

Magoffin County Family & Consumer Sciences

 Cooperative Extension Service

November 2024

This year is flying by it seems! We have lots of activities planned for the next couple of months. Our Holiday Vendor Fair is on Friday, December 6, 2024, from 9AM-7PM. If you want to have a table, or know someone who would be a possible vendor, please come to the Extension Office and register. We also will be having our Soup Bean Dinner Fundraiser to support our Homemaker Scholarship on the same day. We are happy to take pre-orders and to deliver in the city limits. You may also eat in and take advantage of the vendors wares and prepare for Christmas. We already have several signed up to sell and I can tell you that we have some great items that will be available. Happy Thanksgiving!!!

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Cathy Sparks

CEA for FCS/4-H
Youth Development
Education



Cooperative Extension Service

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

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Lexington, KY 40506




Disabilities accommodated with prior notification.



HOLIDAY VENDOR FAIR




Friday, December 6th
9 am-7 pm
Magoffin County
Extension Office



Vendors call 349-1236
for a table
\$20 per table

(\$15 Homemaker members)

CRAFTS, FOOD, JEWELRY,
HOME DECOR, AND SO MUCH
MORE!



Come enjoy the vendor fair
and support your local small
business, crafters, and bakers



Cooperative Extension Service

Join us at the
Magoffin County Extension Office for...

The Crochet Club

Wednesdays at 10:00 AM
November 6th
November 20th

Learn new crochet skills
and have a great time
with friends.



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Cooperative Extension Service

PATCHWORK PLAYDATES

TRANSPORTATION

TUESDAY, NOVEMBER 19TH
10 AM-NOON



CRAFT: MAKE A VEHICLE
SNACK: TRAFFIC LIGHTS

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Cooperative Extension Service

UNDERSTANDING SUICIDE

LUNCH AND LEARN

Thursday, November 7, 2024
12:00 PM

Magoffin County Extension Office



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EMBROIDERY CLUB



Join us at the Extension Office for
the Embroidery Club
Wednesdays @ 10:00 AM
November 13th
November 27th

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EXTENSION HOMEMAKER

SOUP BEANS, CORNBREAD, KRAUT & WIENERS
FRIED POTATOES, BROWNIE

\$8.00

10 AM-SOLD OUT

349-3216



SCHOLARSHIP FUNDRAISER
FRIDAY, DECEMBER 6TH

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4-H Youth Development
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Lexington, KY 40506



Don't forget

Pay Your Dues for
Magoffin County
Homemakers

Deadline to pay dues
is November 25th!

They are \$12.00 and you
receive a Homemaker
crossbody/fanny pack
as a gift for paying dues.

DIABETES CONNECTION

Understanding Diabetes Together

NOV 21

Last Meeting
until 2025

DISCUSSION TOPIC:

Diabetes Trivia:
fun, education and prizes!

Join us in person at the Magoffin
County UK Extension Office.
Family and support caregivers are
welcome to attend.

Or join via zoom from anywhere:



10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetessupport



10AM Salyersville

**Magoffin County UK
Extension Office**
@ 115 Rockhouse Road



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



Please encourage your immediate family members to join

PRE-REGISTER
FOR MORE INFO:



606.789.3511
ext. 1229



diabetesarh1@arh.org

QUILT GUILD DATES

MAGOFFIN COUNTY EXTENSION OFFICE

Friendship Quilters

Fridays at 10:00 AM

November 8th & November 22nd

Sew What Quilters

Saturday, November 9th, 9 AM



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COUNTRY HAMS

4-H CLOVERBUDS, 4-HERS AGES 9-18,
AND ADULTS



Orders due by
Friday, Dec. 6th

Call the Magoffin County Extension Office at
606-349-3216 to order your country hams.

- 4-H Cloverbuds and Adult hams, \$50 each.
- State fair 4-H participants ages 9-18, (2) for \$70
- All extra hams, \$50 ea.

ADULT

HEALTH BULLETIN



NOVEMBER 2024

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

Magoffin County Extension Office
15 Rockhouse Frk Road
Salyersville, KY 41465
(606) 349-3216

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page ➔



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There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

➔ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

ADULT
HEALTH BULLETIN

Written by:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

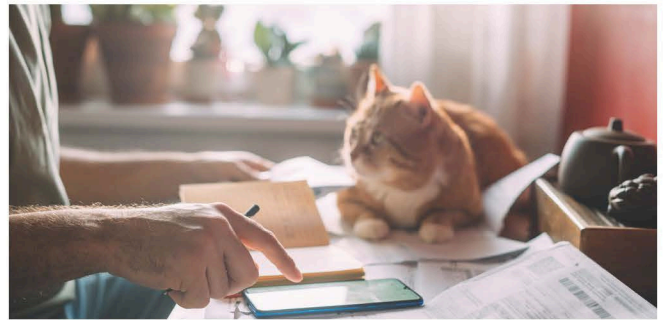
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

Turkey Tips



For many, Thanksgiving dinner is the largest meal we prepare all year, so much time and effort goes into planning. Follow these tips to ensure a safe and delicious turkey at your Thanksgiving dinner.

TURKEY PREP


- **Don't wash that turkey!** It is not recommended to rinse and/or soak raw beef, poultry, pork, lamb or veal. Bacteria in raw meat products and their juices can spread to other foods and surfaces in the kitchen when you rinse them leading to cross-contamination.
- **Separate.** Store turkey on lower shelves in the refrigerator to avoid cross-contamination of other foods. Never place cooked food on a plate that held raw turkey.

THAWING the TURKEY

- When thawing in the refrigerator, allow adequate time. Allow 24 hours for each 4 to 5 pounds of turkey in a refrigerator set at 40 degrees F. (A 15 lb. turkey will thaw in approximately three days.) Place the frozen turkey on a tray to collect any drippings as it thaws.
- To thaw using the cold-water method, thoroughly submerge the frozen turkey in a cold water. Change the water every 30 minutes. Allow about 30 minutes for each pound of turkey. (A 15 lb. turkey will thaw in approximately 7-8 hours.)

COOKING the TURKEY

- **Cook the turkey until it reaches 165 degrees F,** measured with a metal-stem thermometer. Check the temperature in three places: the thickest part of the breast, the innermost part of the wing, and the innermost part of the thigh.
- **It is always safer to cook the stuffing separately.** However, if you choose to stuff your bird the center of the cooked stuffing should reach at least 165 degrees F.

 College of Agriculture,
Food and Environment

*Family and Consumer
Sciences Extension*



The Magoffin County Extension Office will be closed
Tuesday, November 5th, for the Presidential Election Holiday

November 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4	5 Election Day Our Office is Closed	6 Crochet Club 10:00 AM	7 Lunch & Learn Understanding Suicide Noon	8 Friendship Quilters 10:00 AM	9 Sew What Quilters 9:00 Am
10	11	12 Ivyton Hippie Chx 6:00 PM	13 Embroidery Club 10:00 AM	14 All Things Blooming Homemakers 6:00 PM	15	16
17	18	19 Patchwork Playdates 10:00 AM Magoffin CEC Meeting 5:00 PM	20 Crochet Club 10:00 AM	21 Diabetes Support Group 10:00 AM Cooking thru the Calendar- Noon	22 Friendship Quilters 10:00 AM	23
24	25	26	27	28 Office Closed for Thanksgiving Holiday!	29	30

Magoffin County
P.O. Box 349
Salyersville, KY 41465



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	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ 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.