

Hopkins County Extension

Family and Consumer Sciences

**HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES**
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HAPPY NOVEMBER,

I hope everyone has been enjoying the classes that have been going on at the Extension Office over the last month. Be sure to check out the newsletter for upcoming classes and events in November. When thinking about new things you are going to try for the new year. Be sure to add the new FCS Podcast to the list! A few of the Pennyrile FCS Agents are working on launching a new Podcast in January! I will be sure to include more information in the December Newsletter. Be sure to take some time this month to spend some quality time with family, friends, and loved ones.

Happy Thanksgiving!

Don't forget that Homemaker Dues are due on November 15th.

Our office will be closed on Thursday, November 24th and Friday, November 25th.

What's in this issue:

Holiday Online Shopping Savvy

Upcoming Extension Events & Classes

Charcuterie Boards
Cooking Through the Calendar
Houseplants & Propagation Workshop
Christmas Door Hangers
Crochet Club
Holiday Farmers Market
Become a Master Gardener Classes
Caring for Holiday Plants
Homemaker November Lesson
Homemaker Group Dates

Money Wise
Hosting Holiday Meals on a Budget

Health Bulletin
Stay Healthy As Winter Approaches



Following us online is an easy way to keep up with [Hopkins County Extension Family and Consumer Science](#)



Amanda Dame
AMANDA DAME
County Extension Agent for
Family and Consumer Sciences





HOLIDAY ONLINE SHOPPING SAVVY

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://> web address. The "s" after "http" shows that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

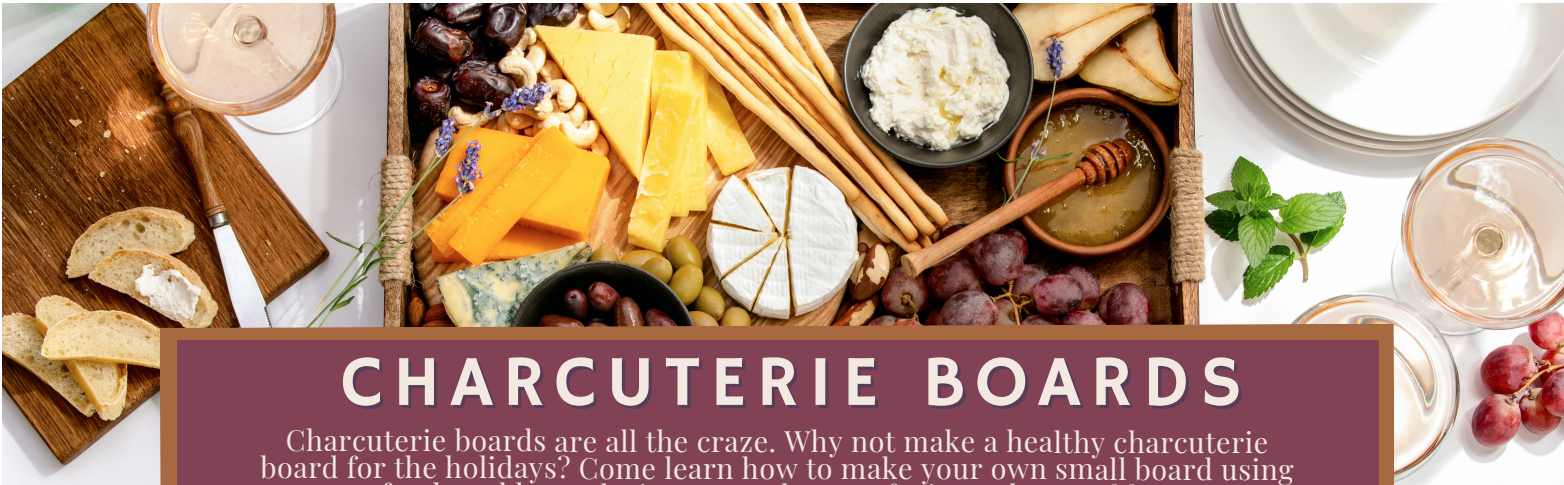
Automatically set updates on your device to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.

For more ways to protect your financial well-being, contact the Hopkins County Extension office.

SOURCE: KELLY MAY, SENIOR EXTENSION ASSOCIATE

UPCOMING EVENTS

FOR ALL EVENTS AND CLASSES YOU MUST CALL THE
EXTENSION OFFICE AT 270-821-3650 TO SIGN UP



CHARCUTERIE BOARDS

Charcuterie boards are all the craze. Why not make a healthy charcuterie board for the holidays? Come learn how to make your own small board using fresh and low calorie meats, cheeses, fruits and vegetables.

Limited Spots Available

THURSDAY, NOVEMBER 10 AT 10:00A.M.

\$10

CALL 270-821-3650 TO REGISTER

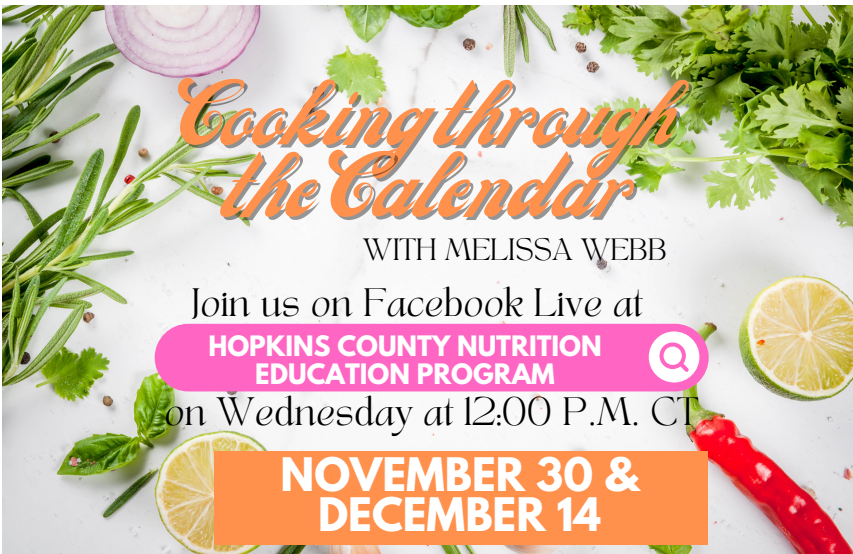
PER PERSON



HOUSEPLANTS & PROPAGATION WORKSHOP

NOVEMBER 14TH AT 5:30 P.M.

Learn about different kinds of houseplants that will grow well indoors and how to propagate them. Take home propagated plants for free!



Cooking through the Calendar

WITH MELISSA WEBB

Join us on Facebook Live at

HOPKINS COUNTY NUTRITION EDUCATION PROGRAM



on Wednesday at 12:00 P.M. CT

NOVEMBER 30 & DECEMBER 14



CHRISTMAS DOOR HANGERS

**THURSDAY, NOVEMBER 3RD
5:30P.M.**

Very Few Spots Left!

\$15

PER PERSON

CALL 270-821-3650 TO REGISTER

Crochet Club

BEGINNER, REFRESHER, & ADVANCED

1ST & 3RD TUESDAY OF EVERY MONTH AT 5:30 P.M. AT THE
HOPKINS COUNTY EXTENSION OFFICE

Farmers Market Holidays

Support Local Farmers and Artisans. Shop for Fresh Baked Goods, Locally-Sourced Fresh Meat, Handcrafted Gifts Decors, Seasonal Fruits, Herbs, Gourmet Pickles, Crafts, jellies, Spices & Seasonings and Much More!



Thanksgiving Events
Saturday, November
19th 10a.m. - 2p.m.

Christmas Events
Saturday, December
3rd 10a.m. - 2p.m.

Come See Us At:

Mahr Park Arboretum,
Danny Peyton Pavilion at 55 Mahr Park Rd. Madisonville, KY 42431



Kentucky Extension
Master Gardener

BECOME A MASTER GARDENER

MASTER GARDENERS ARE A GROUP OF TRAINED VOLUNTEERS WHO PROVIDE EDUCATION AND OUTREACH IN THE COMMUNITY IN PROGRAMS RELATING TO GARDENING AND HORTICULTURE. A CLASS ORIENTATION WILL BE HELD NOVEMBER 30TH AT 5:30 P.M. CALL THE EXTENSION OFFICE AT 270-821-3650 TO RSVP TO THE ORIENTATION.

CARING FOR YOUR

Holiday Plants

December 19th at 5:30 p.m.

LEARN HOW TO SUCCESSFULLY CARE FOR YOUR POINSETTIAS,
NORFOLK ISLAND PINE TREES, AND CHRISTMAS CACTI



**FOR ALL EVENTS AND CLASSES YOU MUST CALL THE EXTENSION
OFFICE AT 270-821-3650 TO SIGN UP**



HOMEMAKER HAPPENINGS

HAVE YOU EVER WONDERED WHY STRESS LEAVES YOU CRAVING OR REACHING FOR FAVORITE COMFORT FOODS?

Join us for a class where you will learn about why we stress eat, strategies to manage stress eating, and tips for savoring comfort foods.

TIPS FOR MANAGING STRESS EATING



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

We will be hosting the Leader Lesson on Thursday, November 3rd starting at 2:00 P.M. at the Muhlenberg County Extension Office 3690 Ky-1380, Central City, KY 42330

NOVEMBER



HOMEMAKER MEETINGS



Piecemakers

Extension Office
November 12th from 8:00a.m.-3:00p.m.
November 22th from 2:00p.m.-8:00p.m.

Happy Homemakers

Extension Office
November 16th at
1:00p.m.

Needles & Yarn

Extension Office
November 9th from
12:00p.m.-2:00p.m.



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

2022 – 2023 Enrollment Form

Hopkins County Extension

Homemakers

(Due by November 15, 2022)

Yearly Dues: \$8.00 - Please make checks out to: Hopkins County Homemakers

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: _____ Address: _____

or Mailbox Member _____

Email: _____

Sex: Female Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): White Black Hispanic Asian Other

Age Group (Check One)

- 15-19 20-24
- 25-34 35-44
- 45-54 55-64
- 65-74 75+

Enrollment Type:

- Yearly Renewal New Member

Number of Years in Club Membership: _____

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

The Kentucky Cooperative Services is required by federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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ADULT HEALTH BULLETIN



NOVEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back



Install a CO detector in your home to protect yourself from carbon monoxide poisoning.



➔ Continued from page 1

- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning.

Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:

<https://health.ri.gov/seasonal/winter>

ADULT
HEALTH BULLETIN

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Stock images:

123RF.com

