

Newsletter

November 2024

Safely saving those holiday leftovers

One of the best things about the holidays is all the food. Oftentimes, the abundance of food results in many leftovers. Just like uncooked food, leftovers can cause foodborne illness if you don't properly handle them. Taking food safety precautions will help you get the most from leftovers.

Have a plan for how you are going to use those leftovers and stock up on grocery items like noodles, broth and relishes, which can help you reuse leftovers in new ways.

Refrigerate any leftovers within two hours after preparation. Discard any perishable food that has been at room temperature for more than two hours.

Although you can safely store hot food in a refrigerator, you can help the food cool quicker by dividing it into small containers. For turkey and other meat leftovers, it is best to remove all the meat from the bone and place it in shallow containers or small plastic bags. You can leave the legs and wings whole. Store the meat in the refrigerator if you plan to eat it within the next three or four days. Freeze the meat if you are unsure about how soon you will eat it. Store leftover stuffing and gravy separately from the meat.

Eat refrigerated leftovers within three or four days. Consume frozen leftovers within four months.

When you are ready to eat the leftovers, use a food thermometer to make sure you reheat the food to an internal temperature of 165 degrees Fahrenheit. Use a food thermometer to ensure the food reaches this temperature. When reheating sauces, soups and gravies, make sure they come to a full rolling boil. If you are reheating your leftovers with a microwave, check to make sure there are no cold spots in the food where bacteria could have survived. Cover, stir and rotate the food for even heating in the microwave. For more food safety information, contact The Breckinridge County Extension Office.

Source: Annhall Norris, Extension Specialist



1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | breckinridge.ca.uky.edu



Homemaker Spotlight



Kathy Anthony
Countryside Homemakers

Kathy has been an active volunteer and participant of Countryside Club for over 8 years. Kathy regularly attends all our club meetings, provides leadership to the club and Breck County Homemakers and by serving as club and past county secretary. Kathy often provides handcrafted door prizes for county events and supports the annual bazaar as a vendor. Kathy annually volunteers to help at the Breckinridge County Fair in the Family Living area and has won many blue ribbons for her varied and beautifully executed craft projects.

Kathy also has very eclectic interests. She runs an antique business in Breck County that specializes in “primitives”, she is an extremely active volunteer in the Bewleyville Methodist Church often helping with monthly church potlucks and special event meals & providing refreshments for the bi-weekly bible study. Kathy has been a faithful weekly volunteer at the Irvington Mission for almost 20 years. Kathy and her husband Eddie also provided leadership and hands-on skills for the Breck County High School musicals by helping with design & creation of sets and props for the past two musical shows including period carts and a printing press.

Kathy is a remarkable person, always willing to lend her time and talents to community causes and events. In her spare time, she is a devoted mother and grandmother who relishes time spent on their Custer farm sharing country life with her grandchildren. We feel proud to call her a member of the Countryside Club of Breckinridge County Extension Homemakers.

Submitted by Suzanne Myers, Countryside Extension Homemakers

HOLIDAY ORNAMENT CRAFT WORKSHOP

Tuesday, November 12th

10 a.m. CT

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143



Supplies will be provided. If you are wanting a specific pattern we recommend bringing 4 sheets of 2 sided 12x12 scrapbook paper

Everyone is invited!

Seasonal recipe samples will also be shared

Please register by November 6th
To register call (270) 756-2182



Homemaker Happenings



November 12th

Holiday Ornament Workshop

November 14th

Homemaker Lesson/Quilted Star Workshop

November 28th-29th

Extension Office Closed for Thanksgiving Holiday

Save the Date!

December 8th

Taste of Christmas

December 17th

Homemaker Council & Holiday Luncheon

CLOVERPORT EXTENSION HOMEMAKERS

Christmas BAZAAR



CLOVERPORT METHODIST CHURCH

SATURDAY, DECEMBER 7TH

11 AM-3 PM CT

Handmade crafts

*Homemade potato soup, chili, pimento cheese,
chicken salad sandwiches, & desserts*

No Sew Quilted Star Ornament



Thursday, November 14th

10:00 a.m. CT

Breckinridge County Extension
Community Building

Join us for a quick, easy, and fun crafting project this holiday season, no-sew quilted star ornaments. These festive ornaments capture the style of a classic star quilt pattern without requiring any prior quilting skills.

Registration is required.

To register please call (270) 756-2182

Homemaker Club Meetings



<i>Homemaker Club</i>	<i>Date/Time</i>	<i>Location</i>
Cloverport	Monday, November 18th 1 p.m. CT	Cloverport Methodist Church
Countryside	Monday, November 25th 5 p.m. CT	Extension Office Community Building
Flower Rangers	Friday, November 22nd 6:00 p.m. CT	Extension Office Community Building
Irvington	Tuesday, November 19th 11:30 a.m. ET	Lincoln Trail Christian Church
New Heights	Monday, November 18th 10 a.m. CT	Extension Office Community Building
Sunshine Sisters	Tuesday, November 19th 11 a.m. CT	Extension Office Community Building

Roll Call & Thought of the day for November

Roll Call: *In November, we celebrate Thanksgiving.*

How can your journey lead to you being a better person?

OR What have you been most thankful for on your personal journey?

Thought of the Day: "And we know what we want And the future is certain
Give us time to work it out" Road to Nowhere by Ozzy Osbourne 1991

2024 TASTE OF CHRISTMAS CLUB ASSIGNMENTS

The Extension Homemakers will once again host the Taste of Christmas.

To ensure a successful and delicious event, we need the help of all clubs.

We will need volunteers for setup on Friday, December 1st at 1 PM, CT

Everyone's help is needed and greatly appreciated!

For the event, the following work schedule has been formed for Sunday, December 8th.

Please call the Extension Office to volunteer your club or as an individual.

9 to 11 AM CT (includes set up) 11 AM CT to 1 PM CT 1 to 3 PM CT (includes clean up)

The following donations are needed.

Donations for this event will be greatly appreciated and count for KEHA volunteer hours!

Homemaker Clubs are asked to donate the following food items:

Cloverport-- 2 cheese balls and crackers

Irvington-- 1 pot kale sausage soup, cheese & crackers

Countryside-- 1 pot stew, 1 pot corn chowder, 1 pot chili, no noodles

New Heights-- 1 pot of chicken noodle soup, chicken salad, and pimento cheese

Flower Rangers-- 1 pot white chicken chili & 1 pot potato soup

Sunshine Sisters-- 1 pot of chili no noodles, & 1 pot of vegetable soup

Desserts

Each club is asked to provide two (2) home baked desserts

Door Prizes

Each club is asked to donate a \$10 to \$15 door prize (Which can serve as table centerpieces)

QUILTS WITH A STORY EXHIBIT

The 3rd edition of the Quilts with a story exhibit will be presented at the Taste of Christmas. Homemakers are encouraged to enter one (1) or two (2) quilts for the exhibit. With each quilt entry, we ask that a Quilt Story form be submitted. The Quilt Story form will ask basic questions, such as, name of quilt pattern, when made, by who, and any interesting details, such as, "received as a wedding gift," or "made from my childhood dresses," or "my great, great grandmother's quilt." We want to tell the story and share the importance that each quilt has for each family! The Story Form is included in this newsletter or can be picked up at the Extension Office. Quilts can be dropped off at the Extension Office from December 2nd—December 6th by 4 PM, CT. All quilts will need to be picked up from 2-3 PM, CT following the Taste of Christmas event on Sunday, December 8th.

Please call the Extension Office at 270-756-2182 for more details or with questions.

THE ANNUAL TASTE OF CHRISTMAS COOKBOOK

We will once again create a **Taste of Christmas Cookbook** of special Holiday recipes from the event and other family favorites. Each club is asked to turn in four (4) recipes and simple holiday craft activity to the Extension Office by Friday, November 15, 2024

It is great to have the soup & desert recipes that will be served at the event included in the recipe booklet



 Cooperative Extension Service

YOU ARE INVITED

TASTE OF Christmas

Sunday, December 8, 2024
11 AM - 2 PM, CT

Breckinridge County Extension Community Building,
1377 S. Hwy 261, Hardinsburg

HEARTY SOUPS : SANDWICHES : DELICIOUS DESSERTS

Enjoy a delicious lunch and a stroll through the
3rd edition of Quilts with a Story Exhibit!

\$10 Event Ticket

Children age 4-10-\$5, 3 and under free



Proceeds to benefit the Breckinridge
County Extension Homemakers Senior
Scholarship program.



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Lexington, KY 40506



Disabilities accommodated with prior notification.

November is Alzheimer's Disease Awareness Month

It is common for people to worry about Alzheimer's disease. You may forget a name or a face ... or you have a family member who has been diagnosed. With nearly 7 million Americans living with Alzheimer's, it is important to know the signs of Alzheimer's Disease.

According to the Alzheimer's Association, warning signs include:

1. Memory loss that disrupts daily life and activity. You might forget new information or important dates and events and not remember or recall it later. You might repeat the same question, rely more on memory aids, or ask for help with things you used to handle on your own.
2. Challenges with planning and problem solving. You might have trouble following directions, like in a recipe or staying on top of your monthly bills. It may be harder to concentrate or complete tasks in a timely manner.
3. Trouble completing familiar tasks. Running an appliance, driving to a familiar store, or remembering rules to a favorite card game might become difficult.
4. Confusion with time or place. Losing track of dates, season, and time not figuring it out later. Forgetting where you are or how you got there.
5. Difficulty with visual images and spatial relationships. Changes in vision can lead to difficulty with balance, reading, judging distance, determining color and contrast. This can also create challenges with driving.
6. New challenges with word-finding when speaking and writing. It can become increasingly difficult to follow or complete a conversation, find words, or call familiar objects by the correct name. Repetition may become more common.
7. Misplacing things, or the inability to retrace steps. You might put items in unusual places, accuse others of stealing things, and lose the ability to go back and find items.
8. Changes in judgement and decision-making. You might experience poor decision-making in terms of finances, safety, and hygiene.
9. Withdrawal from work and social activity. With decreasing ability to follow conversations or carry out tasks, you might become less social or less interested in your hobbies and other activities.
10. Changes in mood and personality. As the disease progresses, you might feel more confused, suspicious, irritable, depressed, or anxious.

Continued on next page....

November is Alzheimer's Disease Awareness Month

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It is not unusual to have occasional trouble with word-finding or forgetting where you put something. But persistent or worsening trouble with thinking, memory, and the ability to complete everyday tasks may be a sign of something more serious. If you notice any of these signs in yourself or someone you care about, the Alzheimer's Association encourages you to seek evaluation by a health-care professional. Early diagnosis not only provides increased access to treatment options, but it also offers opportunity for clinical trials, emotional and social support, and more time to plan for the future.

For information about Alzheimer's disease, visit the Alzheimer's Association at www.alz.org or call UK Sanders-Brown Center for Aging at (859) 323-5550.

References

Alzheimer's Association. (2024). 10 Early Signs and Symptoms of Alzheimer's and Dementia. Retrieved July 15, 2024 from https://www.alz.org/alzheimers-dementia/10_signs

CDC. (2019). Healthy Brain Initiative. Retrieved July 15, 2024 from <https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging

Agent Message

November kicks off the holiday season Thanksgiving.

This month is a great time to focus on family & friends, good cooking, and all the blessing we have to be grateful for!

Included in the newsletter are details about upcoming fun workshops and events, tasty recipes and some helpful tips for the holidays.

I want to wish each of you a happy & healthy Thanksgiving!



Lynnette Allen
Extension Agent
For Family & Consumer Sciences Education
Breckinridge County

Lincoln Trail Area Annual Meeting Highlights

2024



Breckinridge County delegation at the LTA Annual Meeting



Jean Aull being installed as LTA President elect

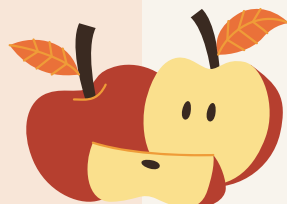


County President Kathy Henning accepting her blazing race car



LTA Cultural Arts Blue Ribbon Winners

- Fay Minter—Crochet, Home Décor & Thread
- Shirley Macy—Sewing, Apparel
- Shelby Butler—Ceramics, Hand-formed
- Jean Aull—Paper Crafting, Card
- Kathy Henning—Paper Crafting, Quilling





Breckinridge County

Local Cultural Arts Contest Results

2024

Local Cultural Arts Results

<u>Name & Category</u>	<u>Ribbon Color</u>
Shirley Macy- Sewing, Apparel	Blue
Kathy Henning- Art, Natural, Wood	Blue
Shelby Butler- Ceramics, Hand-Formed	Blue
Fay Minter- Crotchet, Accessories	Blue
Fay Minter- Crochet, Home Decor & Afghans	Blue
Elizabeth Harac- Doll/Toy Making, Handmade Toy other than porcelain/China or cloth	Red
Elizabeth Harac- Embroidery, Crewel	Blue
Shelby Butler- Holiday Decorations, Winter	Blue
Jean Aull- Jewelry, Original Design	Blue
Jean Aull- Photography, Color (Mounted & Framed)	Blue
Shelby Butler- Photography, Color (Mounted & Framed)	Red
Jean Aull- Paper Crafting, Card Making	Blue
Kathy Henning- Paper Crafting, Quilling	Blue
Jennifer Dowell- Wall or Door Hanging, Diamond Art Mosaic	Blue
Jean Aull- Wall or Door Hanging, Diamond Art Mosaic	Red



WITS WORKOUT

An interactive brain health program

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in guided challenging puzzles, learn to help keep your brain healthy while interacting with others.

We will not have a meeting in December.

The next meeting is tentatively scheduled for January 8th

**Wednesday, November 6th
10 to 11:15 a.m. CT**

**Breckinridge County Extension Community Building
1377 S. Hwy 261 Hardinsburg, KY 40143**

For more information contact us at (270) 756-2182



HEALTHY HOMES

HEALTHY HABITS

Join us every month for sessions dedicated to making healthier choices for our homes.

During these sessions, we will talk about embracing healthier food and home practices. Participants will receive FREE kitchen incentive items and have the opportunity to taste-test nutritious recipes.

1 August 28th 1 p.m. CT

Healthy Snack & Beverage choices
Healthy Cooking
Time Well Spent

2

September 11th 1 p.m. CT

Food Safety & Healthy Homes

3

October 2nd 1 p.m. CT

Affordable Meals & Smart Spending

4

November 6th 1 p.m. CT

Reading Labels and
Stress Free Holidays


5

December 4th 1 p.m. CT

Healthier choices, Fruit and Vegetables
Healthy Habits for the New Year

All sessions will be held in the Breckinridge County Extension Office Basement. For more information contact Tasha Tucker or Lynnette Allen at (270) 756-2182






Diabetes Support Group

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143

Tuesday, November 12th
1:30 – 2:30 p.m. CT

-  Relaxed group setting
-  Recipe sampling
-  Nutritional Information
-  Door prize
-  FREE

November Topics:

- Healthy Holiday Recipes
- Holiday Stress Management



Call 270-756-0711 or 270-756-2182 for more information

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Disabilities
accommodated
with prior notification.

Holiday Turkey Salad

Servings: Makes 6 servings Serving Size: 1 cup



Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- ¾ cup pecan halves

Directions:

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

Source: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

<https://www.planeatmove.com/recipes/recipe/holiday-turkey-salad/>

NUTRITION FACTS PER SERVING: 390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 1255mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 0g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.



Refrigerator Rolls

24 rolls

- | | |
|-----------------------------|------------------------------|
| 1 cup warm water (80°F) | 1 tablespoon salt |
| 2 packages active dry yeast | 3 tablespoons butter, melted |
| ¾ cup hot water (110°F) | 5½ cups all-purpose flour |
| ½ cup sugar | 1 egg, beaten |

1. In a small mixing bowl, combine warm water and yeast and stir until dissolved. Let stand for 5 minutes.
2. In large mixing bowl, combine remaining hot water, sugar, salt, and butter.
3. Stir in half of the flour, the egg and the yeast mixture, beating until smooth.
4. Stir in just enough flour to make a soft dough. Turn onto a lightly floured board and knead until smooth and elastic, about 1 minute.
5. Place the dough in a large, greased bowl, turning to grease the top. Cover tightly with plastic wrap. Label and store in refrigerator until ready for use or up to three days.
6. To use, punch dough down and shape as desired. Let dough shapes rise one hour.
7. Bake at 375°F for 12 to 15 minutes or until golden brown.

The Art of Baking Bread Nutrition Analysis (1 roll): 175 calories, 33 g carbohydrates, 3 g protein, 4 g fat (21%)

Sandra Bastin, PhD, RD, LD, CCE
Extension Specialist for Food and Nutrition

December 2010

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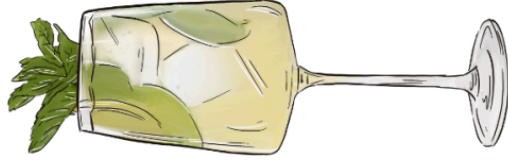
La Dolce Vita:

A Glimpse into Italian Food and Culture presented by Caitlin Jennings



Thank you to Caitlin Jennings for presenting La Dolce Vita: A Glimpse into Italian Food & Culture

Non-Alcoholic Hugo Spritz Punch



Ingredients:

- 1 cup elderflower cordial (or elderflower syrup)
- 1 cup sparkling water or club soda
- 1 cup white grape juice (for a touch of sweetness)
- 1/4 cup freshly squeezed lime juice
- 1/4 cup fresh mint leaves
- Ice cubes
- Lemon and lime slices, for garnish

Instructions:

1. **Muddle the Mint:** In a large pitcher, gently muddle the mint leaves with the back of a spoon to release their essential oils.
2. **Add Liquids:** Pour in the elderflower cordial, white grape juice, and freshly squeezed lime juice. Stir to combine.
3. **Add Sparkle:** Just before serving, add the sparkling water or club soda to the pitcher. Give it a gentle stir.
4. **Serve:** Fill glasses with ice cubes and pour the punch over them. Garnish with lemon and lime slices.

A single batch yields about 30 fluid oz. of punch or 4 to 5 6-8 oz servings.

Stay Connected

Office Hours

Monday through Friday
8:00 a.m. - 4:30 p.m. CT

Address

Breckinridge County Extension Office
1377 South Highway 261
Hardinsburg, KY 40143

Online

breckinridge.ca.uky.edu
facebook.com/breckinridgeextension

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