

Hopkins County Extension

Family and Consumer Sciences

**HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES**

75 CORNWALL DRIVE
MADISONVILLE, KY
42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



Happy Holidays!

Please welcome our new Family and Consumer Sciences Extension Agent Amanda Dame. Amanda joins the Hopkins County team with 9 years of experience in Extension. Her first day at the Extension Office was on November 15. Feel free to reach out to Amanda at the Extension Office, by email: amanda.dame@uky.edu or by cell: (859)473-1335.



What's in this issue:

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KEHA State Meeting

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Health Bulletin: Flu Vaccine

Upcoming Dates

DECEMBER 24th-31st Office Closed for Christmas
JANUARY 11th, at 10:00a.m. Homemaker Council Meeting
JANUARY 17th Office Closed for MLK Jr. Day
JANUARY 27th at 4:30p.m. Crochet Class



Classes are listed on our Facebook page and website.

Following us online is an easy way to keep up with [Hopkins County Extension Family and Consumer Science](#)



Amanda Dame

AMANDA DAME

County Extension Agent for
Family and Consumer Sciences



Decluttering Can Be Easy With Small Steps

If you're like a lot of people, you might find that your home or office isn't exactly the neatest of places. Junk mail, papers, magazines and other items could be cluttering up your space. Don't fret and get bogged down, there are many small things you can do to keep your area spruced up.

One of the first things you should ask yourself is "do you really need this?" Everything from our desks to our closets can become filled with things we haven't used since 1987. Start looking for things which you might not need or necessarily even want. Have you worn that outfit in the past year or two? Do you really need that many pens? Do you think that you'll use these in the next few months? These are some good questions to ask yourself when you begin decluttering. Maybe there is even something you have which is broken that can be recycled or trashed. This is a great time to take advantage of thrift stores. Places like Goodwill, Habitat for Humanity ReStore and local churches are always looking for donations.



Gather and sort all like items and put them in their own "zones" or areas where they will be used. This not only makes things look nicer, but it helps save time when you need something like a rubber band or your keys. It is good to think about where you would search for something. If you need an item, where would be the first place you would think to look? This is also a good time to think about labels. If you have others in your house and you want to keep the place tidy, make sure they know where everything goes so reorganizing doesn't have to become a regular activity. Organization tools such as folders, bins and vacuum bags are great for storing items and keeping them squared away. Containers help define "homes" for our items and help set limits.

Make a cleaning schedule and assign certain days certain tasks. For example, maybe Tuesday is a great time to clean the bathroom, Thursday is a great day to dust, and Sunday is perfect for laundry. This is when you can reap the benefits of decluttering: the less stuff you have, the less stuff there is to move, dust or clean.

It is also good to cut down waste before it even enters your house or office. Is this something that you are going to use once, or will you get a lot of use out of it? Many common items can be rented for less than the purchase price of a new one. This is an especially good option if you only plan on using it only a time or two. Determine if you already own something which can be used for the same purpose.

Just remember, once an area is decluttered and organized, spend a few minutes each day putting things away and keeping things tidy. This daily maintenance is much easier than reorganizing or cleaning your area from scratch, thereby preventing bigger hassles and stress down the road.

For more tips on decluttering, contact the Hopkins County Cooperative Extension Service.



try this tasty treat



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

In a large heavy pot, **heat** the oil over medium heat. **Add** the onion and garlic and **sauté** 2-3 minutes. **Add** the carrots, red potatoes and broccoli one at a time; **sauté** each about 2 minutes. **Add** the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. **Cook** 1-2 minutes. **Add** the chicken broth and bring to a boil. **Reduce** heat to low, **cover** pot and **simmer** for 15

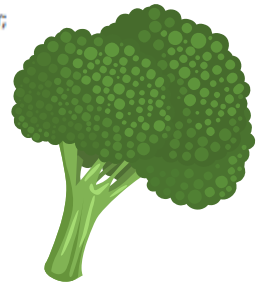
minutes. **Remove** lid and **stir** in the half-and-half. Bring back to a **simmer** and **remove** from heat. **Ladle** into bowls and top with cheese to serve.

Yield: 8, 1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender young, dark green stalks with tightly closed buds. One and one-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To Steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

Source: www.fruitsandveggiesmatter.gov

To Boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To Microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

KENTUCKY BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2014

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs

COOPERATIVE
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SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Homemaker Happenings



Homemaker Group Dates

Happy Homemakers

December 1st at 12:00
Extension Office

Piecemakers

December 7th at 5:00-8:00
December 11th 8:00-3:00
January 8th at 8:00-3:00
January 25th at 2:00-8:00
Extension Office

Needles and Yarn

December 8th at 12:00
Extension Office

stay connected

[Hopkins County Family and Consumer Sciences Facebook](https://www.facebook.com/HopkinsExtensionFCS)

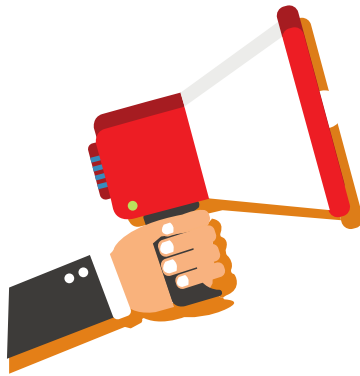
<https://www.facebook.com/HopkinsExtensionFCS>

[University of Kentucky Family and Consumer Sciences Podcast](https://ukfcs.ext.podbean.com/)

Extension Podcast: <https://ukfcs.ext.podbean.com/>

[Check out our county website for information on all program areas](https://hopkins.ca.uky.edu/)

<https://hopkins.ca.uky.edu/>



Hopkins County Homemaker Council Needs You

We are in need of President and Secretary for our Hopkins County Homemaker Council.

If you would be interested in serving in this call the Extension Office at (270)821-3650 or email us at amanda.dame@uky.edu

Our next Homemaker Council Meeting will be held on January 11th at 10:00a.m. at the Hopkins County Extension Office.

CROCHET Class

For beginners, refreshers,
and advanced.



JANUARY 27
FEBRUARY 24
MARCH 24
APRIL 21
MAY 12

HOPKINS COUNTY EXTENSION
OFFICE AT 4:30

Call the Hopkins County Extension
Office at (270)821-3650 to sign up today.

SAVE THE NEW DATE!

2022 KEHA STATE MEETING



MAY 10-12, 2022
OWENSBORO, KY

2022 KEHA State Meeting

May 10-12, 2022
Owensboro Convention Center
Owensboro, KY

Theme: KEHA – We Have You Covered

The lodging room blocks are now open for reservations! Choose either hotel option. Both are located next to the convention center. Both options offer complimentary breakfast and wireless internet.

Make your reservations by April 11, 2022, to secure the conference rate.

Individual reservations can be canceled and/or modified up to 72 hours prior to date of arrival without penalty. Check with each hotel for a more specific cancellation policy.

We hope you will join us in Owensboro!

Where to Stay

Hampton Inn & Suites Downtown
Waterfront

401 W. 2nd Street, Owensboro,
Kentucky 42301

270-685-2005 (reference the KEHA
Conference)

Standard Room \$129 + Tax
(1-4 people)

Holiday Inn Owensboro Riverfront

701 West First Street,
Owensboro, KY 42301

(270) 683-1111 (group code EXT for
conference rate)

Standard Room \$134 + Tax
(1-4 people)

Annual Complaint Statement To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257- 3879. At the University level, Terry Allen and Patty Bender in the UK Office of Institutional Equity and Equal Opportunity (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).



Winter Games

Challenge your club to participate in these winter games. Include on to two that makes you get up and get moving. Here are a few you can choose from, or create your own!



1. Winter Charades: Let the members choose an idea or words, write it on a slip of paper, and place it in a hat as they arrive for your club meeting. The word must be related to winter. Use words such as Santa, Snowman, Sleigh Ride, and Ice Skating. Member will then take turns drawing a slip of paper out and acting it out. Use a time limit such as 3- minutes per person to move the game along.

2. Snowball Relay: All you need for this game is a bag of cotton balls, buckets filled with cotton balls at a starting line and some that are empty several feet away. Members can be divided into teams and will take turns scooping out the cotton balls with spoons then carrying them to the empty buckets. The team who gets the most cotton balls into the buckets is the winner.

3. Unwrap the Present: Have 3-4 boxes prewrapped to bring to your club meeting. Also, bring the same number of winter mittens or oven mitts. choose volunteers. When the starter says "GO", the player puts on the gloves and unwraps the present. If doing the game as a group switch players each 15-20 seconds. First person or team to unwrap the present wins.

Thought for the Month

"May you never be too old to search the skies on Christmas Eve."

-unknown

Roll Call

tell about the fondest memory of snow.



ADULT

HEALTH BULLETIN



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



DECEMBER 2021

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

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THIS MONTH'S TOPIC: GET YOUR FLU VACCINE



Have you received your annual flu shot yet? National Influenza Vaccination Week is Dec. 6 -12. It is a reminder to all Americans 6 months and older to get their annual flu vaccine if they have not already. Influenza, known as the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

In the United States, flu season is the fall and winter. While influenza viruses spread year-round, most of the time flu activity peaks between December and February. Depending on the year, flu can stick around until early spring. This year, in the midst of the COVID-19 pandemic, it is more important than ever to get your vaccination. This protects not only yourself and others from the flu, but also helps save medical resources for COVID-19 patients. People who are at a higher risk of serious flu complications include older adults, young

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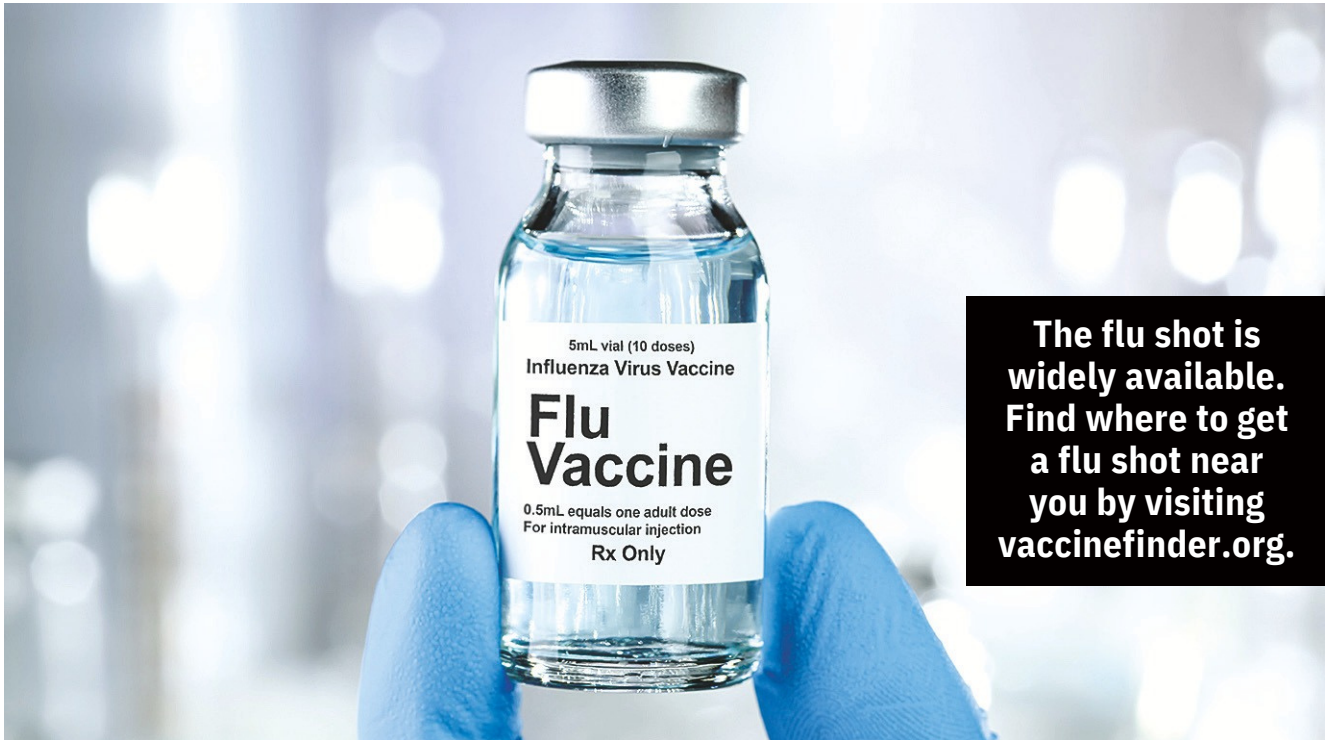
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of 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.

Getting an annual flu vaccine is the best way to help protect yourself against the flu.



➔ Continued from page 1

children, and those with preexisting health conditions. The good news is that everyone 6 months of age and older qualifies for a flu vaccine every season with rare exception.

Flu symptoms often include:

- coughing
- fever (not everyone with flu will have a fever)
- headache
- muscle or body aches
- sore throat
- runny or stuffed-up nose
- fatigue
- vomiting and diarrhea

(more common in children than adults)

Here's what to do if you get sick with the flu:

Do not risk spreading the flu to others. Stay home and avoid close contact with others until your fever has been gone for at least 24 hours without help from over-the-counter medicine. Contact your health-care provider if symptoms

continue to get worse. Most people who get flu will recover on their own in a few days to two weeks. Some people will experience severe complications, requiring hospitalization.

Getting an annual flu vaccine is the best way to help protect yourself against the flu. There is still time to protect yourself and your loved ones from the flu. And now it is more important than ever. Flu shots are safe and effective at reducing flu illness, hospitalizations, and death. It usually takes about two weeks for your body to develop immunity to influenza, so make a plan to get your flu shot as soon as possible!

The flu shot is widely available. Find where to get a flu shot near you by visiting [vaccinefinder.org](https://www.cdc.gov/flu/resource-center/nivw).

REFERENCE:

<https://www.cdc.gov/flu/resource-center/nivw>

ADULT
HEALTH BULLETIN

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