

Todd County Extension Homemaker Newsletter

Cooperative Extension Service
Todd County
PO Box 97
Elkton, KY 42220
(270) 265-5659
Fax: (270) 265-3534
extension.ca.uky.edu

November, 2016

Gifting without Destroying Your Budget

The holiday season can be a budget destroyer! It is very tempting to buy gifts for everyone – family, friends, teachers, and the mail man. If you have a long list of gift recipients this year, it may be a good idea to think outside of the box. Here are some ways that you can give a gift without destroying your budget:



- **Bake.** If you enjoy baking, consider baking loaves of bread for gift recipients on your list. Each loaf will cost a minimal amount of money and will be meaningful to your gift recipient.
- **Create something.** If you are artistic, consider using materials that you already have at home to create something for gift recipients on your list. For instance, if you knit and have leftover yarn from several earlier projects, consider making a multi-color scarf.
- **Do something.** Providing a service to someone is a great way to provide a gift. If you have a gift recipient on your list with young children, consider offering to babysit for a few hours!

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management and Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences University of Kentucky; College of Agriculture, Food and Environment

Getting ready for the Winter!

It is time to start thinking about the colder months ahead. Among of all of the things you usually do during the fall, here are a few other items that you may want to add to your list.

- **Winterize your home.**
 - Clean out gutters and repair any roof leaks that you may have.
 - If you have water pipes that run alongside your exterior walls make sure they are insulated so that your pipes do not freeze when the weather turns colder.
 - Seal your windows with weather stripping or insulation so that you can keep the warmth in and the cold out.
- **Check your heating system and make sure it works properly.**
 - If you have not changed your air filter in a while, now would be a good time before it gets too cold.
 - If you have a fireplace, make sure it is clean. This includes removal of any ash left over from last year.
 - Test your smoke alarm batteries and make sure you do not need to replace them.



- **Be prepared for power outages.** This is a great time of year to build up a stockpile of food and water, if you do not already have one.
 - Stock some food that needs no refrigeration or cooking.
 - Store water in clean containers.
 - Keep emergency kit filled with:
 - Flashlights (with batteries)
 - Weather radio
 - Baby items if needed
 - Blankets

Take the time now to prepare your home and your family for colder weather.

References: Centers for Disease Control and Prevention “Be Prepared! Staying safe and healthy in the winter weather” www.cdc.gov

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

Strengthening Family Relationships during the Holiday Season

There is no better time to strengthen the most important relationships in your life than during the holiday season.

Holidays can be very busy and stressful, but they can also be opportunities to celebrate life with the people you love. Here are some ideas for strengthening family relationships during the holidays.



- Shift your focus from what you have to get done to what you want to experience with the people you care about. There are so many things around the holiday season that we have to get done. It can make the holidays feel like one big giant obligation. Shift your attitude from obligation to your hopes for your family during the holidays. It may surprise you how much a shift in focus can do.

- Make your goal clear. Let your family know that your No. 1 goal is to strengthen your family during the holiday season. Use language that makes it something everyone will want to do rather than something people feel forced to do. Communicate your goals for how you plan to strengthen relationships with each member of your family. When you communicate that you care about people and tell them they are your No. 1 priority, it can be amazing how they will respond.
- Practice self-care. We are happiest and most likely to have positive exchanges with our families when we are taking proper care of ourselves. Get enough rest and eat regular meals. Do something you enjoy or have been wanting to do and take a little “me time.” You will surprise yourself when you realize how much more positive your family interactions can be after you have taken some time to care for yourself.
- Put down the technology and focus on each other. We all spend too much time on computers, iPads, smart phones, and other technologies. The best way to strengthen family relationships is to do something together and focus on each other. Play a fun family board game. Volunteer at a food pantry or nursing home as a family. Bake your favorite dessert together. Tell jokes together. It doesn’t matter what you are doing, just do it together.
- Spend time reflecting together as a family. What are your favorite memories from past holidays? What traditions are important to your family? How can we



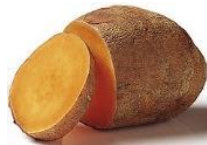
work together as a family to keep a focus on the positive? How can we work as a family to reduce stress? Sharing these reflections can help to reduce future conflict and feel more understood.

References: Brain Pathways (2013). Strengthening Relationships During the Holidays. Brain Pathways Blog. Available at <https://blog.brainpathways.net/2013/10/22/strengthening-relationships-during-the-holidays-2/>.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment

Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided
1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped
½ cup all-purpose flour
2/3 cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans



Directions:

1. Preheat oven to 350°F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
2. Mash sweet potatoes. Add cream cheese, 2/3 cup brown sugar, vanilla and cinnamon. Mix until smooth.
3. Spread sweet potato mixture evenly into pan.
4. Top sweet potatoes with chopped apples.
5. In a small bowl, combine flour, oats, and 1/3 cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans.
6. Sprinkle mixture over apples.
7. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis: 240 calories, 6 g fat, 3 g saturated fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Source: www.fruitsandveggiesmatter.gov



Sincerely,

Jill B. Harris
Extension Agent for
Family & Consumer Sciences Education

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.

Announcements...

PACS Food Bank

November – Folks & Friends
December – Happy
January - Kirkmansville



Upcoming Leader Trainings

“Commercial Break Exercises” will be taught Wednesday, November 2, 3:30 pm at the Extension Office meeting room.

“Boosting Your Brain Power” will be offered Wednesday, January 4, 1:30 p.m. at the Todd County Extension Office meeting room.

Maintain, Don't Gain

Do you need motivation to maintain your weight during the holiday season? If so, sign up for “Maintain, Don't Gain” challenge. Weigh-in on October 31, November 1, 2, or 3rd at the Extension Office between 8:30 a.m. and 4:00 p.m. (closed for lunch noon-1pm)* There will be a \$5 fee to participate in the class. The final weigh in will be on January 19. If you maintain your weight within 1 pound or lose weight, you will receive your money back. If you gain more than 1 pound, your money will be forfeited for prizes. (*Alternate date/times available by appointment).



Farmers Market Survey

We are conducting a survey to determine level of interest to establish a Farmer's Market in Elkton. If that is of interest to you, turn in the survey you received in your newsletter last month or go on-line to <https://www.surveymonkey.com/r/WJL9LWL> and complete the survey by October 31.

Pennyrile Area Cultural Arts:

Start thinking about your Cultural Arts project. Save the date-- March 7, 2017 for the annual Pennyrile Area Cultural Arts contest!

Homemaker Cookbook Sale

Homemaker Cookbooks are now on sale for \$6.00 each. They are available at the Todd County Extension Office in Elkton or from Joyce Edwards in Trenton.



Love Works

If you signed up for Love Works but did not receive a book, please contact the Extension Office and let us know.

LED Lighting Class

It's only been in the last 10 years that homeowners have embraced Compact Fluorescent Lightbulbs (CFLs) in place of the traditional standard incandescent bulbs. Now the newer technology of LED bulbs is becoming practical and affordable for home lighting use. This class will look at the characteristics of LED bulbs--what makes them unique and how they can best be used in the home. It will be held Friday, January 13, 10 a.m. in the Extension Office Meeting Room. Those who preregister by Monday, January 9, will receive a free LED lightbulb.



Weather Policy

If school is closed for bad weather, homemaker activities are cancelled; check with the Extension Office or club president if in doubt.

Holiday Open House

Join us Friday, December 9, between 2:00 and 4:00 p.m. for our annual Holiday Open House. Bring a pair of gloves, socks, or a scarf for a school-age child and enjoy holiday treats and get some last minute ideas.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

NONPROFIT ORG
US POSTAGE PAID
CITY, KY
PERMIT #

County Name
Street Address
City, State, Zip

RETURN SERVICE REQUESTED