

NEWSLETTER

NOVEMBER 2022

October Recap



For KEHA Week, the Homemakers hosted a membership drive for anyone that wanted to stop by and enjoy some lunch from Joe Creason and learn about KEHA. We had a good turn out and hope to do something similar next year!



HAPPY THANKSGIVING

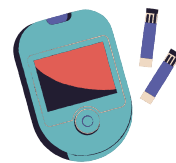
November 24th is Thanksgiving Day, so I thought that it would be a good idea to say that I am thankful for all the individuals that I have met throughout this position and in the community. Below are some craft options that you could do by yourself or with your family to get you in the Holiday spirit. If you decide to create any of these, tag Green County Family and Consumer Sciences on Facebook.



Fabric Christmas Trees,
Snowmen, Melting Snowman
Wood Circles, and
Embroidered Hoops



National Diabetes Month



November is considered National Diabetes Month. This month holds a special place in my heart because both of my younger siblings actually have Type 1 Diabetes.

According to "The American Diabetes Association" there are three different types of diabetes, those are Type 1, Type 2 and Gestational.

<https://diabetes.org/diabetes>

Type 1 Diabetes which was once known as juvenile diabetes is a chronic condition in which the pancreas makes little to no insulin. Insulin is the hormone that the body uses to allow sugar to enter the cells to produce energy.

<https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011>

Type 2 Diabetes which was also known as the adult-onset diabetes is a long-term condition in which too much sugar is circulating in the bloodstream. This can be managed through diet and exercise but may require medication.

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>

Gestational Diabetes is diagnosed for the first time during pregnancy which causes high blood sugar that can affect your pregnancy and your baby's health. This can be controlled through eating healthy, exercising, and taking medication if necessary.

<https://www.mayoclinic.org/diseases-conditions/gestational-diabetes/symptoms-causes/syc-20355339>

Lake Cumberland District Health Department is offering a Diabetes Self Management education Class via Zoom on November 7th, 14th, 21st, and 28th from 1pm to 3:30pm. If you are interested in attending that online class call 800-928-4416. I have attached a publication that goes a little more in depth about Diabetes in Kentucky. It is recommended that you should get a regular doctor's check up and have them test you for Diabetes if you have any concerns at all. The URL below should directly take you to the registration for these online courses.

<https://www.lcdhd.org/services/diabetes/register-now-for-diabetes-education/>





November 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	1	2	3 Cooking from the Calendar at 12	4	5	6
7	8	9	10	11	12 Holiday Bazaar 9a-2p	13
14	15	16	17	18	19	20
21	22	23	24 Office is Closed	25 Office is Closed	26	27
28	29	30 Creating and Maintaining Family Traditions with Hands on Candle Making Lesson 11a-1p		Lesson Leader Trainings will be sent to club presidents		December Events: -Jam and Jelly Lesson December 8 9am-11 am in office

**UK CES Green County
 298 Happyville Road
 Greensburg KY 42743-9498**

RETURN SERVICE REQUESTED



Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	¼ teaspoon salt	½ cup unsweetened applesauce
½ teaspoon baking soda	1 egg	1 pear , peeled, cored, and diced
½ teaspoon ground cinnamon	½ cup buttermilk	

Preheat oven to 375 degrees F.
Grease 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.
Yield: 12 muffins. Serving size, one muffin.
Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

Diabetes in Kentucky

General Diabetes Information

In 2005, approximately 8.9 percent of Kentucky's adult population had been diagnosed with **diabetes**. **Diabetes** is the number one cause of disability for Kentuckians and the fifth leading cause of death by disease. Among the 50 states, Kentucky ranks seventh for having the highest number in the adult population diagnosed with **diabetes**. The cost of **diabetes** in both life and medical care is alarming. In 2002 approximately 2.9 billion dollars was spent on treating **diabetes** in Kentucky. Preventing this catastrophic disease is a priority. An estimated 40.1 percent of Kentuckians (adults aged 40 to 74) have pre-diabetes and may develop type 2 **diabetes** within 10 years if they do not change lifestyle habits. Identifying those at risk for **diabetes** is one of the keys to reducing both the disease and cost of this disease in Kentucky.

What is diabetes?

Diabetes is a group of chronic, metabolic diseases that result in high levels of glucose (sugar) in the blood. These high levels of sugar can also spill over into the urine. This is a disease resulting from the body's inability to use and/or produce **insulin**. **Insulin** is a hormone that helps the glucose in the blood enter the body's cells, where it is either used immediately for energy or stored for later use. Without **insulin**, the blood glucose builds up in the bloodstream and cause damage to the heart, blood vessels, eyes, kidneys, and nerves. **Diabetes** is a systemic disease, meaning it can affect many body systems. There are three major types of **diabetes**: type 1, type 2, and gestational. These series of fact sheets will address three types of **diabetes**, provide signs and symptoms of **diabetes**, give risk factors for **diabetes**, and provide tips for prevention of **diabetes**. Pre-diabetes will also be discussed.

What are the signs and symptoms of diabetes?

- Frequent urination (having to go to the bathroom more often than usual for no apparent reason).
- Excessive thirst (even after drinking an adequate amount).
- Fatigue (feeling tired).
- Extreme hunger (when you normally should not be hungry).
- Unusual weight loss (not explained by dieting or increased physical activity).
- Blurred vision resulting from fluid leaking into the lens of the eye from elevated blood glucose. This condition causes the lens of the eye to swell making it unable to focus properly. This condition may occur at the onset of diabetes or during periods when blood glucose fluctuates. It passes with time or when blood glucose levels decrease.
- Dry, itchy skin.
- Tingling or numbness in feet (may be a sign of damage to the blood vessels or nerves in your feet due to undiagnosed or untreated **diabetes**).

These signs and symptoms may indicate **diabetes** (although you may have no signs and symptoms). Your health care provider is the **ONLY ONE** who can make the diagnosis. **DO NOT** rely on symptoms only.

Complications of diabetes

The commonly recognized complications include:

Heart and blood vessel disease

- Is the leading cause of death in **diabetes**.
- May also result in high blood pressure and stroke.
- Can also cause damage to the blood vessels, especially in lower legs and feet.
- **Atherosclerosis** or thickening of arteries.

Kidney disease (nephropathy)

- Most common cause of end-stage kidney disease.

Nerve disease

- Damage to the nerves, especially in the lower legs and feet. It is the most common cause of non-injury amputation in those areas.

Skin diseases

- Diabetic **dermopathy** or light brown scaly patches on the skin due to changes in the small blood vessels in the skin. Seen most often on the front of legs (one or both). Do not cause pain, itching, or skin breakdown.
- **Stye** (infection in the glands of the eyelid).
- Boils.
- Infections of hair follicles.
- Athlete's foot.
- Ringworm.
- Vaginal infections that cause itching.
- Generalized skin itching.

Gum/oral disease

- Tooth decay.
- **Periodontal** (gum) disease.
- Taste impairment.
- Poor functioning of salivary glands (glands that secrete saliva in the mouth).

What are the risk factors for diabetes?

Being:

- Overweight.
- Over 45 years of age.
- Physically inactive.
- A member of high risk ethnic group (African-American, American Indian, Hispanic, Asian-American, or Pacific Islander).

Having:

- A family history of **diabetes** (mother, father, brother, sister, or grandparents).
- An **HDL** (good cholesterol) less than 35.
- **Triglycerides** greater than 250.
- A history of pre-diabetes.
- Conditions associated with insulin resistance such as **polycystic ovary syndrome** and **acanthosis nigricans** (a skin condition that commonly occurs around the neck or in skin folds and appears thick and dark).
- Or had a history of vascular disease.

Had:

- **Diabetes** during pregnancy and/or baby greater than 9 pounds.

How to prevent diabetes?

- Know your risk factors.
- Modest weight loss (5 to 7 percent).
- Maintain a healthy weight.
- Change your eating habits by making healthier choices. Eat more fruits and vegetables and eat fewer foods high in fat.
- Increase physical activity. If you are not currently in a physical activity program, begin one. Get up and get moving. Participate in 30 minutes of physical activity every day. It is important to check with your doctor before beginning a physical activity program.
- Have regular doctor checkups.

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Kentucky Department of Public Health (2005) Impact of diabetes on the Commonwealth of Kentucky. Available online at <http://chfs.ky.gov/NR/rdonlyres/6C9E500DE-C771-4305-BDE1-ACA63E9DA972/0/BurdenDoc05.pdf>.

This is a publication in a five-part series on diabetes. Other publications in this series are:

- Pre-diabetes: HSW-PAR.815
- Type 1 diabetes: HSW-PAR.816
- Type 2 diabetes: HSW-PAR.817
- Gestational diabetes: HSW-PAR.818

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

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