

# HENDERSON COUNTY EXTENSION FCS NEWSLETTER

## JANUARY



### IN THIS EDITION:

- **Homemaker Happenings**
- **Upcoming Events**
- **Car Winterization Tips**
- **How To Clean Your Refrigerator**
- **Flu Prevention**
- **Information on Dementia Caregiver Workshop**

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HENDERSON COUNTY EXTENSION  
3341 Zion Road, Henderson, KY 42420  
(270) 826-8387

## Roll Call:

# Homemakers

## Club Meetings

January rings in the new year.  
What adventure do you hope to  
find this year?

### Thought for the Day:

“Lookin’ for adventure  
and whatever comes our way”

Born To Be Wild  
Steppenwolf  
1968

Town and Country - 3rd Monday of each  
month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m.  
in the Expo Conference Room

Niagara - 3rd Wednesday of each month at  
10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at  
11:00 a.m. at St. Paul’s Episcopal Church

Crafty Cats - 1st Thursday of each month at  
6:00 p.m. at Redbanks Pleasant Pointe



## Reminders

- Remember to bring items for the birthday box for Christian Community Outreach
- The office will be closed for the Christmas Holiday December 25, 2024 - January 1, 2025



 Cooperative Extension Service | Program and Staff Development

### Long form Non-discrimination Policy

The Martin-Gatton 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 basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CIS Program and Staff Development website](#) for additional guidance.

Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.

Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# Cancer Support Group

Open to Everyone

The group meets on the 3rd  
Monday of each month at 3:00 p.m.

## Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or  
we will provide a supply list for new projects  
based on the patterns available at each class.



Continue to watch and listen to:

TV - Lifestyles on News25 on the  
2nd Tuesday of each month

Radio - every Thursday morning  
on WSON at 6:50 a.m.



# Craft Class

**When:** January 28, 2025

**Where:** Henderson County Extension Expo Building

**Time:** 11:00 a.m.

Call the office to reserve a seat at 270-826-8387



# Cooking Class

**When:** January 22, 2025

**Where:** Henderson County Extension Expo Building in the kitchen

**Time:** 5:00 p.m.

Call the office to reserve a seat at  
270-826-8387



Henderson County FCS



Like  
and  
Follow



3341 Zion Road  
Henderson, KY 42420  
(270) 826-8387



# Beginners Quilt Piecing Class

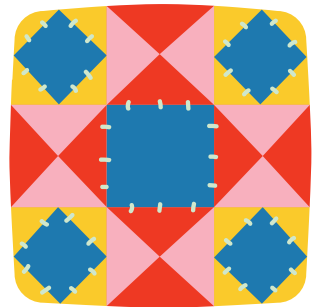
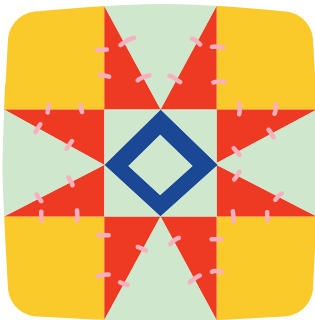
- Basic sewing skills and machine knowledge required
- You may follow monthly group class or work on your own projects
- String quilting is one of the projects we will be working on

**When:** 2nd Thursday of every month

**Where:** Henderson County Extension Expo Building in the project room

**Time:** 5:30-8:00 p.m.

Call the office to reserve a seat at 270-826-8387



Check out our new and improved website

<https://henderson.ca.uky.edu/fcs>

Happy  
New Year

Come out and  
join the fun!

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## CREATE AN EMERGENCY KIT FOR YOUR CAR



We all know the importance of preparing for an ice storm or other potential natural disasters. Having an emergency kit with essential items in your home is the first step to surviving such an event. But you should also think about your car. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia, and carbon monoxide poisoning.

Create an emergency kit for your car and be prepared if caught out during a winter storm. Include the items below and have them in a bag, bucket, or small tote for easy access.

- Warm clothes (heavy coat, extra socks, gloves, hand warmers)
- Blankets
- Ice scraper
- Bottled water
- Shelf-stable snacks (Choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in the snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, you should keep your gas tank full. Don't let it get low as you never know when you might be sitting for a while and not able to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater. Be sure to open a window slightly to allow fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Reference: <https://www.ready.gov/winter-ready#travel>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Social media post: To keep yourself safe in winter, keep an emergency kit in your car. We have suggestions for what should go in your kit and how to stay safe if you get stranded.

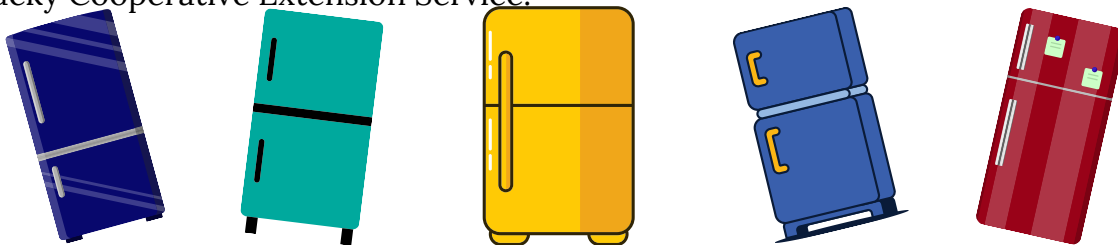
# START THE NEW YEAR WITH A CLEAN FRIDGE

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Remove all food items and place them in a cooler with ice or gel packs to keep them cold while cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come to room temperature before washing to avoid breakage. Thoroughly clean all interior surfaces, including the doors and rubber gaskets, using hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Clean up spills as soon as they occur and keep track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

For more information on food safety, contact the Henderson County office of the University of Kentucky Cooperative Extension Service.



The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.

Annhall Norris, extension specialist, food preservation and food safety

RESPIRATORY VIRUS SEASON IS HERE

THE POWER TO PROTECT  
BEGINS WITH  
**YOU!**

**There are several ways to help  
prevent getting the flu:**

- Get a flu shot each year
- Wash your hands with soap and water
- Avoid being close with sick individuals
- Clean touched surfaces
- Stay home if you feel sick to prevent spreading the flu to others

**You can get your flu shot at your local pharmacy,  
doctor's office or health department.**



**Learn More:**

Scan the QR code or  
visit: **CoverYourCough.ky.gov**



**Kentucky Public Health**  
Prevent. Promote. Protect.



# Dementia Caregiver Workshop



**Tuesday, February 25th | 9am - 12 Noon ET**

The Dementia Caregiver Workshop is designed for those who are caring for someone who is navigating the dementia journey. Join local and statewide experts who will provide you with a better understanding of the disease and strategies to help you and your loved one.

## Topics will include:

- \*Disease Education
- \*Communication Strategies
- \*Home Safety
- \*Community Resources
- \*Research Opportunities

Register Online at  
<https://tinyurl.com/48577fnm>  
or call 859-323-5550



**Join us in-person or online**

UK Sanders Brown Center on Aging  
2199 Harrodsburg Rd, Lexington KY  
(in-person registration limited)

Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED

Our office will be closed on December 25, 2024 - January 1, 2025



# Cauliflower Mushroom Poppers

- 1 head cauliflower, chopped
- 60 whole baby Portabella mushrooms
- 1 cup nonfat plain yogurt
- 1/2 cup reduced fat shredded cheddar cheese
- 1/4 cup Parmesan cheese
- 3/4 cup crushed bran flakes
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 1/2 teaspoon garlic powder
- Paprika

**Preheat** oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in 1/2-inch of boiling water, cover with lid and cook for 5 minutes. **Drain. Place** cooked cauliflower in a bowl and  **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium bowl. **Stir** in cauliflower and 1/2 cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake,** uncovered for 20 minutes.  
**Yield:** 20 servings, 3 mushrooms per serving  
**Nutritional Analysis:** 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.

