



# NOVEMBER

## 2022 NEWSLETTER



Jessamine County  
95 Park Drive  
Nicholasville, KY 40356  
(859) 885-4811  
jessamine.ca.uky.edu



## Renew Your Homemaker Membership

Don't forget to renew your Homemaker Membership. County dues are \$10. If you are currently a mailbox member and do not renew, this will be the last newsletter sent to you until you renew.

**Due November 15th**



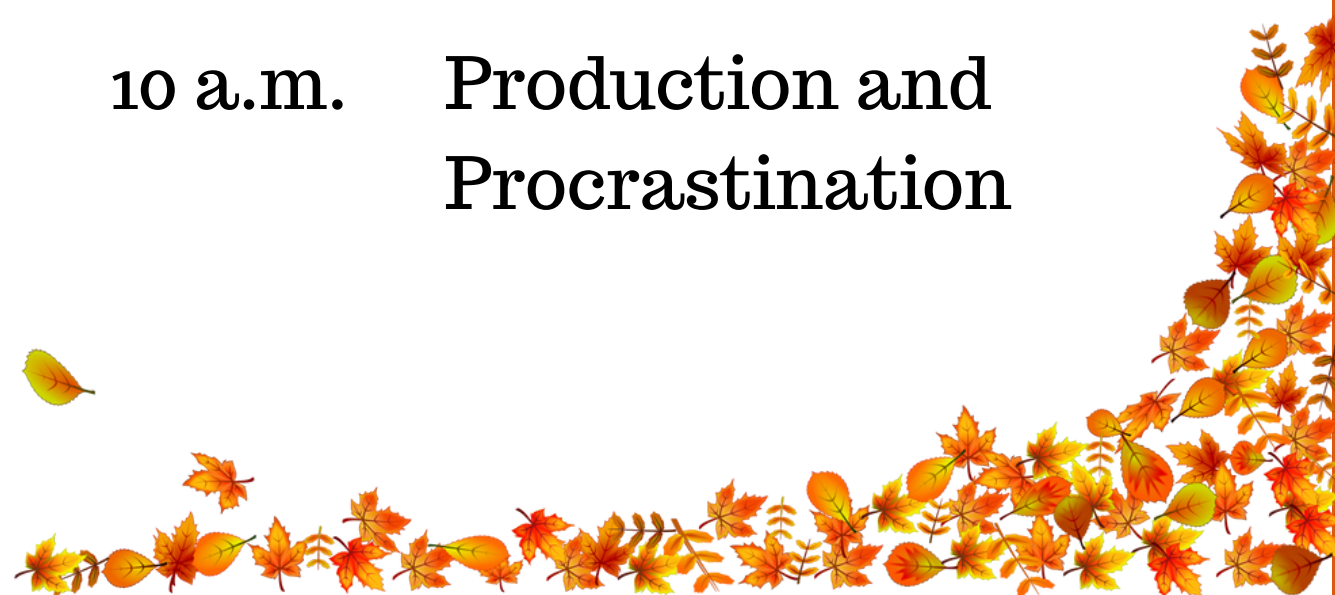
Karli Giles

*Karli Giles*

County Extension Agent  
Family & Consumer Sciences

## Calendar of Events

- |           |            |   |
|-----------|------------|---|
| Nov 7     | 5:30 p.m.  | Homemaker Council                       |
| Nov 14    | 10 a.m.    | Laugh and Learn                         |
| Nov 24-25 |            | <b>Thanksgiving</b><br>Office is Closed |
| Nov 29    | 9:30 a.m.  | Area Homemaker Council Meeting          |
| Nov 30    | 12 p.m.    | Lunch N' Learn                          |
| Dec 2     | 11:30 a.m. | PACE Luncheon                           |
| Dec 5     | 1 p.m.     | Makeup Basics                           |
| Dec 9     | 10 a.m.    | Production and Procrastination          |



## Follow us Online!

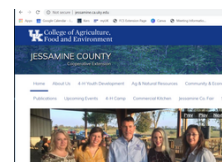
\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



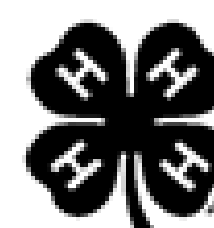
Jessamine County Family and Consumer Sciences on Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all program areas: <http://jessamine.ca.uky.edu/>





## Upcoming Dates

### Homemaker Council Meeting

November 7th, 5:30 p.m.

### Fort Harrod Area Council Meeting

November 29th, 9:30 a.m., Boyle County

## Upcoming Leader Lesson Schedule

### Productivity and Procrastination

December 9th @ 10 a.m.

Jessamine County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent

### Intuitive Eating

January 30th @ 10 a.m.

Jessamine County Extension Office

Taught by Karli Giles, Jessamine Co. FCS Agent

### Mental Health and Stress

February 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Tara Duty, Mercer Co. FCS Agent

### Sweet Swaps

March 23rd @ 10 a.m.

Jessamine County Extension Office

Taught by Maxx Alviar, Anderson Co. FCS Agent

### Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by the Garrard County FCS Agent

## Jessamine County Extension Homemaker Clubs

### Sewing Club

First Saturday of the month, 9:30 a.m. at the Extension Office

### Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

### Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

### Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

### 4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

### Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

### Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

## Fort Harrod Area Homemakers' Annual Meeting

Pictured below are Jessamine County Extension Homemakers who attended the Area Annual Meeting in Lincoln County.





## Piece Quilters Meeting



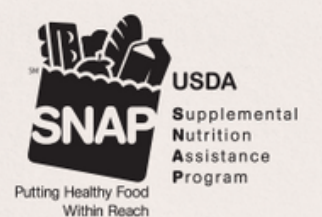
Pictured to the left is the Piece Quilters Club. They meet every Tuesday at 9:30 a.m. in the Ag Center. All Homemakers who have an interest in quilting are welcome to attend the meeting.

## Lunch N' Learn November 30th at 12 p.m. Ag Center C

### SHEET PAN DINNER



### CHEESE AND CORN CHOWDER



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

**Nutrition facts per serving:**  
260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol;

Our last Lunch N' Learn of the year will be on November 30th. We will sample the last two recipes in the Food and Nutrition Calendar.

**PRE-REGISTRATION IS REQUIRED**

To RSVP call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)



# Productivity and Procrastination

December 9th @ 10 a.m.

Jessamine County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent



Productivity in life and work leads to satisfaction and feelings of accomplishment. Procrastination can hinder productivity. Understanding your motivation to procrastinate can enhance productivity. During this lesson, you will identify reasons for procrastination, examine barriers to productivity, develop strategies to combat procrastination and increase productivity, and reframe productive procrastination as prioritization.

## **Teacher Submission Form: It's Sew Fine: Sewing Expo 2023**

It's time to submit a class for the 2023 It's Sew Fine: Sewing Expo. This is an opportunity for garment construction, home dec, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **April 13-14, 2023**. Depending on class structure, accommodations for teachers will be offered at a local hotel. Your class can be full day, half day or if needed 1 ½ days in length.

The deadline for submission is December 1st. Click on the link to go to the submission form.

Submitting an application does not guarantee class selection. Committee will make final class selections.

COOPERATIVE EXTENSION



**Application Link**

<https://tinyurl.com/n8222wyp>



Scan me!

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4-H Youth Development  
Community and Economic Development

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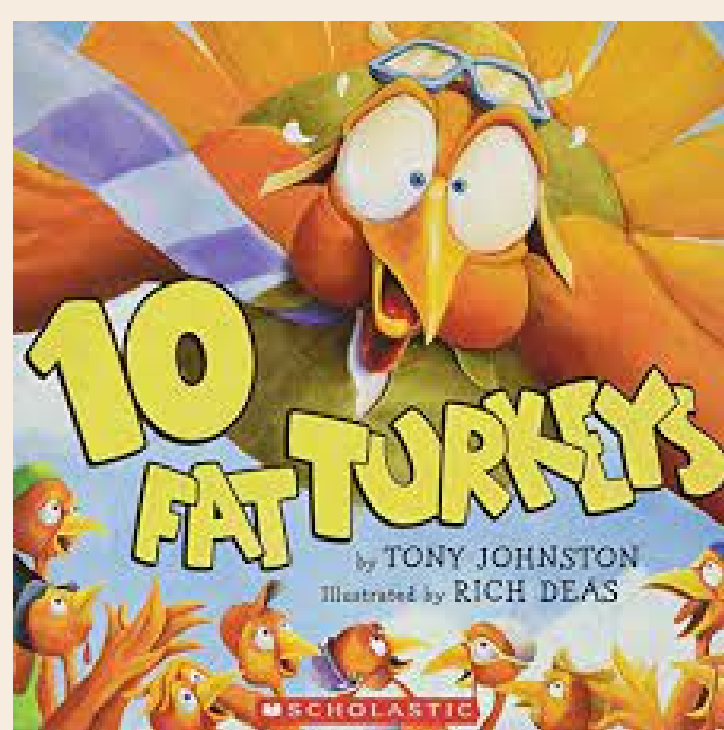


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**November 14th, 10 a.m.- 11 a.m.**  
**Theme: Thanksgiving**

**This month includes...**



**Story Time**



**Snack**



**Craft**

**...PLUS MORE!**

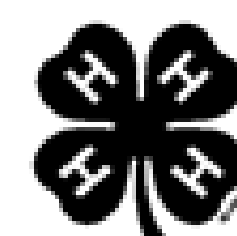
**To register for the November Laugh and Learn play date, call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)**

**Jessamine County Extension Office  
95 Park Drive, Nicholasville, KY 40356**

**A free Laugh and Learn playdate engages your child(ren) in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack.**

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Disabilities  
accommodated  
with prior notification.





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# PACE

Program for All-inclusive Care of the Elderly  
New service in Jessamine County

PACE provides comprehensive services to individuals age 55 and older who need nursing facility level of care but prefer to continue living at home.

Join us for a Lunch & Learn to learn more about their services, benefits, and eligibility.

Friday, December 2<sup>nd</sup>  
11:30-1:00pm

Jessamine County Extension Office  
95 Park Drive Nicholasville, KY 40356

Please RSVP by calling 859-885-4811  
or emailing [karli.giles@uky.edu](mailto:karli.giles@uky.edu)

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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# MAKEUP BASICS



Have you caught yourself going down the beauty aisle and not knowing what to buy? In this session, we will highlight the products you need, the products you can skip, and demonstrate makeup application.

**December 5th @ 1 p.m.**

**Jessamine County Extension Office**

**95 Park Dr. Nicholasville, KY 40356**

**To register call 859-885-4811 or email**

**[karli.giles@uky.edu](mailto:karli.giles@uky.edu)**



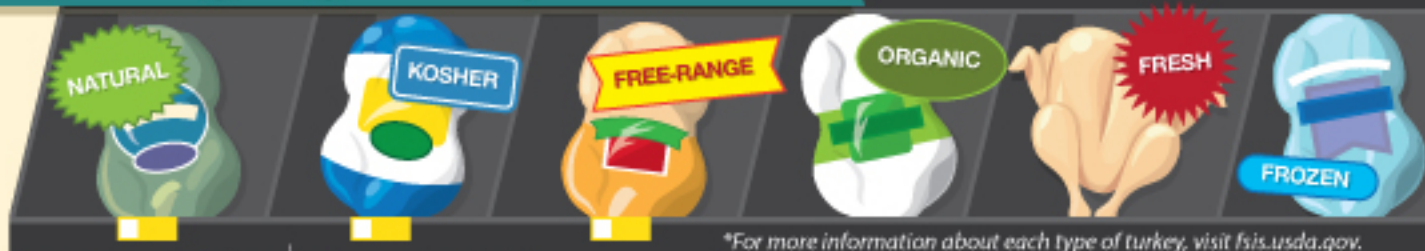




# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

## Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 - 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

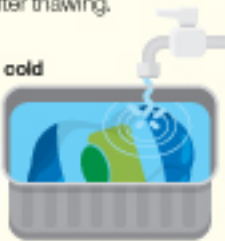
Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.



### Microwave:

Cook immediately after thawing



### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

## DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils  
Plates  
Countertops  
Cutting boards } **SHOULD ALSO BE WASHED**

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! **Cooking is the only way to destroy this potentially dangerous bacteria.**

### SO DON'T WASH YOUR TURKEY!!

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

**Use three places to check the temperature.**

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

**Safe in fridge** 3-4 days

**Safe frozen,** but use within 2-6 months for best quality.

Last day Thanksgiving leftovers stored in fridge are safe.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

**Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!**

FOR MORE INFORMATION:  
Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the **USDA Meat and Poultry Hotline** at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [Pregunteleakaren.gov](http://Pregunteleakaren.gov) for questions in Spanish.



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