

February 2025

Cooperative Extension Service

Logan County Homemakers

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Family & Consumer Sciences Agent for Logan County



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Cooperative Extension Service

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

Mark Your Calendars!

- Logan County Homemaker Plan of Work meeting for 2025-2026 program year will be February 20, 2025 at 9 AM.
- Mammoth Cave Area Annual Day 2025 planning committee meeting will be February 20, 2025 at 1 PM at the Logan County Extension Office.
- Logan County Homemaker Council and International Day will be March 19, 2025 beginning at 10 AM.

Executive Committee Meeting

Anyone interested in having input into the plan of work for the 2025-2026 program year is invited to attend the planning meeting scheduled for February 20, 2025 at 9 AM at the Logan County Extension Office. We will discuss any programs, activities and fundraisers that we want to do next year at this meeting. I hope you will plan to attend.

Lesson Ballots

Please find in this newsletter the ballot for you to vote for lessons for the 2025-2026 program year. Please note that the completed ballots are due back to the Logan County Extension Office by February 21, 2025 so we can tally results.

Annual Planning Day

Logan County is the host county for the 2025 Mammoth Cave Area Homemaker Annual Meeting. We will have a planning committee meeting on February 20, 2025 at 1 PM at the Logan County Extension Office. The planning committee will consist of homemakers and agents from Logan as well as Hart and Metcalfe counties. Anyone interested in having input into the plans for the area annual meeting is encouraged to attend this meeting.

Homemaker Council and International Day

The Logan County Homemaker spring council meeting and International Day is scheduled for March 19, 2025 beginning at 10 AM at the Logan County Extension Office. We will have our International presentation at 10 AM followed by our council meeting. Light refreshments will be provided.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT


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Lexington, KY 40506



Disabilities accommodated with prior notification.

Homemaker Leader Trainings



February leader training
“Tips to Manage Stress Eating”
February 5, 2024 @ 10 AM

March leader training
“How to Let Go of Junk/Transferring Treasured Possessions”
NEW DATE
February 26, 2025 @ 10 AM

April leader training
“House Plant Propagation and House Plant Exchange”
NEW DATE
April 1, 2025 @ 10 AM



May leader training
“Travel Safety and Emergency Kit”
NEW DATE
April 30, 2025 @ 10 AM

June leader training
“Jewelry Making”
June 4, 2025 @ 10 AM

**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.

*Any changes in leader trainings
will be announced!*



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and pictures!



Corinth Homemakers Club made Valentine sun catchers and tick tack hearts at their January club meeting!



The Logan County Homemakers presented a check to Isaiah 117 House for the amount of \$2,839! Thank you to all homemakers who helped to make this possible!!!!



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 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.

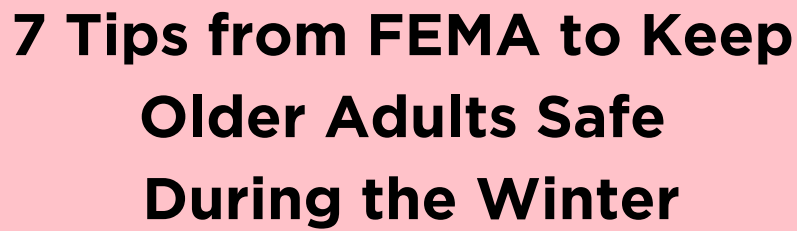
Be sure to open a window slightly to allow fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Contact your local Extension office for more information on preparing for severe weather or other natural disasters.

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

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





7 Tips from FEMA to Keep Older Adults Safe During the Winter

According to FEMA, it is important to be prepared for the risks and danger associated with winter. If you are an older adult or care for an older adult, winter storms, cold weather, and power outages can make staying safe and getting proper health care a challenge. FEMA suggests following these tips to help you assess your needs and develop your plan to be sure you are #WinterReady (<https://www.ready.gov/winter-ready>).

1. **Prevent Falling.** Avoid icy or snowy sidewalks, use delivery services when possible, dry the wheels of your mobility device(s) when coming in from the outdoors, use doors or entrances with the least amount of snow or ice, keep sidewalks shoveled and sanded, arrange for snow removal to reduce risk of heart attack, wear non-skid, rubber-soled shoes, use railings.
2. **Prevent Hypothermia.** You are at risk of hypothermia if you are exposed to cold temperatures and your body temperature drops below 95 degrees. This is a serious condition that can cause organ damage and irregular heartbeat. Signs and symptoms include slow or slurred speech; feeling tired, angry, or confused; pale skin; swollen face; and cold hands and feet. If you or someone you know has signs of hypothermia, call 911, move to a warm place, warm up with blankets, and drink warm beverages.
3. **Take Note of How Certain Medicines and Medical Conditions React in Cold Weather.** Certain medications and medical conditions, including diabetes, thyroid problems, Parkinson's, and memory loss may need extra attention during cold temperatures. FEMA recommends that people with medical conditions talk to a health-care professional about what conditions impact body heat and what you can do.
4. **Stay Warm During Power Outages.** Make a plan for power outages. This includes staying informed with a battery-powered radio for updated emergency information, assigning an emergency contact and communication plan, and learning generator safety and the risks of carbon monoxide poisoning if using one. Preserve heat by closing curtains and doors to rooms not being used, eat regularly, drink warm liquids if possible, dress in layers of loose-fitting clothes. Cover your head and feet.
5. **Create an Emergency Plan and Toolkit.** Assess your needs before a crisis. Assign a contact person and communicate with them regularly. Be sure at least one person in your network has a key and access to your home, knows where you keep emergency supplies, and can use lifesaving equipment or administer medicine. Use FEMA's worksheets and checklists to help make your plan. *Take Control in 1, 2, 3—Disaster Preparedness Guide for Older Adults* (https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf)

6. Stay Warm Indoors. Set your thermostat at 68 degrees, use towels or draft stoppers to prevent cold air leaks, use blankets to keep warm, wear loose-fitting warm layers, cover your head and feet, stay active to generate heat, eat hot meals and snacks, and drink warm fluids throughout the day. To warm up your hands and feet, use heating pads or hot water bottles

7. Emergency Food and Assistance. Check to see if you are eligible for programs.

Low Income Home Energy Assistance Program (LIHEAP)

(<https://www.acf.hhs.gov/ocs/map/liheap-map-state-and-territory-contact-listing>) helps pay heating bills or get emergency services during a crisis.

The Weatherization Assistance Program (WAP)

(<https://www.energy.gov/scep/wap/how-apply-weatherization-assistance>) can be used for home improvements that save money on energy; the Food assistance programs for older adults | USA Gov (<https://www.usa.gov/senior-food-programs>) can help with food depending on income.

All of this information and additional detail can be found online. Go to FEMA's 7 Winter Safety Tips for Older Adults at <https://www.fema.gov/blog/7-winter-safety-tips-older-adults>.

Reference: FEMA. (2024). Programs for Older Adults. FEMA. (2024). Winter Safety Tips for Older Adults. Retrieved 10/10/24 from <https://www.fema.gov/blog/7-winter-safety-tips-older-adults#:~:text=Set%20your%20heat%20to%20at,fitting%2C%20lightweight%2C%20warm%20clothing>

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

Homemaker Club Meetings

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

South Union

Meets 2nd Wednesday @

NOON

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM



Cauliflower Bites

Prep Time: 15 minutes

Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

Nutrition facts

per serving:
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension





Keep Your Balance this Winter

Winter in Kentucky is often synonymous with inclement weather. Snow, ice and black ice not only make it hazardous for drivers, but such weather can also make it hazardous for pedestrians. Falls, slips or trips can result in injuries ranging from scrapes and bruises to broken limbs or serious head injuries. Here are some pointers to help you stay upright this winter.



- Keep your home well stocked with food and essential household items, like batteries and toilet paper. This way you do not have to run to the store because you are out of something during or immediately after an inclement weather event.
- Remove snow and salt or sand your steps, sidewalks and parking areas. If you cannot shovel, ask a neighbor, or you may consider hiring a service.
- Wear shoes or boots with good tread.
- If you use a cane or walker, check the tips to make sure they have good tread.
- Make sure pathways are clear before you walk on them. Find another route if they are blocked or appear wet and shiny.
- Find sidewalks and stairs with railings to grasp whenever possible.
- Take your time. If you are rushing, you are more likely to fall.
- Ask for help.

For more information on keeping your balance, contact your local Extension office.

Source: Amy Hosier, Extension Specialist for Family Life Education, University of Kentucky

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MCA Homemakers Leader Trainings for 2025-2026

Lesson Ballot

Please read through this entire lesson ballot, then check off the 10 lesson suggestions that you would most like to have as trainings for the 2025-2026 program year.

Please return completed ballot to your County Extension office by **February 21, 2025**

Cultural Arts and Heritage

- Origami
- Family Recipes - Cookbooks to Pass Down
- Quilt Math - Shapes, Patterns and Measurements
- Decorative Gift Wrapping - Elevating Your Gift Game
- Basic Photography
- Christmas Decorations from Natural Resources (Wreaths)

Environment Housing and Energy

- From Recycling to Upcycling
Recycling items and making them purposeful items; thrifting to secondhand; making plans to reuse (take your bags to the store).
- Making Your Home Energy Efficient
Winterizing, solar power, and programs from energy companies
- Indoor Air Quality (State Lesson)
- Protecting Our Pollinators and Creating Habitats
Bees, Butterflies, and Birds

Family and Individual Development

- Life Stories
Telling your story to the next generation, with family tree, recipes, etc.
- Mental Health Matters - Ways to Ease Your Mind
- Strong Bones for Life
Exercise to help you get up and down
- Tips and Tricks for Taking and Preserving Your Photos
How to preserve your photos on your phone

International

- Imitating the Best Foreign Customs
Americans are traveling to foreign countries more so understanding foreign customs is important when visiting foreign countries in order to have peace and understanding.
- Creating Welcoming Communities (State Lesson)
- Canada Our Neighbor
How much foreign aid does America provide to the Canadian government and what does it support?

Leadership Development

_____ Robert's Rules Refresh (State Lesson)

_____ Share Your KEHA Message to Your Community, City and County Officials

_____ History of KEHA

Includes knowing the KEHA Constitution and By-laws on the state, area and county levels

Management and Safety

_____ Stretching Your Dollar (State Lesson)

What to do when ends don't meet

_____ Selecting Sheets (State Lesson)

_____ Understanding Scams

_____ Home Safety

Home security systems and mobility improvements

_____ Understanding Your Credit Score Including How to Get It

Food Nutrition and Health

_____ Yoga or Chair Yoga (State Lesson)

_____ Inspiring Grandchildren to Become Grand Cooks (State Lesson)

_____ The Big Freeze (State Lesson)

_____ Shopping on a Budget Today

_____ How Not to Waste Food

4 - H Youth Development

_____ Basic Sewing Skills

Buttons, hems, etc.

_____ Basic Laundry Skills

Operating a machine, folding bed sheets, etc.

_____ Babysitting or Pet Sitting

Safety and procedures

_____ Sponsor or Plan a 4-H Picnic in the Park

Please return completed ballot to your County Extension office by February 21, 2025. Thank you for your time!