College of Agriculture, College of Agriculture, College of Agriculture, University of Kentucky. November/December 2023 (sg)



Cooperative Extension Service Warren County 5162 Russellville Rd. Bowling Green KY 42101

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Kristi Shive Warren County Extension Agent for Family and Consumer Sciences

Extension Service

Agriculture and Natural Resources

Family and Consumer Sciences

Cooperative

4-H Youth Development

vember/December 2023 (sg)

Join us for food & craft demos presented by the Warren County Homemakers.

FRIDAY, NOVEMBER 10TH



10:30AM REGISTRATION 11AM EVENT

Martin-Gattor

Registration Fee: \$15 Please pay before event.

Silent Auction & Catered Lunch Included.

RSVP by Friday, October 27th. 270.842.1681

Clubs! Please bring a friend & a \$25 item for the Silent Auction.



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Disabilities accommodated with prior notification.

Community and Economic Development Lexington, KY 40506



Caregiving Around the Holidays

Source: Amy Kostelic, UK Extension Specialist in Family Life

Providing care for someone can be both rewarding and challenging. However, the responsibilities and obligations that come with the holidays can create added stress. The following suggestions may help make the holidays easier on you, the person you are caring for and your extended family and friends.

1. Make a plan. Planning includes little things like shopping for holiday presents and food well before the actual holiday to spread out time, money and stress and booking homecare or respite if needed with an agency in advance to ensure you have help.

2. Prepare your visitors. Bring the realities of caregiving to the attention of your guests and uninvolved family members who may not know a person's condition has changed. For example, it may be less stressful for the person for whom you are caring to spend the holidays in their home, where they are comfortable, rather than traveling to another location or a new location.

3. Adapt the environment and traditions as needed. Depending on a person's ability, large crowds, background noise, bright lights, etc. may be stressful. Find quiet spaces and places for people to sit and visit. To

help avoid added anxiety, assess ways to adapt the holiday experience (time spent away from home, number of people, noise levels, less time-intense festivities, simplified traditions, etc.), which may include changing some holiday traditions and gatherings.

4. Make an effort to get help. Sharing the truth about the caregiving situation, including your stress and energy levels, can help reduce the risk of feeling stressed and isolated as a caregiver. Honest communication helps others understand what you need. The holidays are often a busy time. Give someone permission to run errands for you, such as picking up groceries or Christmas cards, or have them stay with your loved one so you can run errands. Share your wish list of needs. Most people will be happy to lend you a helping hand if you ask.

5. Make sure you schedule some time for yourself. Do something you enjoy while giving yourself a break from caring for others and preparing for the holidays. Doing something as simple as going for a walk, chatting with a friend or having a cup of coffee can greatly improve your mood.

Happy Birthday!

Donna Buselmeier
Ann Pfisterer
Nancy Larimore
Connie Pittman
Betty Stahl
Chesley Kemp
Leeanne Brown
Jane Frost
Faye Sparks
Maddy Bean
Betty Halcomb
Joyce Sampson
Romanza Johnson
Ann Stahl
Wanda Willoughby
Linda Johnson
Sherri Miller
Alice Sweets
Mary Jaynes
Janet Metzger
Linda Denton
Jess Spence
Aimee Counts
Paula Davidson
Carol Lee

November 4 November 9 November 10 November 15 November 15 November 18 November 23 November 27 November 27 November 28 November 29 November 30 **December 1 December 4 December 5 December 6 December 8 December 13** December 17 **December 21 December 24 December 28 December 29 December 30 December 30**

The WCEO will be CLOSED

November 23-24 for Thanksgiving

December 25-29 for Christmas

January I for New Year's Day

Upcoming Dates

• October 26th 10:00 AM Leader Lesson "Savor the Flavor: Cooking with Oils and Vinegars" Presenter Kristi Shive

• November 1st 9:30 AM MCA Officer & Chairman Training

• November 10th 10:30 AM Jingle Mingle

• November 17th Turn in your club's choices for 2024-25 lessons

> • December 15th Dues must be mailed by this date to Area & State Treasurer

• December 31st County Membership Report due to Area President & VP

• January Leader Lesson "Focus on Fun – Pickle Ball" (Mail out)

• January 11th 9:30AM MCA Homemaker Council MTG *For Area Officers & County President Only*

• January 18th 9 AM Executive Board, 10 AM Advisory Council

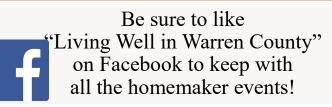
• January 25th 10 AM February Leader Lesson "Radon"

Join Us for Farm & Home

with Kristi Shive & Joanna Coles

on WBKO Channel 13-1

Monday - Friday between 5:15 a.m. - 5:30 a.m.



abc



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Back to School: How Grandparents Can Help Grandchildren Succeed

As school starts, children will be bringing home homework to help them reinforce what they are learning during the day. While homework helps teach skills such as discipline, organization and time management, it can also create a power struggle between a child and adult, especially a grandparent. Grandparents are often stereotyped to be "grand", as in splendid, fun, a non-disciplinarian who pampers and spoils. But nationally, approximately 2.7 million



grandparents have grandchildren living with them and many of

them are helping take care of the children's basic needs. According to the KY Youth Advocates, 53,000 children are cared for by grandparents or other relatives in the state of Kentucky. Dealing with school is one of the many issues grandparents have to address. Rules and consistency can help a child be successful and aide the grandparent in having a positive approach for daily school routines:

- Decide together on a consistent and quiet time for homework to help promote good study habits. Such a skill set is important because it translates to life in terms of time management, organization, working independently and self-discipline.
- Help a child who is struggling with homework—but do not do it for him or her. Arrange for tutors if necessary.
- Create timelines, work plans and short and long-term goals for large and/or lengthy projects.
- Balance and prioritize school, extracurricular and family/friend activities.
- Be patient. Patience over frustration and irritation will help you be a good role model.
- Provide positive and affective feedback and praise. If a child has studied hard for a spelling test and does well, for example, point out how his or her hard work paid off and that you are proud of them as a result.
- Respect the child's teacher. A supportive and positive relationship with the teacher demonstrates to a child not only how to be respectful, but also how working together encourages moving forward in a positive direction.
- Help your grandchild get organized to stay on top of assignments and times. Included with organization is having basic supplies such as pens, pencils, notebooks, binders and calendars.

- Create positive study habits.
- Younger children may need help studying for exams or for someone to go over their homework prior to handing it in.

In addition to helping a child develop important life skills and self-confidence as you work together to be successful in school, a supportive, positive and honest grandparent can also help a child handle stress and address mistakes and challenges.

Reference: Grandparents as parents: Helping children succeed in school. Retrieved August 3, 2017 from http://fcs.tamu.edu/families/aging/grg/educators-and-support-group-leaders/helping-children-succeed-in-school/

Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

Pair Homework with a Healthy Snack

Snacks can play a very important role in helping kids fulfill their daily nutritional requirements if healthy snacks are planned for. <u>Snacks</u> can help your children get additional servings from each food group in case they are not getting enough at meal times. Here is a great recipe from MSU Extension's "Making Healthy Choices" newsletters that kids can do on their own.

Kid's Pizza (serves 1)

- 1. Use a toasted 100% whole-wheat English muffin (or slice of bread) for your pizza base.
- 2. Add 2 tablespoons pizza sauce to base.
- 3. Add a sprinkle of cheese.
- 4. Add your favorite toppings (like tomatoes, mushrooms and peppers).
- 5. Place on microwave-safe plate and microwave for 45 seconds or until cheese is melted. Be careful. It will be hot!
- 6. Let food rest for 3 minutes to allow the food to fully cook.
- 7.Enjoy!

Reference: Healthy After School Snacks. Michigan State University. Retrieved August 23, 2023 from https://www.canr.msu.edu/news/healthy_after_school_snacks

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

Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

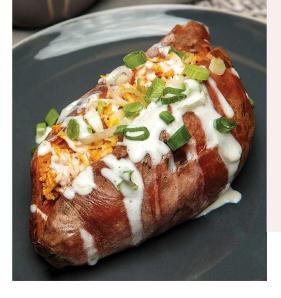
- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
 + 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Rinse sweet potatoes under cool running water and set aside.
- 3. Add raw chicken to a slow cooker.
- **4.** In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
- 5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
- 6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
- Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
- 8. When chicken is fully cooked, remove it from the slow cooker and shred it.



- 9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
- **10.** When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
- Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
 Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons lowfat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings Serving size: 1 potato with chicken Cost per recipe: \$8.82 Cost per serving: \$1.47



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

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; Og trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; O% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake, Program Coordinator II, University of Kentucky Cooperative Extension Service

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