



# BUILDING STRONG FAMILIES FOR KENTUCKY

December 2022



College of Agriculture, Food and Environment

Cooperative Extension Service

3341 Zion Road

Henderson, KY 42420

(270) 826-8387

Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.



*Bingocize will take place again in January!*



## Cancer Support Group

*If you are a cancer survivor or have a family member or friend with cancer then come out and support each other. The group meets on the 3rd Monday of each month at 3:00 p.m. Call the office for more information. In December, we will meet on December 12th at 3:00 p.m.*

## Craft & APP

*Come join us on November 29th for a Craft & App.*

*This will be a Plate It Up Recipe & activity at 3:00 p.m. in the Extension Expo Project Room. FREE Class - Call office to sign up.*

## Holiday Cooking Class

We will be having our next in person cooking class on December 14th at 11:00 a.m. and 5:00 p.m. in the Expo Kitchen. Please call the office to reserve your spot.

Class is FREE



## 2022 Cooking Thru the Calendar

*We will continue our virtual Cooking Classes on December 15th at 11 a.m. via Facebook Live.*

*Cooking classes can be found on the Henderson County Extension Family and Consumer Sciences Facebook Page.*

*Have a wonderful holiday season!*

*Amanda L. Hardy*

Amanda L. Hardy

County Extension Agent

for Family and Consumer Sciences





## Gift ideas that encourage healthy habits for kids



*The holidays are here! What is on the holiday wish list of the kids in your life? Without doubt there is a hot, new holiday toy that is hard to track down. Fortunately, no matter your budget or the age of the child, there are many other fun toys, games, books, and adventures to gift. These practical gift ideas can be used over and over again, providing endless hours of entertainment while supporting lifelong healthy habits.*

*Reusable water bottle or hydration backpack. Getting a favorite color or character can encourage them to drink more water around the house and on-the-go. A backpack is great for outdoor adventures.*

*Books. Reading to children, no matter their age, provides emotional and academic benefits. Books with characters or messages about healthy food or physical activity can encourage those same behaviors among children. Before buying, skim the book to see what kind of health messages it promotes.*

*Class pass. Check out what kind of classes your local parks and recreation, community center, or businesses have to offer. A session of dance or swim classes or a seasonal sports league can have physical and emotional benefits for kids as they learn or master new skills and meet new people.*

*Toys featuring healthy foods. When stocking kitchen sets, make sure to include fruit and vegetables. Exposure to these types of toys is one more way to encourage kids to eat fruit and vegetables during mealtime.*

*Adventure day. Gifts of experience will yield lifelong memories. Plan a day of fun that includes a new or favorite physical activity. Going for a hike, ice skating, trying out a climbing wall, or walking around a zoo are great ways to get moving while spending time together.*

*Equipment that lets kids get creative. Simple equipment like balls, bats, ribbon wands, small trampolines, cones, flags, or jump rope will get kids moving. It will also prompt creativity in how they use the equipment.*

*Cookbooks or a cooking class. Do you have someone who loves to cook or is ready to learn? A kid-oriented cookbook or class can give you quality time in the kitchen together and support development of lifelong skills that will have them more confident and independent in the kitchen in no time.*

*Want more ideas or help? Contact your local Extension office. They have many classes and resources to support health all year long.*

*Source: Courtney Luecking, Extension Specialist for Nutrition and Health*





# Homemakers



## Roll Call:

December is the holiday season. What is your favorite holiday tradition?

## Thought for the month:

"Remember this December, that love weighs more than gold". Josephine Dodge Daskam Bacon



2023 KEHA State Meeting – May 9-11, 2023  
Crowne Plaza  
Louisville, KY

for more information check our website:

<https://keha.ca.uky.edu/content/state-meeting-information>

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.



## Club Meetings

**Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building.**

**Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.**

**Niagara- will meet at Cash Creek Church Wednesday, December 14, 2022 at 10:00 a.m.**

**Central- December 8, 2022 at 11:00 a.m. in Expo Building Project Room. Taco Potluck, Bring \$5.00 Exchange Gift and Christmas tea towel to exchange.**



## Talking to Your Family over the Holidays

### Know Your Health History

Take advantage of time and multi-generation togetherness this year and talk about your family health history. According to the CDC, certain conditions in family members, such as diabetes, various types of cancer, and heart disease, can increase your risk for getting the same disease. If you know you or other family members are prone, it is important to report the information to your health-care provider so you can discuss health screenings and other preventative measures, like lifestyle changes. The CDC emphasizes that finding out about diseases early can often lead to better health. Remember, just because someone in your family has a disease, it does not mean that you will definitely get it too. But it is important to talk about family health history and document it for the sake of everyone in your family and generations to come.

Some family members may not feel comfortable or even want to talk about their disease. In these cases, the CDC has online tools and questions that you can use for support. My Family Portrait is a free, online tool that helps families collect, record, update, and share health information. They also recommend creating a list of names in the family and questions to ask each person. The CDC suggests asking several types of questions:

*Do you have any chronic diseases, such as heart disease or diabetes, or health conditions, such as high blood pressure or high cholesterol?*

*Have you had any other serious diseases, such as cancer or stroke? What type of cancer?*

*How old were you when each of these diseases or health conditions was diagnosed? (If your relative doesn't remember the exact age, knowing the approximate age is still useful.)*

*What is your family's ancestry? From what countries or regions did your ancestors come to the United States?*

*What were the causes and ages of death for relatives who have died?*

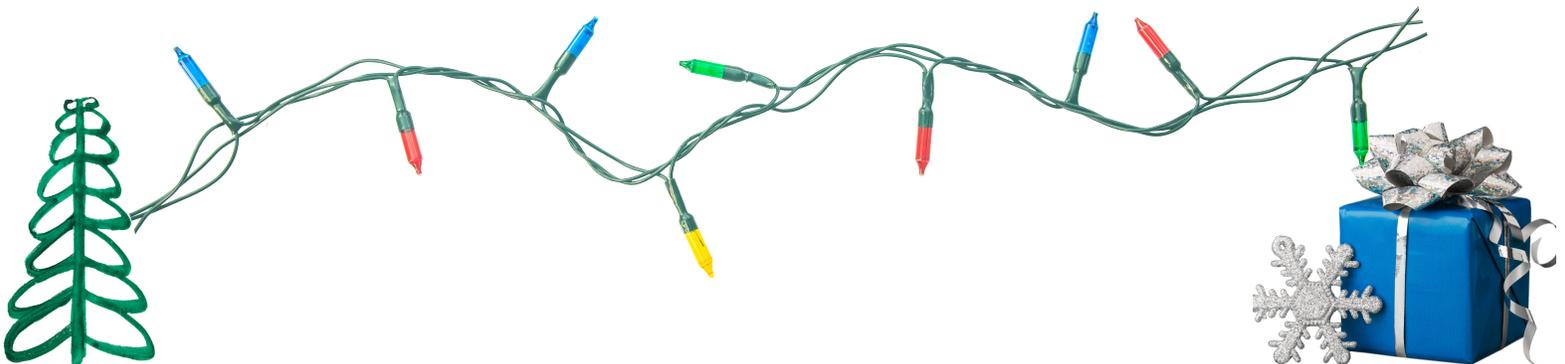
Knowing your family health history can spark motivation for change. While you may not be able to change your history, the CDC reinforces that you can change your health behavior for the better.

For more information and to access the CDC's resources, go to [https://www.cdc.gov/genomics/famhistory/knowning\\_not\\_enough.htm](https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm)

#### Reference

CDC. (2021). *Knowing is Not Enough—Act on Your Family Health History*. Retrieved [https://www.cdc.gov/genomics/famhistory/knowning\\_not\\_enough.htm](https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm)

Source: Amy F. Kostelic, Ph.D. Associate Extension Professor Adult Development and Aging





# Holiday meal plan

## All about that baste



Holiday meal preparation can be stressful with several moving parts that include planning meals and menus, purchasing items, and preparing dishes that are all ready to eat at the same time. It is helpful to have a plan and additional help in managing these tasks.

Supplies: paper and pen or pencil

This is a two-part activity.

First, what will you eat?

Write down a plan for your holiday meal menu and all the ingredients you need to purchase for each item or dish. Is this an activity that you will do on your own, or will you give other family members the opportunity to provide suggestions? Will you include favorite traditional holiday recipes, or will you try something new this year?

Second, who will do what, and when will they do it?

Create a schedule for all necessary tasks. Indicate next to the task who is responsible and when they must complete it. Make a list of everything that needs to be prepared in the oven, oven temperatures, cooking times, if you can make things on the stovetop or in advance.

Completing these plans or lists will help keep you organized and prepared so you can enjoy this time with family and friends.

### Important gun safety tips for deer hunting season

The seasons are changing as the summer heat is slowly waning and the leaves begin to brown and fall. For many Kentucky residents, these changes say deer hunting season is just around the corner. Cleaning and sighting their rifles are now high on their priority lists. It is important to remember and exercise safety rules to avoid harm or death that can easily occur around firearms. Every year in Kentucky, unintentional shootings injure and kill adults, teens, and children. Here are some rules to follow for keeping a gun safely stored and out of reach of children, as well as safety rules to follow when handling a firearm that can prevent these sometimes-fatal accidents.

**Safe storage:** At home, guns should be unloaded, locked, and placed out of a child's sight and reach. Keeping a gun locked and unloaded will prevent an accidental discharge if mishandled. In addition, keeping a gun out of sight can eliminate the natural curiosity of a child and avoid them wanting to handle or explore the firearm.

**Safe use:** Always keep the gun pointed in a safe direction. Always keep your gun unloaded until you are ready to use it. Always keep your finger off the trigger until you are ready to shoot.

While these safe-use rules are not the only safety rules to using a firearm, they are the top three to know and practice. In addition to these safety measures, it is important to talk with your children about what to do if they find a firearm. Do not touch the firearm, leave the area, and tell an adult.

#### References

- Gun Violence Archive (2021). Kentucky Stats. Retrieved from <https://www.gunviolencearchive.org/congress/ky>  
National Rifle Association of America (2021). NRA Gun Safety Rules. Retrieved from <https://gunsafetyrules.nra.org/>

Source: David Weisenhorn, PhD, Senior Extension Specialist for Parenting and Child Development, University of Kentucky College of Agriculture, Food and Environment

Henderson County  
 3341 Zion Road  
 Henderson KY 42420

RETURN SERVICE REQUESTED

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**Fiesta Potatoes**

**8** small to medium russet potatoes, peeled and dried  
**1** green bell pepper, diced  
**1** cup margarine, melted  
**1/2** cup low-fat milk  
**1** red bell pepper, chopped  
**2** tablespoons fresh parsley, chopped  
**1/2** teaspoon salt  
**1/2** teaspoon black pepper

**Preheat** oven to 350 degrees F. **Place** 9- to 13-inch baking pan that has been sprayed with a non-stick coating. **Bake** in a medium pan and cover with water; for about 20 minutes or until bubbly. **Place** over high heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

**Nutritional Analysis:** 200 calories, 9 fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 fiber, 3 sugar, 9 protein.

**Yield:** 12, 1/2 cup servings

**Buying Kentucky Proud is easy.** Look for the label at your grocery store, farmers market, or roadside stand. <http://plateup.ca.uky.edu>