someone sleeps on their face or hands, they may still wake up with creases in their face. But in general, pillowcases woven with silk fibers feel smooth and cool to the touch. Sleeping on them is an easy way to wake up feeling pampered.

Silk pillowcases and sheets usually include a “momme” measurement in addition to, or instead of, a thread count. Momme (abbreviated mm) defines the weight of the silk fibers based on specific dimensions. Comfortable silk pillowcases have a momme range between 19mm and 30mm. The higher end normally equals a better-quality product. If a thread count is given (the number of yarns interlaced within a square inch), 300 is a good place to start. As with all sheets, the fiber quality and weave type can affect the “feel and performance” more than the thread count. And, ultimately, personal preferences should guide your decision. Note that “silk or satin” pillowcases may not actually be made with natural silk fibers. Satin fabric is characterized by its weave type and is often woven with synthetic polyester, nylon, rayon, or acetate fibers. Although these pillowcases have a “silky” feel, they may not perform as well or feel as comfortable as pure silk pillowcases. Check the fiber content label to be sure. “Mulberry silk” comes from silkworms that feed on mulberry leaves. “Charmeuse” refers to the weave type and can be woven from other fibers, such as polyester.

Unless noted otherwise on the care label, machine wash silk pillowcases weekly, inside out on a gentle cycle with mild detergent and cool water. Air dry, or place in the dryer on the lowest heat setting and remove while still damp. Lay flat, and smooth wrinkles by hand. Iron silk pillowcases only when necessary or desired. Iron inside out (on the dull, underside of the fabric) and use a clean pressing cloth between the iron and the silk fabric. Make sure the iron and the ironing surface are also clean. Set the iron on a low temperature, or “silk” setting. For best results, iron while slightly damp, and lightly press the iron over the wrinkled areas.

Reference: <https://www.sleepfoundation.org/best-sheets/best-silk-pillowcases>

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Montgomery County

Creators: Donna Lindon and Andrea Conatser

Pattern: Indian Plumes

Description: This block signifies the Native American heritage of Montgomery County which is evidenced by the many Indian mounds that we still see today.

Morgan County

Creator: Tiffany Clay Bradley

Pattern: Grandmother's Flower Garden

Description: Morgan County was formed in 1822 out of parts of Floyd and Bath counties. The county was named in honor of Revolutionary War General Daniel Morgan. West Liberty, the county seat, was founded in 1823 on the Licking River. The county has an area of 384 square miles. Morgan County Extension Homemakers were established in cooperation with the University of Kentucky's College of Agriculture in 1950. They remain an active group of community and county volunteers assisting with multiple community events and activities. Their volunteer service is vital to the county. The quilt block pattern depicts an early pattern, "Grandmothers Flower Garden," that hundreds of women duplicated in Morgan County. The pattern honors Morgan County Extension Homemakers as well as the many grandmothers and great-grandmothers who were active 4-H leaders and Extension Homemakers in the early years of the organization.



Trick or Treat Word Search



puzzle-maker.com

HALLOWEEN
 COSTUME
 SPOOKY
 PUMPKIN
 HAYRIDE
 CAULDRON
 CANDY
 HAUNTED HOUSE
 BLACK CAT
 FRANKENSTEIN

H N I K P M U P K G M N
 H A L L O W E E N T I T
 C Q U W T D Y O L E Z Z
 H O Q N T A R D T D B J
 A Z S J T D C S N B W R
 Y J D T L E N K M A M J
 R X N U U E D M C J C S
 I M A V K M P H P A P M
 D C M N M X E N O O L V
 E P A G Z Q R T O U X B
 L R B T N B R K Z K S L
 F Z M L M Q Y T J L Z E

Fall Spiced Pumpkin Bread

Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

Source: Plate It Up KY Proud, UK Cooperative Extension



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Add Physical Activity at Home

Plant and care for a vegetable or flower garden.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/