## LOGAN COUNTY

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

## Homemakers

February 2023

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Family & Consumer Sciences Agent for Logan County



Rachel Hance

## White Elephant Silent Auction

Clean out your pantries and cabinets and invite your friends!!! The Logan County Homemakers are hosting a white elephant silent auction fundraiser on April 20, 2023 from 10 AM until 2 PM at the Logan County Extension Office. Proceeds from the fundraiser will help support ovarian cancer research at the University of Kentucky as well as other local charities.



Example of items to donate.

#### **Donation Details:**

- Looking for donations of gently used items for auction – NO CLOTHING ITEMS!
- Can drop off items at the Extension Office on April 18 between 9 AM – 1 PM
- All unsold items will be donated to Potter's Children's Home

### Clubs are asked to donate food for the event as follows:

- All Seasons Cookies
- Corinth Pimento Cheese Sandwiches
- Getaway Girls Chips & Dip
- Neighbors Sausage Balls
- O & H Lil Smokies
- Sew Fun Meatballs/Brownie Bites
- South Union Chips & Dip
- Rachel Tea/Lemonade/Paper Products

Please plan for approximately 50 people.



Example of items to donate.



## Logan County Homemakers

April 20, 2023 10 AM - 2 PM Logan County Extension Office



Proceeds to benefit the University of Kentucky ovarian cancer research and other local charities!

## Homemaker Leader Trainings:

ANY CHANGES IN LEADER TRAININGS WILL BE ANNOUNCED!



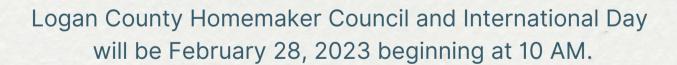
March Leader Training
"Bread Making"

March 1, 2023 @ 10am

Logan County Extension Office

April Leader Training
"Succulents and Perennials"
April 5, 2023 @ 10am
Logan County Extension Office

## Mark Your Calendars!



Logan County Homemaker Executive committee meeting

March 14 @ 9 AM

Work on the Plan of Work for 2023-2024

Logan County Homemaker White Elephant Silent Auction will be April 20, 2023 from 10 AM – 2 PM.

## Logan County Homemaker Council Meeting and International Day

The Logan County Homemaker spring council meeting and International Day is scheduled for February 28, 2023 beginning at 10 AM at the Logan County Extension Office. We will have our International presentation at 10 AM followed by our council meeting. Morning refreshments will be provided.

Please note the date change for this event



## Logan County Homemaker Executive Committee Meeting

The homemaker executive committee will plan to meet on March 14, 2023 at 9AM at the Logan County Extension Office. We will be working on our plan of work activities for the 2023-2024 program year. Anyone is invited to attend!

Please note the date change for this event.

## Homemaker Club Meetings

#### All Seasons

President Sandra Kennedy 270-847-7860 Meets 3rd Tuesday @ 1PM

#### Corinth

President Sharon Travis 270-539-4604 Meets 3rd Thursday @ 10 AM

#### O & H Homemakers

President Donna Washington 270-893-1467 Meets 3rd Monday at 2:30 PM

#### Neighbors

President Emily Hayes 270-542-4287 Meets 4th Monday @ 4 PM

# 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.

#### South Union

President Judy Kirkland 615-337-0999 Meets 2nd Wednesday @ NOON

#### Sew Fun Quilting Homemakers

President Sue Jordan 270-542-6403 Meets 4th Saturday 9 AM—3 PM

#### **HOMEMAKER HIGHLIGHT**

The O & H Homemakers Club celebrated Valentine's Day during their January monthly meeting. Everyone received a red scarf created by President Donna Washington!



## Honor a Caregiuier

#### February 17 is National Caregivers Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc. RespectCaregiveres.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

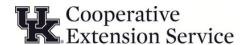
#### References:

AARP. (2020). Caregiving in the United States 2020. Retrieved https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html

RespectCareGivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved https://respectcaregivers.org/caregiver-statistics/

NationalToday.com. (2022). National Caregivers Day—February 17, 2023. Retrieved https://nationaltoday.com/national-caregivers-day/#history

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



# PACK THE PANTRIES

Donate a different food item each month to help keep our schools' food pantries stocked.

#### FEBRUARY FOOD ITEMS:

Peanut Butter, Nut Butters and Jelly

#### DONATION SITE:

Logan County Extension Office

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Developmen

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NUT

PEANUT FER

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· jelly .

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### Cajun Seasoned Fish with Rice

- · 1 tablespoon paprika
- · 1 tablespoon dried oregano
- · 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- · 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- ·1 lime (optional)
- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
- 3. Melt butter in a medium saucepan.
- 4. Add frozen vegetable blend.
- 5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
- **6.** Add cooked rice and I teaspoon of prepared seasoning mix.

Cook and stir until rice is heated through, about 3 to 5 minutes.

- 7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
- 8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
- Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
- 10. Place fish fillets in a single layer in the pan. The pan will smoke a little.

LEXINGTON, KY 40546



11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.

12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.

13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.

**14.** Optional: Sprinkle fish with juice from one lime.

**15.** Refrigerate leftovers within 2 hours. **Variations:** Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings
Serving size: 1 fish filet and 1/2 cup
rice Cost per recipe: \$11.44
Cost per serving: \$1.91

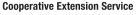


This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Nutrition** facts per **360ving**ries; 5g total fat; 2g saturated fat; Og trans fat; 60mg cholesterol: 460ma sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; Og added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium: 10% Daily Value of iron; 10% Daily Value of potassium.

#### Source:

Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service



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#### MCA HOMEMAKERS LEADER TRAINING IDEAS FOR 2023-2024-- LESSON BALLOT

First, please read through this whole lesson ballot, <u>then check off the 10 lesson suggestions</u> that you would most like to have as trainings for the 2023/24 program year.

Please return completed ballot to your County Extension office BEFORE 2/24/23
Top 10 Overall
Top per Category
Cultural Arts and Heritage
Day Trips: Historical Things to Travel and See
Creating with Plastic Canvas
Party Planning and Hosting on a Budget
Card Making
Home Remedies
Environment Housing and Energy
Radon: Learn about Risks and How to Manage in the MCA
Heirloom Vegetables, Flowers, Herbs: How to Harvest and Save Seeds for Seed
Exchange Raising Beautiful Roses: Variety, Planting, Maintenance
How and What to Forage Outdoors in Kentucky
Chicken Coops and How to Raise Chickens
Winterizing Your home: How and When to Protect your Home from the Elements
Organizational Tips by Space (pantry, garage, house, closets, etc.)

Family and Individual Development
Cell Phone Class: How to Use your Apps and Cell Phone Etiquette
How to Survive During Family and Holiday Gatherings
Mental Health: Gratitude and Uplifting Motivation
Estate Planning: Death of Spouse, Living Will, Medical Power of Attorney (Bring in a
Professional at the Area Level)
Dressing for Size, Age, and Special events
Special Interest: Sign Language, Thrift Store Shopping/Upcycling, Creative Fidget Mats
International
Plants and Foods of Mexico – Found and Used in the United States
Italian Cooking – New Italian Entrees
Ukraine: The Country and its Culture
Good Travel Locations for Seniors/Affordable Tours
Coins for Change – What is the Money Used For?
Leadership Development
Focus on Fun: Different Ideas for Successful Homemaker Club Meeting Activities
History and Structure of KY Extension Homemakers – State, Area, and Local
Volunteering in the Community: Where When Why (Counting VSU hours)
Public Speaking 101

Management and Safety
Scams Targeting Seniors and How to Protect your Identity
Self-Protection (Self-Defense and Home Safety)
Organizing your Important Documents
Emergency Preparedness
CPR Training
Food Nutrition and Health
Air Fryers and Insta-pot
Stress Management: Taking Care of the Caregivers
Gluten Free Cooking and Food Labels (Healthy habits)
Bingocize
Exploring Different Types of Salt and Pepper
4 – H Youth Development
Cocoa Bomb Making
Teaching Youth Table Etiquette
Opportunities for Homemakers to Work with 4-H
How to make an Outdoor Shelter
Please return completed ballot to your County Extension office BEFORE 2/24/23.
THANK YOU FOR YOUR TIME!