

Hart County Homemaker Newsletter



University of
Kentucky®

College of Agriculture,
Food and Environment

November- December 2022



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
November 9
December 14

Cub Run Club
November 16
December 21

Outreach Too
November 15
December 20

Quilt Club- Sew & Sew
November 17
December 15

Waterloo
November 10
December 8

Hardyville
November 17

Cooking with the Calendar
November 14
December 12

A Note from Sonya

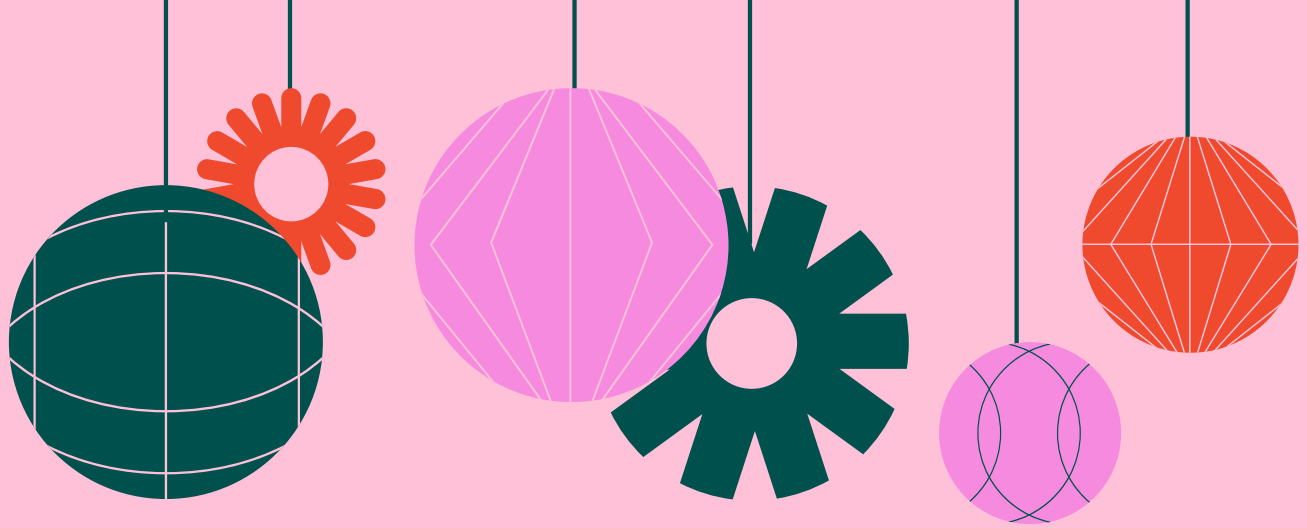
With the Holidays coming up, we have many events to look forward to. Check out the newsletter to read about upcoming events.

Congratulations to all of our participants in the Mammoth Cave Cultural Arts contest. Our county had many blue ribbons! Paula Day and Wendy Hickey had projects to move on to the area level!

A handwritten signature in black ink that reads 'Sonya Carter'.

Extension Agent for
Family and Consumer Sciences





Holidays are Here!

Christmas Party Time

The Christmas Party is scheduled for December 8 at 10AM. Mark your calendar and make plans to attend. It will be a Holly Jolly time!

Homemaker Dues

Homemaker Dues are due this month. Please bring your \$10 dues to the office by November 18.

Homemaker Fundraising

Cookbooks have arrived. Come by and pick one up! They are \$10. Pecans will be in soon. We will let you know the moment they arrive! The pecans will be \$12. Don't forget these will make great holiday gifts!

Training for Leaders

On November 1, there will be a Leadership Training at the Warren County Extension Office for Club Officers and Committee Chairs.

The training will be from 10AM until noon. We will be taking the extension van, which will be leaving at 8:30. Call the extension office to sign up to ride with us.





ADULT HEALTH BULLETIN

NOVEMBER 2022

Hart County
Extension Office
505 AA Whitman Lane
P.O. Box 367
Munfordville, KY 42765
(270)524-2451

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

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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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123RF.com





University of Kentucky
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Cooperative Extension Service

Hart County Homemakers Cookbook Fundraiser



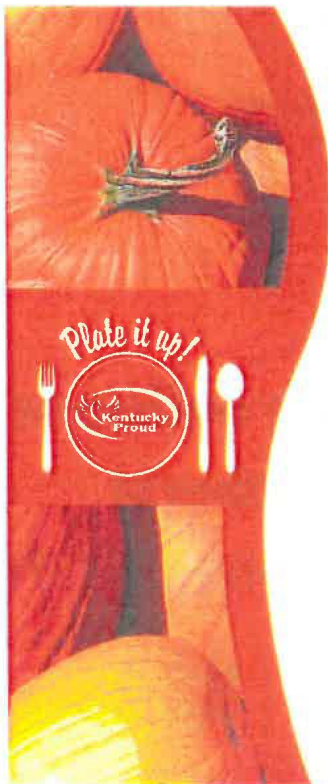
**Books are \$10 each and have delicious
recipes from our Homemakers!
Available for pick up at the Extension Office**

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		½ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

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RETURN SERVICE REQUESTED