



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

Family & Consumer Sciences

NEWSLETTER

November 2017



Holiday Hacks

Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third. Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day. Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

<https://www.cdc.gov/features/diabetesmanagement/index.html>

What's Inside!

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Sarah Congleton,
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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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546





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November

2017

Turkey Trot Challenge

Want to maintain your healthy eating habits and your weight this Thanksgiving?

Join our November Walking Challenge with a team or solo to challenge each other with our app, **FitFaceOff**.

Team Play

1. Create your Fit Face-Off player profile and join a team of your friends.
2. Start earning points for your team by logging your diet and exercise every day.
3. See your team score updated in real time as you work together to defeat your Face-Off opponent!



Solo Play

1. Create your Fit Face-Off player profile and play one-on-one with another player, or in a weekly Face-Off against Wally Cat.
2. Start earning points for yourself by logging your diet and exercise every day.
3. See your score update in real time as you work to defeat Wally Cat in a Face-Off!

<https://www.fitfaceoff.com/#/>

Once registered on Facebook, please let us know you are participating by sharing to our County Extension page, <https://www.facebook.com/MartinCountyCooperativeExtension/> or by emailing Sarah.Sumpter@uky.edu

Fit Face-Off sets you up for success by making it fun and easy to get healthy. You can track your nutrition, activity, progress, journal to share your feelings/success/struggles, track your activity via MAP accessibility, and have access to healthy recipes. With Fit Face-Off and a little friendly competition, you've got the most engaging, motivating, and fun way to get healthy yet!

Winner(s) will receive a nice surprise (fitness/health related)

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Disabilities accommodated with prior notification.



Happy Healthy Playdate Program!

Each session is at Martin County Extension Office. The 2nd Monday of every month from 10am-12pm. FREE for all children ages birth to 5. All children must be accompanied by an adult. Most lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. Parents or Caregivers are given information to encourage healthy lifestyles and to ensure Kindergarten readiness.

October 9

GERMS!
Fruit & Veggies tasting
Hand Wash & Germ Game
Food Safety Info

November 13

Golden Delicious Apples
Taste Testing a Variety of Apples
Hand Turkey activity
Feeding your Children info

December 11

Holiday Celebration
Cookie Decor/Holiday Craft
Holiday Expense Info

January 8

Those Sticky, Icky, Smelly Cavities
Causing, Invisible Germs
Food Group Funny Faces
Monster Mask and Exercise
Dental Care Info

February 12

Whats In A Doctors Bag
Heart Healthy Snack
Your Heart Beat Activity
Visit from Organ Annie

March 12

Green Eggs & Ham
Variety of Veggie Tasting
Green Eggs Science Experiment
Children Vision Info

April 9

The Hungry Caterpillar
Fruit Kabob
Days of the Week, Numbers,
Counting
Egg Hunt (Bring 2 dozen filled
eggs)

Heatstroke Safety Info



May 14

Manners Lesson-Mothers Day
Craft
Heart Wreath
Developing Social Skills Info

June 11

Super Hero Party-Wear Your Fav
Costume with Dad
Rodeo Ron
Calcium/Nutrients info

July 9

Create a Fruit Flag w Foods
Sun Protection Info

August 13

Eating the Alphabet
Taste a Sweet Potato
MyPlate
School Readiness Info

September 10

Sesame Street-Happy Healthy
Monsters
Eat a variety of foods
Physical Activity
Tortilla Pizza



JOIN THE CLUB

Martin County Jr. Homemakers

2017-2018

Want to become
more involved?

Do you enjoy volunteering,
crafting, sewing, cooking, &
lots more?

Contact Sarah Sumpter at
Martin County Extension Office for more information
606-298-7742 or sarah.sumpter@uky.edu

Jr. Homemaker dues are \$10 per year



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Don't Miss the

KEHA

DEADLINE!

Membership Drive

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Age group (*Optional - circle one*): 15-19 20-24 25-34 35-44 45-54 55-64
65-7475+

Race (*Optional - circle one*): White Black Asian/Pacific Islander
American Indian or Alaska Native Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Number of years of KEHA membership (*Please circle one*):

Less than 2 yrs. 2-5 yrs. 6-10 yrs. 11-15 yrs. 16-20 yrs.
21-35 yrs. 36-49 yrs. 50+

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, gender, religion, disability, or national origin.

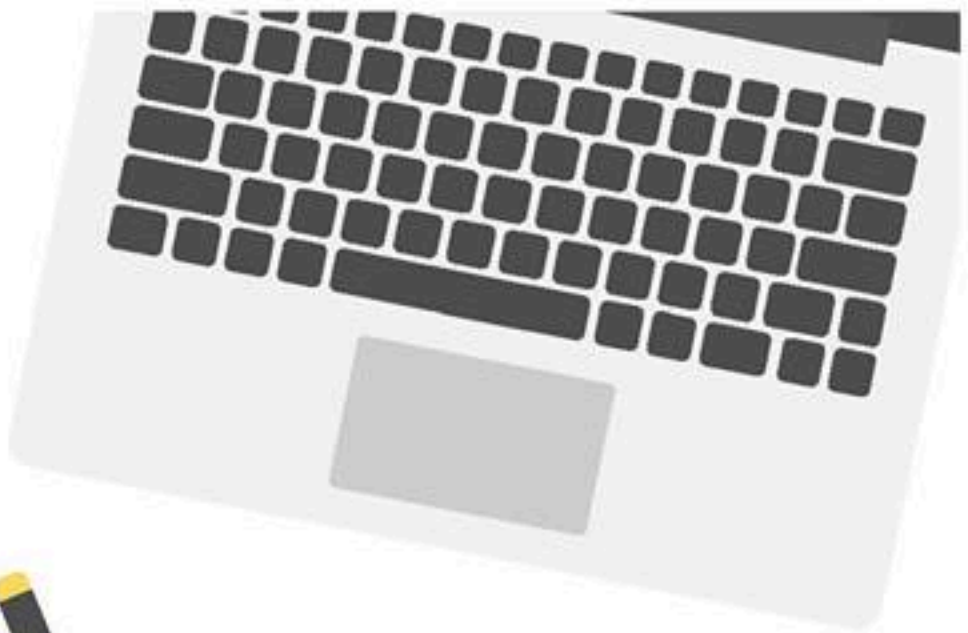
Appendix 11
July 2015

Dues are due by December 1st, 2017

Classes are held at
Martin County
Extension Office!

FREE

Call 298-7742 to register!



#Adulting



University of Kentucky
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Car Stuff 101

November 9th @ 9:00am

Know how to change your oil? Your tire?

Being a Nice Human 101

January 18th @ 9:00am

How do you resolve conflict? Know what fork to use at dinner?

Money 101

December 7th @ 9:00am

Have a budget? Know your credit score? How to write a check?

Sewing 101

January 25 @ 9:00am

Can you sew on a button? Mend a tear?

Cooking 101

January 4th @ 9:00am

Know how to boil an egg? Bake a lasagna?

Getting Organized 101

February 1st @ 9:00m

Keeping up with deadline? Where are your tax statements?

Laundry & Cleaning 101

January 11th @ 9:00am

Know how to get out a stain? Cleaned a filter?

Being a Good Employee

101

February 8th @ 9:00am

Sent an email to your boss? What should you wear to an interview?



ADULT HEALTH BULLETIN

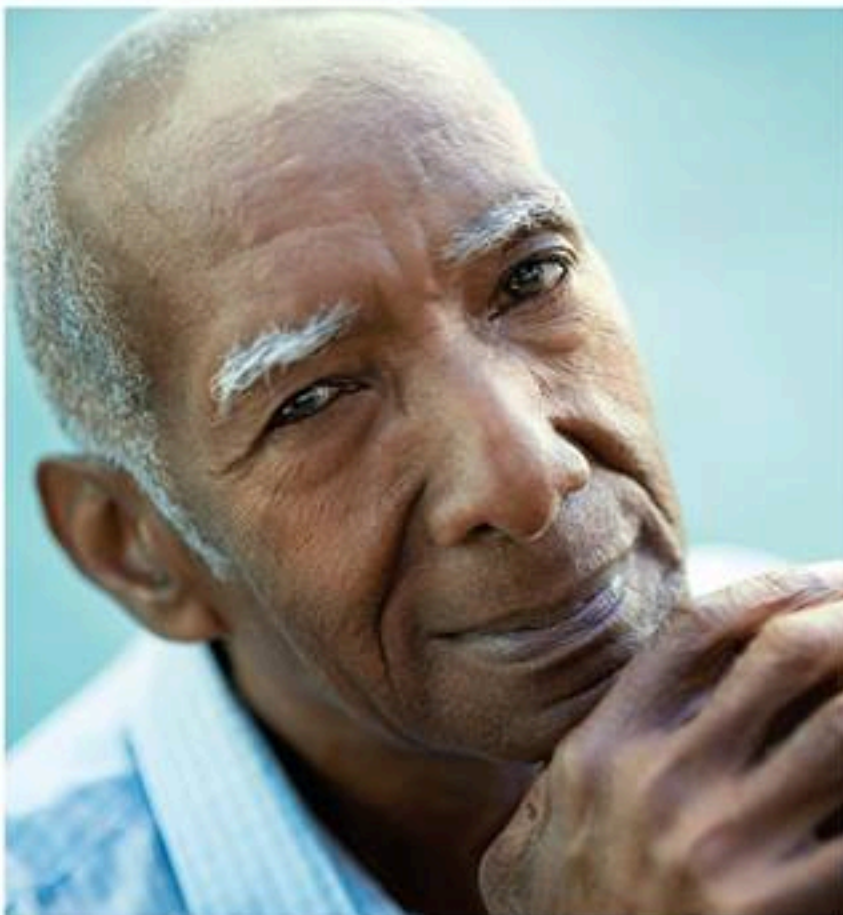


NOVEMBER 2017

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)

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THIS MONTH'S TOPIC: DIABETES



World Diabetes Day is celebrated annually on November 14. World Diabetes Day was created to raise awareness of diabetes, a disease that raises blood sugars. Diabetes can result in problems with other organs and significantly increases the risk of heart disease, stroke and death.

What is diabetes?

Diabetes is a condition where the blood sugar is too high. The body controls blood sugar with the help of a hormone called insulin. People with diabetes don't have enough insulin or can't use insulin well. The body does not use or produce insulin as it should. Produced by the pancreas, insulin is a hormone that is needed to change the sugar in certain foods into energy for the body. The most common form of diabetes in adults is called type 2 diabetes or adult onset diabetes.

Continued on the back 



The CDC estimates that 40.1 percent of Kentuckians age 40-75 are pre-diabetic.

→ Continued from page 1

Different types of diabetes

- **Type 1:** The body's immune system attacks and destroys its own insulin-producing cells in the pancreas.
- **Type 2:** The body begins to become resistant to insulin, a disorder in which the body's cells do not use insulin properly.
- **Gestational Diabetes:** A form of glucose intolerance that develops or is discovered during pregnancy.
- **Pre-Diabetes:** A condition resulting in higher-than-normal blood glucose levels, but not high enough to be diagnosed as type 2 diabetes.

If you have diabetes, you're not alone. Diabetes is a serious condition, but you can still live a long and healthy life! Here's what you need to do.

Symptoms and signs of diabetes

Many cases of diabetes go undiagnosed for long periods of time while causing permanent damage to the body. Some common signs and symptoms include:

- Hunger
- Fatigue
- Frequent urination
- Constant thirst
- Blurred vision
- Tingling, pain or numbness in feet/hands
- Cuts/bruises that are slow to heal
- Weight loss — even though you are eating more (type 1)

Can diabetes be prevented?

Studies have shown that type 2 diabetes can be prevented or delayed by taking care of your body. First, ensure that you are not overweight or obese. If you are overweight or obese, just losing a few pounds and exercising moderately can help prevent or delay the development of diabetes. One of the most important steps is to see a healthcare professional as soon as any symptoms develop and regularly if you have been diagnosed with pre-diabetes or diabetes.

Take care of your body

1. Eat a healthy balanced diet.

- Eat more vegetables and fruit and less candy, sweets, chips and fried food.
- Drink water instead of sugary drinks or juice.
- Cook more meals at home.

2. Add more movement to your routine.

- Exercise for at least 30 minutes a day, five days a week.
- Walk during your lunch break.
- Take the stairs instead of the elevator or escalator.

3. See your doctor regularly.

- Get checked for high blood pressure, A1C levels or abnormal cholesterol levels.
- Do a foot exam to check for changes in feeling and any sores.
- Get your eyes checked once a year.
- Test your urine to check for kidney disease.

4. Other things you can do:

- If you smoke, quit now.
- Brush and floss your teeth every day. See your dentist twice a year.
- Get a flu shot once a year.



As we age, the risk of developing diabetes increases. **Don't wait.** Talk to your healthcare provider to help you make simple changes in your eating and physical activity routines. Early detection and treatment of diabetes can decrease the risk of developing complications.

RESOURCES:

- <https://www.idf.org/wdd-index/about.html>
- <http://chfs.ky.gov/dph/info/dpqi/cd/generalinfodiabetes.htm>
- <http://www.diabetes.org/diabetes-basics/symptoms/?loc=db-slabnav>

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com





Yummy Sweet Potato Casserole

6 medium sweet potatoes	$\frac{1}{4}$ cup low-fat vanilla Greek yogurt	Topping: $\frac{1}{2}$ cup brown sugar	3 tablespoons melted butter
$\frac{1}{2}$ cup maple syrup	$\frac{1}{4}$ teaspoon vanilla extract	$\frac{1}{2}$ cup ground rolled oats	$\frac{1}{8}$ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	$\frac{1}{2}$ teaspoon cinnamon
2 eggs			$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ teaspoon salt			

Preheat oven to 325 degrees F. Peel sweet potatoes and cut into 1-inch cubes. Place sweet potato cubes in a medium saucpan and cover with water. Cook over medium-high heat until tender. Drain and mash. In a large bowl, mix together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. Blend until smooth. Pour into a 13-by-9 inch baking dish. Topping: In a medium bowl, mix the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; blend until mixture is coarse. Stir in pecans. Sprinkle over sweet potato mixture. Bake 30 minutes, or until topping is lightly browned.

Yields: 12, $\frac{1}{2}$ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.



Kentucky Sweet Potatoes

SEASON: The peak season is October through March, however sweet potatoes are available all year in Kentucky.

NUTRITION FACTS: Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-size sweet potatoes with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F oven until soft when squeezed (65-80 minutes).

Boiling: In a 3-quart pan, boil four whole medium-size potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spools of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

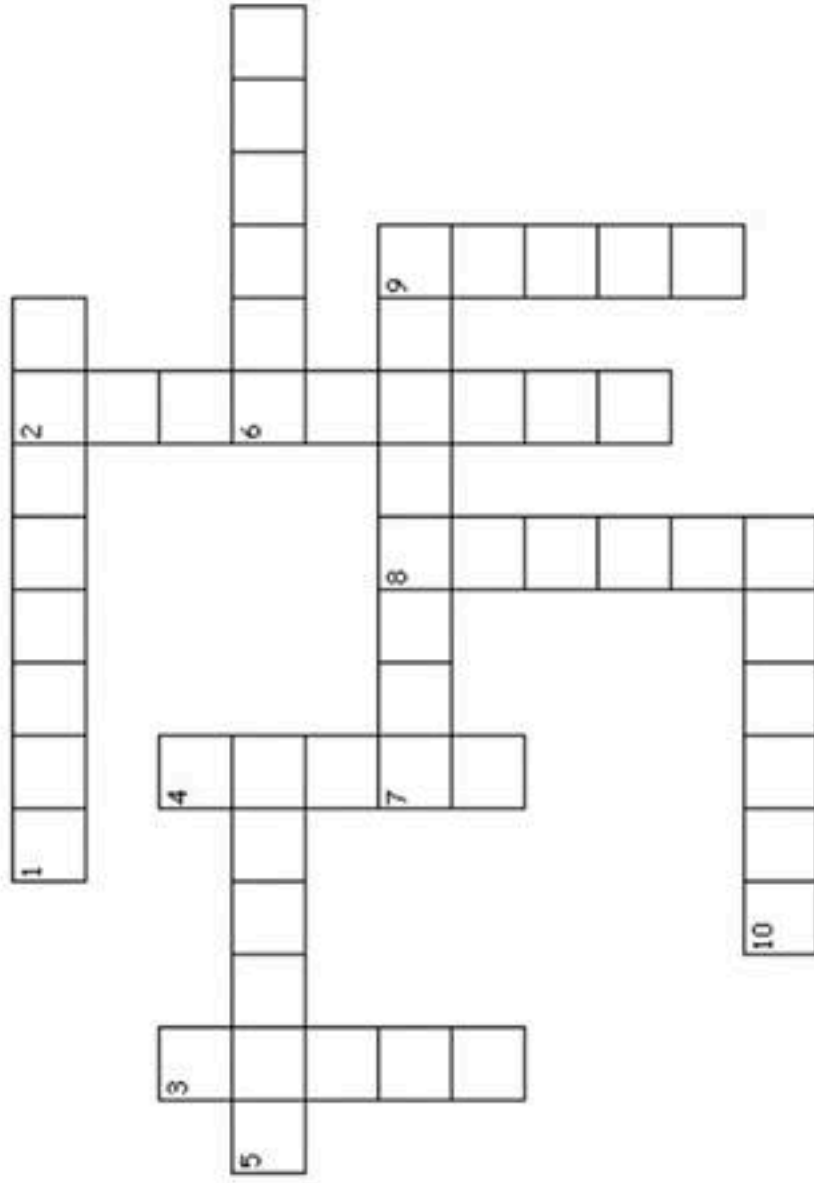
KENTUCKY SWEET POTATOES
 Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Kentucky State University and Human Nutrition students
 September 2017
 Website: www.kyfarmers.com/extension

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. www.kyfarmers.com/extension

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Thanksgiving Crossword

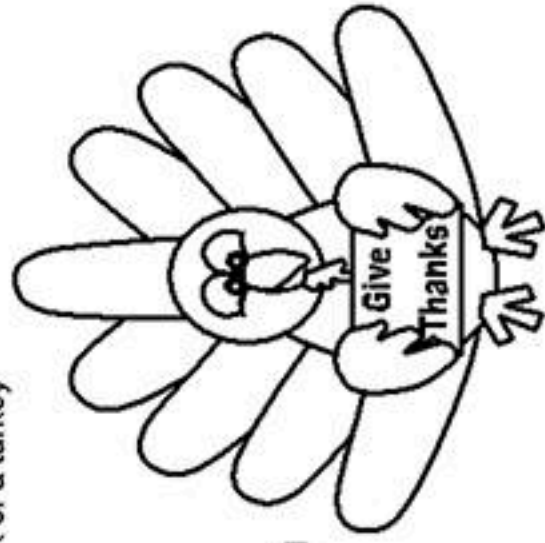


Across

1. people who have migrated to a different land from where they were born
5. reddish growth that covers the throat and neck of a turkey
6. a Thanksgiving time of year
7. fills up the bird and then fills up the people
10. main course at Thanksgiving supper

Down

2. another word for family members
3. another name for corn
4. a celebration including large quantities of food
8. people we visit on Thanksgiving
9. yummy sauce to pour over turkey



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