



December 2022

Newsletter

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Cooperative Extension Service

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"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas...perhaps... means a little bit more." - How the Grinch Stole Christmas! Dr. Suess



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

December 2022

Nutrition

Education

Program Calendar

Recipe

CHEESE AND CORN CHOWDER



Source: Brad Stone, Former Lewis Co. SNAP-Ed Program Asst.

Nutrition facts per serving:
260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugar; 11g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

- 2 medium potatoes, diced
- 1 small onion, diced
- 1 medium celery stalk, diced
- 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
- 1 teaspoon garlic powder
- 1/4 teaspoon ground thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups low-sodium chicken broth
- 1 cup skim milk
- 2 tablespoons all-purpose flour
- 1/2 cup shredded cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.

3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$3.88

Cost per serving: \$0.78

BREAKFAST PIZZA



Nutritional facts per serving:

250 calories; 17g total fat; 7g saturated fat; 0g trans fat; 75mg cholesterol; 580mg sodium; 18g carbohydrate; 0g fiber; 3g sugar; 10g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

- *Cooking spray*
- *2 (8 ounce) tubes reduced-fat crescent rolls*
- *½ pound breakfast sausage*
- *1 cup (4 ounce) fresh mushrooms, chopped or sliced*
- *½ cup onion, chopped*
- *½ cup green pepper, chopped*
- *½ cup tomatoes, chopped*
- *4 eggs, well beaten*
- *1 cup shredded cheddar cheese*

- 1.** Preheat oven to 375 degrees F. Spray a cookie sheet.
- 2.** Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
- 3.** Pinch up the edges to hold toppings.
- 4.** In a skillet, brown sausage and drain.

- 5.** Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.
- 6.** Pour eggs over top and sprinkle with cheese.
- 7.** Bake for 20 minutes or until lightly browned.
- 8.** Cut into squares with a pizza cutter and serve.

Option: Fat and cholesterol content can be reduced by using low-fat cheese and 6 egg whites instead of 4 eggs.

Makes 12 servings

Serving Size: ½ pizza (3-inch square)

Cost per recipe: \$9.45

Cost per serving: 79¢

Taken from: December 2018 Nutrition Education Program Calendar
Source: Megan Finney, Former student, University of Kentucky

WATCH THIS RECIPE

Video available at:
goo.gl/4BDbh8





Extension Homemaker Club Meetings

Sunnybrook - December 1st @ 6:30 p.m. - Downstairs Meeting Room

Odds 'N Ends -December 8th @ 12 noon - Downstairs Meeting Room

Pots & Pans - December 12th @ 6:00 p.m. - Upstairs Meeting Room

Country Charmers - December 12th @ 6:00 p.m. - Downstairs Meeting Room

Charity - December 13th @ 5:00 p.m. - New Charity Baptist Church

Happy Chippers - Will not meet in December.

Creative Characters - Will not meet in December.

Mudslingers - Will not meet in December.

Reminder: PLEASE turn in your monthly reports!



**Roll Call &
Thought of the Day
for KEHA Monthly
Club Meetings
December 2022**



Thought for the Day: "Remember this December, that love weighs more than gold." - Josephine Dodge Daskam Bacon

Roll Call: December is the holiday season. What is your favorite holiday tradition?



Blood Drive!

Tuesday, December 13th

Aspire Center

Pots & Pans 11:45 a.m.-3:00 p.m.

Odds 'N Ends 3:00 p.m.-6:15 p.m.

Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

September 2022 - Mudslingers
November 2022 - Odds 'N Ends
November 2022 - Christmas Village
January 2023 - Sunnybrook
February 2023 - Charity



March 2023 - Creative Characters
April 2023 - Country Charmers
May 2023 - Happy Chippers
June 2023 - Pots & Pans
July 2023 - Silver Thimbles

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others. **Clubs - Please turn in ALL your information to the Extension Office by the 10th of the month before your club is featured.**

PASSPORT



Passport Program

Wayne County Extension Homemakers
Your "Adventures Await"
Passports are ready for pick up.
Ask us for more information.
Fun, Fun, Fun!





Wayne County Extension Office
Downstairs Meeting Room @ 12 Noon
Recipe Demos & Taste Testing!
Free Classes!
Must register so we can be
prepared for you!
Call (606) 348-8453

Monday, December 12th - Cheese & Corn Chowder

Cooking Thru the Calendar 2023!

Kick Off Event & New 2023 Calendars
Monday, December 12th @ 12 Noon
Wayne County Extension Office
Downstairs Meeting Room



Come get a taste of the new recipes and get your NEW 2023
calendar loaded with delicious recipes!
Please register so we can be prepared for you.
Call (606) 348-8453 to register.



For County & Club Officers Only! - "Our Adventure Awaits"

Sugar Plum Fairy Christmas Tea!



December 15th @ 6:00 p.m. - Taylor County Extension Office
We will leave the Wayne County Extension Office at 4:00 p.m.
PLEASE register before the deadline of December 12th.
We need to turn in our number of people attending.

Project Helping Hands

We need your help with the following Community Service Projects.

House of Blessing:

- **Christmas Cakes** - can be homemade or store bought. Cakes are needed on December 14th. Cakes can be delivered to the Aspire Center between 1:00 p.m. and 2:30 p.m., or if you need to drop off sooner, you can drop it off at the Extension Office and we will get it there for you.
- **Christmas Hams** - Christmas hams or \$ for Christmas hams are needed by December 12th. You can take directly to the House of Blessings or drop off at the Extension Office and we will get it to them.

Senior Stocking Stuffers: (Note Date Change)

We are collecting items to "**Stuff the Christmas Stockings**" for some of our local Senior Citizens. Items will be collected at the Extension Office no later than Wednesday, December 12th. Everyone is welcome to come to the Extension Office on December 15th at 10:00 a.m. to help us STUFF STOCKINGS! Please let us know if you can come help. Stockings will be delivered to local Senior Citizens by the House of Blessings.

Items needed for men and women:

- Warm socks and gloves.
- Toothpaste and toothbrushes.
- Soap, shampoo, deodorant, powder, lotion, etc.
- Hairbrushes and combs.
- Any items a Senior might like in their stocking.



We would also like for you to include Christmas cards with words of encouragement and warm thoughts. These can be homemade or bought, and you can sign them from Wayne County Extension Homemakers. The **Holiday Season** can be a very lonely time for some Seniors. Let's help make their **Holiday Season** an extra special blessing.

***Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*



Military Christmas Brunch Saturday, December 3, 2022



- Breakfast breads, muffins, donuts, etc. are needed for 350 people.
- Please bring to the Extension Office on Friday, December 2nd.
- Please let us know if you can provide any of these items.

Our Adventures Await!!

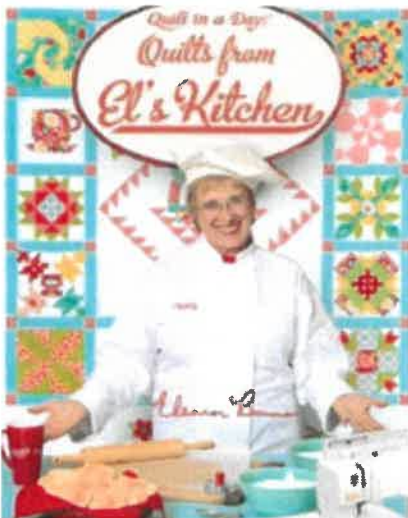
Leader Training: Will be 4th Tuesdays at 5:30 p.m. at the Wayne County Extension Office unless designated otherwise.

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you. Some of these lessons are hands on and require materials and supplies.

Upcoming Lessons:

December - Club Choice

January - Mail Out - Everyone will receive by mail.



In-Stitches Class

The next In-Stitches Class is scheduled for
Wednesday, December 7th @ 10 a.m.

Downstairs Meeting Room at
the Extension Office.

We will be doing the Cherry Basket Block!

Project Helping Hands

Comfort Caps - We are looking for some helping hands to make some comfort caps for cancer patients. We have patterns for comfort caps if you need one. Please let us know if you can help us with this project. Thank you!

A BIG THANK YOU to Pat Nelson and Brenda Dolen for making comfort caps.



Fine Arts Homemaker Program

On October 20th, the Happy Chippers Homemaker Club experimented with routers.

Demonstration was performed by Koger Ramsey.

YouTube Video:

<https://studio.youtube.com/video/kq1T5D36OIs/edit>

Seth Hart,
Program Assistant
for Community Arts





Seth Hart,
Program Assistant
for Community Arts

SCC International Festival

I had the opportunity to instruct a group of kids at the SCC International Festival. Elaine Wilson, the Director of Diversity at Somerset Community College, invited me to teach a medium that both ties in with heritage and how it has been used in various cultures historically. I taught pottery and hand-building skills to a group of 15 students in both middle and high school.



https://www.somerset-kentucky.com/news/scc-international-festival-shows-diversity-as-strength/article_d1cf4ee8-5187-11ed-8417-c752c19d044a.html



Joy McGinnis,
FCS Program Assistant

Gifts From the Heart

The holiday season is a time for remembering family and friends. Gifts don't have to be expensive. Simple things like homemade coupon books or easy-to-put-together recipes can be very special gifts--*gifts from the heart*.

Coupon Books - Give friends and relatives coupons that can be redeemed for services or goods that you can provide. Ideas for coupons might include such things as:

- two hours of free babysitting,
- one dozen home-baked cookies, or
- one hour of free house cleaning.

Recipes - Gifts from the kitchen are always appreciated. Wrap them in colored plastic wrap, aluminum foil or zipper-lock plastic bags. Some products go well in a glass jar. You can top these off with a little ribbon or gift tag. Be sure to attach the recipe with the gift.

Cool Cat Hot Chocolate Mix

- 10-1/2 cups non-fat dry milk
- 1-1/2 cups powdered sugar
- 1 (6 oz.) container dry dairy creamer (like Cremora)
- 1 (16 oz.) container instant chocolate milk mix (like Nestles)



Combine ingredients in a large mixing bowl or pot. Measure out into packages that can be tightly closed. The mix will keep up to one year.

Recipe to include with gift: Use 1/4 cup of mix per 1 cup of hot water. Stir and serve.

Yield: 8 (2-cup) packages. Cost: 97 cents per package. Per serving: Calories 96; fat 1.5 gm; sodium 114 mg.

Kentucky's Best--Nine Bean Soup Mix

Mix together one pound of each dried: black beans, red kidney beans, pinto beans, great Northern beans, lentils, split peas, black-eyed peas, and barley.

Combine all beans, lentils, and barley. Divide into ten packages of 2 cups each.

Recipe to include with gift:

- Mix 2 cups Nine-Bean Soup
- 2 quarts water
- 1 large onion, chopped
- 1 pound ham, diced
- 1 (16 oz.) can tomatoes, undrained and chopped



Sort and wash bean mix; place in a large pot with a lid. Cover with water and let soak overnight. Drain beans; add rest of ingredients except tomatoes. Cover and bring to a boil; reduce heat and simmer 1-1/2 hours until beans are tender. Add tomatoes; simmer 30 minutes, stirring often.

Yield: 10 (2-cup) packages. Cost: 70 cents per package. Per serving: Calories 160; fat 5 gm; fiber 5 gm; protein 11 gm; sodium 380 mg.



Joy McGinnis,
FCS Program Assistant

Gifts From the Heart (Cont'd)

Kentucky Pumpkin Bread

- 3 cups sugar
- 1 cup oil
- 3 cups plain flour
- 3 eggs
- 2 cups (or 1 lb. can) pumpkin
- 1 cup nuts, chopped
- 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. salt
- 1 tsp. cloves, ground



Cream eggs, oil, and sugar together. In a separate bowl, blend dry ingredients. Then add creamed mixture and pumpkin to dry ingredients. Mix well. Grease and flour two loaf pans. Bake at 350 degrees for one hour or until done.

Yield: 2 loaves. Cost: \$1.32 per loaf.

Per slice: Calories 282; fat 13 gm; fiber 1.4 gm; sodium 120 mg.

Prepared by: *Kathy Daly-Koziel, M.H.P., R.D., L.D., State EFNEP Coordinator*

Highlights from the 38th Annual Christmas Village



Merry Christmas

PHOTO CONTEST

THEME: Wayne County Winter Scenes

- **Submit Photos - February 1st-5th**
- **Voting will begin February 7th until midnight February 13th via Facebook: Wayne County Cooperative Extension Family and Consumer Sciences**
- **Winners will be announced February 14th.**
- **Winners will be determined by the number of "Likes" the photo receives before midnight EST on February 13th.**

Photos are limited to:

- **Pictures MUST fit theme.**
- **Pictures may include animals, landscape scenery, and/or buildings (NOT People- NO recognizable faces!)**
- **Day/nighttime settings.**
- **Non-professional work.**
- **Pictures ONLY taken by submitter.**
- **1 Picture per person.**
- **One high resolution digital copy.**
- **Pictures may be used in a calendar or other Wayne County Extension Homemaker promotions. Pictures will become property of Wayne County Extension Office once entered and can be used in any Extension or county promotion.**
- **Please email photo entry to Vicki McDonald at vicki.mcdonald@uky.edu or stop by the Extension Office from 8:00 a.m.-4:30 p.m. to have your photo scanned if you don't have a digital copy.**



Prizes:

- 1st Place - \$25**
- 2nd Place - \$15**
- 3rd Place - \$10**

We look forward to seeing all the beautiful photos!



Do you enjoy being creative and making crafts?
Would you like to be part of an exciting new group that
will meet each month to make crafts?

This will be the group for YOU!!

Organizational meeting will be January 11th at 2:00 p.m.
Downstairs Meeting Room

We will have a quick craft and organize our group. We will plan the day and time each month the group will meet. We will also name this group. *(There will be a special prize for the person who gets the most votes for the name selected for the club!)* We will plan for the upcoming month's craft. Come with all your creative ideas!

This group will be a brand-new Extension Homemaker Club! Since we are starting in January, anyone who is brand new to Wayne County Extension Homemakers will need to fill out an enrollment form at the meeting and pay dues (normally \$10), which will be prorated for this program year (July 2022-June 2023) for \$1. GREAT fun, fellowship, and crafting galore. What a DEAL! If you are already a Wayne County Extension Homemaker, you are good to go.

Please call and let us know if you will be attending so we can have your craft kit prepared for you.





Executive Homemaker Council Meeting - January 5, 2023 @ 5:00 p.m.
County Homemaker Council Meeting - January 12, 2023 @ 5:30 p.m.
Martin Luther King, Jr. Day - January 16, 2023 - Office will be closed.
Wayne County Cultural Arts Contest - March 1, 2023 - More details soon!

Soup Contest & Event Fundraiser
Saturday, February 11, 2023

Planning Committee meets Thursday, December 8th, at 5:00 p.m. in the Downstairs Meeting Room. We need one committee member from each club and Executive Council Officers to attend please.



For the Love of Chocolate Class
Tuesday, February 7, 2023 @ 10:00 a.m.

Wayne County Extension Office
Upstairs Meeting Room

Get ready for Valentine's Day!

We will be learning how to make Chocolate Bombs!

YUMMMM...Delicious!

Please register by February 6, 2023.

Yard Sale Fundraiser
Saturday, April 1, 2023

Wayne County Extension Office

Mark your calendars and start thinking about cleaning out those closets and storage areas and buildings.

More details coming in the Spring.





2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza - Louisville, KY

Theme: Let's Take a Hike with KEHA

For more information, contact Debbie Shepherd or visit:
keha.ca.uky.edu/content/state-meeting-information

The Wayne County Extension Office
will be closed from December 26, 2022 through
January 2, 2023 for Christmas and
New Year's Day. Our office will reopen on
Tuesday, January 3, 2023.
Wishing you a wonderful holiday season!



Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 12

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THIS MONTH'S TOPIC:

ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.



LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.

UNDERSTANDING YOUR "ESTATE"

After your death, the **full contents** of your estate must be distributed. This includes all the items you cherished within it (*and even some you didn't cherish*) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes **everything** you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. *Everything.*



YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an *asset distribution plan* or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the **Possession** column, list each item or group of items you find. In the next column, indicate the **Recipient** you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the **Reason** column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a **Distribution Method**, such as gift, sell, or donate.

LETTER OF LAST INSTRUCTIONS

Consider attaching a *Letter of Last Instructions* to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Transferring Cherished Possessions*, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

ADDITIONAL RESOURCES:

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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