

Homemakers

February 2023

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Family & Consumer
Sciences Agent for
Logan County



Rachel Hance
Rachel Hance

White Elephant Silent Auction

Clean out your pantries and cabinets and invite your friends!!! The Logan County Homemakers are hosting a white elephant silent auction fundraiser on April 20, 2023 from 10 AM until 2 PM at the Logan County Extension Office. Proceeds from the fundraiser will help support ovarian cancer research at the University of Kentucky as well as other local charities.



Example of items to donate.

Donation Details:

- Looking for donations of gently used items for auction – NO CLOTHING ITEMS!
- Can drop off items at the Extension Office on April 18 between 9 AM – 1 PM
- All unsold items will be donated to Potter's Children's Home

Clubs are asked to donate food for the event as follows:

- All Seasons – Cookies
- Corinth – Pimento Cheese Sandwiches
- Getaway Girls – Chips & Dip
- Neighbors – Sausage Balls
- O & H – Lil Smokies
- Sew Fun – Meatballs/Brownie Bites
- South Union – Chips & Dip
- Rachel – Tea/Lemonade/Paper Products

Please plan for approximately 50 people.



Example of items to donate.

White Elephant Silent Auction Fundraiser
hosted by the
Logan County Homemakers

April 20, 2023

10 AM - 2 PM

Logan County Extension Office



Proceeds to benefit the
University of Kentucky
ovarian cancer research and
other local charities!

Homemaker Leader Trainings:

ANY CHANGES IN LEADER TRAININGS WILL BE ANNOUNCED!



February Leader Training

"Hand Lettering"

MAIL OUT LESSON

Logan County Extension Office

March Leader Training

"Bread Making"

March 1, 2023 @ 10am

Logan County Extension Office

April Leader Training

"Succulents and Perennials"

April 5, 2023 @ 10am

Logan County Extension Office

Mark Your Calendars!



Logan County Homemaker Council and International Day
will be February 28, 2023 beginning at 10 AM.

Logan County Homemaker Executive committee meeting
March 14 @ 9 AM
Work on the Plan of Work for 2023-2024

Logan County Homemaker White Elephant Silent Auction
will be April 20, 2023 from 10 AM – 2 PM.

Logan County Homemaker Council Meeting and International Day

The Logan County Homemaker spring council meeting and International Day is scheduled for February 28, 2023 beginning at 10 AM at the Logan County Extension Office. We will have our International presentation at 10 AM followed by our council meeting. Morning refreshments will be provided.

Please note the date change for this event.



Logan County Homemaker Executive Committee Meeting

The homemaker executive committee will plan to meet on March 14, 2023 at 9AM at the Logan County Extension Office. We will be working on our plan of work activities for the 2023-2024 program year. Anyone is invited to attend!

Please note the date change for this event.

Homemaker Club Meetings

All Seasons

President Sandra Kennedy
270-847-7860
Meets 3rd Tuesday @ 1PM

Corinth

President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

O & H Homemakers

President Donna Washington
270-893-1467
Meets 3rd Monday at 2:30 PM

Neighbors

President Emily Hayes
270-542-4287
Meets 4th Monday @ 4 PM

**ATTENTION
ALL MEMBERS
AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

South Union

President Judy Kirkland
615-337-0999
Meets 2nd Wednesday @ NOON

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403
Meets 4th Saturday 9 AM—3 PM

HOMEMAKER HIGHLIGHT

The O & H Homemakers Club celebrated Valentine's Day during their January monthly meeting. Everyone received a red scarf created by President Donna Washington!



Honor a Caregiver

February 17 is National Caregivers Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc. RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

References:

- AARP. (2020). Caregiving in the United States 2020. Retrieved <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>
- RespectCareGivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved <https://respectcaregivers.org/caregiver-statistics/>
- NationalToday.com. (2022). National Caregivers Day—February 17, 2023. Retrieved <https://nationaltoday.com/national-caregivers-day/#history>
- Source: Amy F. Kostelic, Associate Extension Professor for Adult Development and Aging

PACK THE PANTRIES

Donate a different food item
each month to help keep our
schools' food pantries stocked.

FEBRUARY FOOD ITEMS:
Peanut Butter, Nut Butters and
Jelly

DONATION SITE:
Logan County Extension Office





Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.



11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings
Serving size: 1 fish filet and 1/2 cup rice
Cost per recipe: \$11.44
Cost per serving: \$1.91



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

Nutrition facts per serving: 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service



MCA HOMEMAKERS LEADER TRAINING IDEAS FOR 2023-2024-- LESSON BALLOT

First, please read through this whole lesson ballot, then check off the 10 lesson suggestions that you would most like to have as trainings for the 2023/24 program year.

Please return completed ballot to your County Extension office BEFORE 2/24/23

Top 10 Overall

Top per Category

Cultural Arts and Heritage

- Day Trips: Historical Things to Travel and See
- Creating with Plastic Canvas
- Party Planning and Hosting on a Budget
- Card Making
- Home Remedies

Environment Housing and Energy

- Radon: Learn about Risks and How to Manage in the MCA
- Heirloom Vegetables, Flowers, Herbs: How to Harvest and Save Seeds for Seed Exchange
- Raising Beautiful Roses: Variety, Planting, Maintenance
- How and What to Forage Outdoors in Kentucky
- Chicken Coops and How to Raise Chickens
- Winterizing Your home: How and When to Protect your Home from the Elements
- Organizational Tips by Space (pantry, garage, house, closets, etc.)

Family and Individual Development

- ___ Cell Phone Class: How to Use your Apps and Cell Phone Etiquette
- ___ How to Survive During Family and Holiday Gatherings
- ___ Mental Health: Gratitude and Uplifting Motivation
- ___ Estate Planning: Death of Spouse, Living Will, Medical Power of Attorney (Bring in a Professional at the Area Level)
- ___ Dressing for Size, Age, and Special events
- ___ *Special Interest: Sign Language, Thrift Store Shopping/Upcycling, Creative Fidget Mats*

International

- ___ Plants and Foods of Mexico – Found and Used in the United States
- ___ Italian Cooking – New Italian Entrees
- ___ Ukraine: The Country and its Culture
- ___ Good Travel Locations for Seniors/Affordable Tours
- ___ Coins for Change – What is the Money Used For?

Leadership Development

- ___ Focus on Fun: Different Ideas for Successful Homemaker Club Meeting Activities
- ___ History and Structure of KY Extension Homemakers – State, Area, and Local
- ___ Volunteering in the Community: Where When Why (Counting VSU hours)
- ___ Public Speaking 101

Management and Safety

- ___ Scams Targeting Seniors and How to Protect your Identity
- ___ Self-Protection (Self-Defense and Home Safety)
- ___ Organizing your Important Documents
- ___ Emergency Preparedness
- ___ CPR Training

Food Nutrition and Health

- ___ Air Fryers and Insta-pot
- ___ Stress Management: Taking Care of the Caregivers
- ___ Gluten Free Cooking and Food Labels (Healthy habits)
- ___ Bingocize
- ___ Exploring Different Types of Salt and Pepper

4 - H Youth Development

- ___ Cocoa Bomb Making
- ___ Teaching Youth Table Etiquette
- ___ Opportunities for Homemakers to Work with 4-H
- ___ How to make an Outdoor Shelter

Please return completed ballot to your County Extension office BEFORE 2/24/23.

THANK YOU FOR YOUR TIME!