

Homemaker Newsletter

October 2022

Update from Homemaker Council

The Piecemakers Quilt Guild's Quilt Exhibit was a success! They donated \$175 to the Homemaker Scholarship Fund at this month's meeting.



Homemakers Week is from **October 10th through October 14th**. Please Register for the below events by calling the Russell County Extension Office by Friday, October 7th (270-866-4477).

Monday, October 10th: Make and Take a Bejeweled Solar Light Jar
(Limited to 12 Participants)

When: 10 AM

Where: Extension Office Meeting Room

Who Can Attend: Any Homemaker

Tuesday, October 11th: FCS Agent Programming

When: 10 AM

Where: Extension Office Meeting Room

Who Can Attend: Anyone

Wednesday, October 12th: FCS Agent's Cooking Through the Calendar

When: 2 PM

Where: Extension Office Kitchen

Who Can Attend: Any Homemaker

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Thought for the Month:

“Beauty comes in all shapes and sizes. Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings.”

Anonymous

Roll Call:

October is National Pizza Month. Name your favorite pizza topping.

KEHA Week
is
October 9-15!

**Invite a friend
to join
RC Homemakers!**



Thursday, October 13th: FCS Agent Public Welcome Reception

When: 11-2 PM

Where: Extension Office

Who Can Attend: Anyone

Thursday, October 13th: Make and Take a Bejeweled Solar Light Jar

When: 5:30 PM

Where: Extension Office Meeting Room

Who Can Attend: Anyone with an interest

Friday, October 14th: Homemakers on the Go Creelsboro Luncheon

When: Meeting at the Extension Office at 10:20 a.m. for carpooling

Meeting at the Country Store at 11 a.m. if driving separate

Where: Meeting at the Campbell's Creelsboro Country Store

Who Can Attend: Any Homemaker

Community Service Event Announcement!

Goodie Basket Creation for Individuals Receiving Infusions or Dialysis

Donations accepted October 1st – October 14th.

Announcement will be made after the 14th as to when the Homemakers will meet to place distribution labels on the donated items

Donation tubs will be placed in the Russell County Extension Office for your items.

Donation items can include:

Store Bought, Individually Wrapped:

Snacks

Gum

Mints

Nabs/crackers

Puzzle books (Sudoku, Word Searches, Crossword Puzzles, Coloring books, crayons/colored pencils)

Pens/Pencils

Small Notebooks

Upcoming November Community Service Event:

Warm the Children! The Homemakers will be starting a clothing drive of NEW clothes (hats, scarves, gloves, coats) in November for children in need in Russell County's elementary schools.

Donations of Items:

NEW

Coats

Gloves

Scarves

Socks

Hats

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Community Service Event Kick-Off: Donations for Infusion/Dialysis Patients	4	5	6	7 Deadline to Register for Events for 10/10-10/14
10 Make & Take: 10 AM Sit & Sew: 1-6 PM Meet & Eat (Potato Bar) at 3 PM Bookcase Quilt Activity at 4 PM	11 FCS Agent Event: 10 AM Sunset Club Meeting at 6 PM	12 Cooking Through the Calendar: 2 PM Apple Spinach Salad	13 FCS Agent Public Welcome Reception 11-2 PM Make & Take: 5:30 PM	14 Homemakers on the Go: Creelsboro Luncheon (Ext. Office at 10:15 for Carpooling) DEADLINE for Donations
17	18	19	20	21
24 Sit & Sew: 1-4 PM Homemaker's Lesson: 4 PM Homemakers Council Meeting at 5 PM	25	26	27	28
31 HALLOWEEN	Community Service for Warming the Children Kick-Off			

COOKING THROUGH THE CALENDAR

APPLE SPINACH SALAD



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

RUSSELL COUNTY EXTENSION OFFICE
PRESENTS:

**FREE DEMONSTRATION
AND SAMPLING ON
OCTOBER 12TH AT 2 P.M.**

CALL THE RUSSELL COUNTY EXTENSION OFFICE AT
270-866-4477 TO **REGISTER BY OCTOBER 7TH.**



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

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Listen to Music on International Music Day October 1st

Music is powerful. Music affects the mind, body, and soul. It is often free or relatively low-cost. Music is appropriate for people of all ages and abilities. People who are healthy or those who struggle with illness, grief, trauma, and loneliness can benefit from music. Music helps people combat stress, reduce anxiety, boost mood, express emotions, and connect us to places and people we value. Research supports ways in which music may help decrease fatigue, manage pain, enhance performance, and strengthen heart health. Music also creates opportunity to unite people (think National Anthem or hymns at church). You do not have to be a master of music or have rhythm or beat to benefit from the power of music. You do have the ability to use music as a form of expression. If you are feeling the consequences of cognitive and emotional overload, turn to music. You may even consider contacting a music therapist. Music therapists use music to address physical, emotional, cognitive, and social needs with individuals and groups. They work in a variety of settings, including health care and education.

Sources:

Amy F. Kostelic, associate Extension professor for Adult Development and Aging; Erin Batkiewicz, MT-BC, MM, Wellness Music Therapy Center

References:

Batkiewicz, E. (2022). University of Kentucky Donovan Forum. Music and connection in a comfortably numb culture. Presented March 3, 2022 at the Lexington, KY Senior Center.

Heidersheit, A. (2016). What is music therapy? Retrieved March 4, 2022 from <https://www.takingcharge.csh.umn.edu/common-questions/what-music-therapy>

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Stanborough, R. J., (2020). The benefits of listening to music. Healthline. Retrieved March 4, 2021 from <https://www.healthline.com/health/benefits-of-music>

Tams, L. (2021). The role of music in stress management. Michigan State Extension. Retrieved March 4, 2021 from https://www.canr.msu.edu/news/the_role_of_music_in_stress_management

Walsh S, Causer R, Brayne C. Does playing a musical instrument reduce the incidence of cognitive impairment and dementia? A systematic review and meta-analysis. *Aging Ment Health*. 2021 Apr;25(4):593-601. doi: 10.1080/13607863.2019.1699019. Epub 2019 Dec 9. PMID: 31814445.

Sorghum Gingerbread Pear Muffins

Servings: Makes 12 muffins **Serving Size:** 1 muffin

Ingredients:

- 1 cup whole-wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup buttermilk
- 1/2 cup sorghum syrup
- 1/2 cup unsweetened applesauce
- 1 pear, peeled, cored, and diced



Directions:

1. Preheat oven to 375 degrees F.
 2. Grease 12 muffin cups or line with paper liners.
 3. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt.
 4. In a separate bowl, mix together the egg, buttermilk, sorghum syrup and applesauce until smooth.
 5. Add the egg mixture to the flour mixture and combine until the batter is just moistened.
 6. Gently fold in the diced pears.
 7. Fill the muffin cups with the mixture. They will be full.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

Source: *Plate it up! Kentucky Proud Project.*

Nutrition Facts per Serving: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein.



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