

November / December Homemaker Newsletter 2011

**Cooperative
Extension Service**
Caldwell County
1025 U.S. Hwy. 62 W.
Princeton, KY 42445
(270)365-2787
Fax: ((270)365-2085
www.ca.uky.edu/ces

Christmas on the Side

Christmas on the side – a journey through the Land of Enchantment. Dr. Ann Vail led 26 FCS agents, specialists, and others on a Diverse Families Study Tour in New Mexico this past September. We had such an awesome adventure that we would like to share what we learned with you! Therefore, District 7 FCS agents will present *Christmas on the Side* on Monday, December 5 at the UKREC in Princeton. Registration will begin at 9:30 with the program beginning at 10:00. The fee, which includes a catered lunch, is \$10 and is due to the Extension Office by November 20. Make checks payable to Caldwell County Extension Homemakers. Pre-registration is required. Dr. Amy Hosier will share a glimpse of New Mexican culture and compare day-to-day life with that of Kentucky families. A food demonstration sharing traditional New Mexican foods and a hands-on New Mexican heritage craft using wool felt will also be part of the day. A beautiful slide show depicting what was seen and learned on the tour will be presented as door prizes are distributed.

Why Christmas on the side? Chiles are the state's top cash crop and New Mexico ranks first in the amount produced and acreage planted. As we traveled across the state, we quickly learned that in restaurants everywhere, chiles were a staple on the menu and were included in everything from eggs to potatoes. The question most often asked when ordering food was red or green? We were told the safe answer should always be, *Christmas on the Side*. Come join us for a fun-filled day & learn more about the great state of New Mexico as we share our adventures with you.



Upcoming events in 2012

January 9

10:00 am - Homemaker Training
11:30 am - Homemaker Executive Council
Paglias

January 12

10:00 am - Homemaker Council Meeting

February 1

10:00 am - Homemaker Training

February 23

Cultural Arts - UKREC



Cultural Arts

It's not too early to start working on projects for the 2012 Cultural Arts Contest. The Event will be held Thursday, February 23 at the UKREC. We would like to see participation from each club.



Rhonda Jewell
Caldwell County Agent
for 4-H Youth Development



COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture



Medicare Open Enrollment Period

Health insurance coverage is a top priority for many people. Medicare is health insurance available for people over the age of 65 as well as those under the age of 65 with certain disabilities. The primary Parts of Medicare are A, B and D. Part A is known as hospital coverage and assists with expenses for inpatient care and skilled nursing facility, hospice and home health care. Medicare Part B is general medical insurance which assists with expenses associated with doctors' visits, outpatient hospital care and home health care. Part B also covers some preventative medical services. Part D is Medicare prescription drug coverage. You also have the option to enroll in the Medicare Advantage Plan, or Part C, which is offered by private companies approved by Medicare. The advantage plan normally includes Parts A and B as well as additional benefits such as vision or dental insurance. The majority of advantage plans will also include Part D.

If you or a loved one currently receive Medicare benefits, it is important to know that Medicare health and prescription drug plan costs and coverage can change every year. You should review your Medicare plan on a yearly basis to ensure that it meets both your medical and financial needs. The fall open enrollment period for 2012 is October 15 through December 7. It is important that you review the changes in Medicare for the New Year prior to this time period so that you can compare available coverage options. Your new coverage will begin on January 1, 2012. If you retain your same plan from 2011, new costs and coverage will also begin January 1, 2012. There are also other enrollment periods in which you may be eligible to enroll; your local Social Security office will be able to provide you with enrollment guidelines as well as additional information regarding Medicare coverage and benefits. You can learn additional information about comparing Medicare drug and health plans at www.medicare.gov. Medicare.gov is a government resource which maintains up-to-date information regarding Medicare benefits.

Source: Jennifer Hunter, Extension Specialist for Family Finance, University of Kentucky College of Agriculture



Healthy Holiday Eating

The holiday season is a time for enjoying the company of friends and family, a time for frequent parties and social gatherings and a time when high-fat, high-calorie foods are available. As a result, there are many opportunities for putting on extra pounds. Research shows that the average American gains about 1 to 2 pounds during the holidays. Avoiding the family gathering or office party may not be an option, but some careful thought, planning and making some small changes can go a long way in keeping the weight off during the holiday season.

Eat healthy each day

- Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter. Eating a healthy breakfast is a good way to avoid weight gain.
- Increase fruit and vegetable intake. Include a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oil, including fish and seafood.

Eat healthy at parties

- Try not to arrive at a social function hungry as this can lead to overeating. If you are hungry before a party or gathering, have a small snack. This could be as simple as whole grain crackers and cheese, raw vegetables, fruit or low-fat yogurt.
- Do not rush to eat. Spend some time socializing and try not to socialize near the food table. In this way you will avoid unconscious nibbling.

- Decide which food item you will eat, what you will sample, and what you would avoid.
- Practice portion control. Eat slower and use small plates. Place some fruit, vegetables and other healthy foods on your plate.
- Eat slowly and savor each bite.
- Drink water instead of sugar-sweetened beverages.
- Before you go back for seconds wait 10 minutes to see if you really are still hungry.
- Choose one dessert you like best. You can also share a dessert with a friend. You can still enjoy your dessert but have less of it.

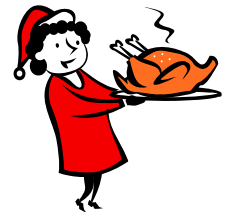
Alcohol contains calories so use in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. It is wise to begin with a calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink.

Traditions are an important part of the holidays and many involve special meals, food and beverages. The American Dietetic Association suggests that we should be realistic around this holiday season. Their advice:

- Don't try to lose weight during the holidays—this may be a self-defeating goal.
- Strive to maintain your weight by balancing party eating with other meals.
- Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Have fun around the holidays. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.

Source: *Ingrid Adams, Extension Specialist in Nutrition and Food Science, University of Kentucky College of Agriculture*



Rethinking Your Wardrobe in a Down Economy

As families face a new economic “normal,” they are shifting toward financial conservatism. This conservative behavior is illustrated by the rise in families who clip coupons, buy store brands, frequent discount stores, and delay purchases. Many family budgets now emphasize essential purchases, reducing debt and increasing savings, and limit treats and luxuries.

Clothing is not exactly a luxury, but it can eat up a large portion of a family budget. To save money, many people are rethinking the items in their closets to come up with creative ways to make clothes last and seem “new.” Follow these tips for basic repairs, maintenance and attentive care to extend the lifespan of your garments.

- Allow shoes to rest in between wearing, and clean them before they are stored. Using a shoe tree will help maintain shape. Store shoes in breathable cotton shoe bags or the cardboard boxes they came in, not plastic, which traps mold and mildew.
- Air clothing after wearing it to let moisture evaporate, wrinkles relax, and naturally deodorize. Minimize washing and dry cleaning to extend the lifespan of clothes.
- Invest in a clothes brush and try airing and brushing your garments to refresh them, particularly woolens.
- Properly store clothes, using appropriate hangers. Promptly remove the dry cleaner’s plastic bag. Leave closet doors open to promote airflow and leave room in each drawer, rather than stuffing it full.
- Get the most out of your clothes washer, using proper water temperatures and settings as well as the correct amount of detergent and whitener.
- Wash soiled clothes promptly to avoid letting stained or soiled areas become permanent. If you cannot wash immediately, pre-treat stains promptly.
- Instead of drying, consider a clothesline. Use it to dry clean clothing as well as to air out woolens, quilts and rugs.
- Ironing can give you a significant savings if you forgo the dry cleaner. Choose “no wrinkle” shirts and easy care, wash-and-dry clothing.
- Learn to mend clothing. Basic repairs and maintenance are quick and easy. Plus, sewing on buttons, snaps, and repairing tears or holes will save money.
- Learn to sew. You will be able to reinvent your wardrobe, revamping collars, hems, sleeve lengths, and even turning shirts into skirts. Your imagination is the limit.



Source: Marjorie Baker, UK Extension Associate, Textiles and Clothing