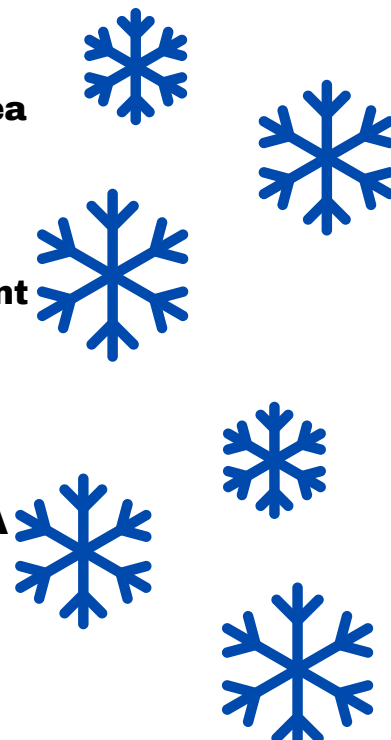




Important Dates:

- December 1 Membership dues due to county treasurer**
- December 12 Cooking with the Calendar 10:30 a.m.**
- December 15 County dues due to the State KEHA Treasurer & Area Treasurer**
- December 23rd-January 1st: Closed for holidays**
- December 31 County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see KEHA Manual Appendix page 17).**
- December 31 State dues delinquent if not paid by this date (lose voting rights at State Meeting).**
- December 31 Cutoff date for funds submission for fundraising recognitions for Ovarian Cancer Program, Coins for Change, KEHA Clean Water Project, KEHA Scholarship Challenge, etc.**
- January 8 Bingocize begins 1:00 p.m.**
- January 9 Cooking with the Calendar 10:30 a.m.**
- January 15th: Closed in honor of Martin Luther King Day**



FRIENDSHIP CLUB NOTE

Friendship club will start meeting on 2nd Thursday of each month at 1:30 at the McLean County Extension Office starting in January 2024.

AGENT'S CORNER



Kelly Bland

McLean County Extension Agent for Family and Consumer Sciences

I don't know about you, but winter weather causes me to dream of warmer temps and beachy destinations! In November, I took my very first Mother/Daughter trip with my daughter, Rosemary. For those of you who may not know, I LOVE to cruise! For Rosemary's birthday earlier this year, I gifted her with a cruise to the Bahamas. We had the BEST time! We cruised out of Jacksonville to Nassau and Princess Cays. We snorkeled and saw the biggest starfish I've ever seen, along with many colorful fish. One of our sea days on the ship, Rosemary and I got to go behind the scenes of the cruise ship and toured the Galley, Laundry, Command Center, Behind the stage, and up to the Bridge (we even met the captain!). That was the most interesting tour I've ever been on! That was my last vacation of the year, and now we move into my MOST FAVORITE holiday, Christmas! I love the entire season! The lights, the music, the decorations, everything that makes up the spirit of Christmas! I hope you all have a Merry Christmas and a Happy New Year! Much love to each of you!



McLean County Homemaker Connection

BGG Club Update: November Edition

Greetings BGG members! Here's a quick update on our recent activities and upcoming events:

- Dues Reminder:** We're in the final push to submit our dues to the extension office early. Let's make it a smooth process!
- Coins For Change Success:** The BGG has collected \$60 through Coins for Change and added a generous \$40 donation, totaling \$100 earmarked for God's House of Hope.
- Upcoming Meet-up:** On December 12, we'll gather at the extension parking lot at 3 pm, then head to the Methodist church parking lot in Beech Grove at 3:15 pm before heading to Henderson to enjoy a meal at Hometown Rootson. Interested? Call or text Sharon so Carla can get an accurate head count.
- Support for Teresa Young:** Keep Teresa Young in your thoughts and prayers as she undergoes surgery on Monday, November 27.
- Next Meeting:** Save the date for our next meeting on January 9, 2024, at noon at the extension office. Don't forget, dues must be in by December to maintain standing membership for 2024 (\$15).
- Annual Day 2024:** Mark your calendars for April 11, 2024! Our theme is "Homemakers Sewing Through the Years...1913-2024," featuring speaker Brenda Pinkston. Stay tuned for more details.
- Ovarian Cancer Fundraiser Success:** Kudos to McLean County for raising \$1,000 for Ovarian Cancer this year. Great job, everyone!

Wishing you all a wonderful Holiday! Sharon

Meeting Dates:

December 12th: Friendship Meeting at 6:00.

December 14th: BGG Meeting at Noon

Please Join Us

Farm to Fork Dinner

Date	Time
12-05-2023	5:30 Social Hour 6:00 Dinner

Myer Creek Park

PROCEEDS GO TO:

GOD'S HOUSE OF HOPE

Tickets will be available at
McLean County Extension Office

**TICKETS
\$25.00 EACH**

For more information call us at
270-273-3690

Exercise and

BINGO!

**SAVE THE DATE!
Monday and Thursday
for 6 weeks!**

January 8th, 11th, 18th, 22nd, 25th and 29th.
(No meeting on Monday January 15th in
observance of Martin Luther King Day)
February 1st, 15th, 8th, 12th and 15th.

1:00PM
Call McLean County Extension Office for
more information
270-273-3690.



Loaded Beef Stroganoff

Ingredients:

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)



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

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
- 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
- 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
- 5. Wash hands after handling raw meat.
- 6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
- 7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
- 8. Stir in flour and cook for 2 minutes.
- 9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
- 10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
- 11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
- 12. Refrigerate leftovers within 2 hours.

Servings: 10 Serving
Size: 2 cups Recipe Cost: \$13.87
Cost per Serving: \$1.39

Nutrition facts per serving:

270 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Let's get **COOKING!**



Cooking with the Calendar begins December 12th at 10:30 a.m. at the McLean County Extension Office.

Come and try the latest recipe from our NEP calendar, get a healthy lesson from our FCS agent, Kelly, and just have a good time!

This class is free, but registration is required.

Please call
(270) 273-3690 to register by December 7th.

FAMILY CAREGIVER

HEALTH BULLETIN



DECEMBER 2023

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

THIS MONTH'S TOPIC:

SELF-CARE AND STAYING CONNECTED



Self-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

Continued on the next page 



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Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

Continued from the previous page

According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. When you belong to a group, you are more likely to feel like your true self. It can be fulfilling when other people count on you, or you count on others, and you know they are there for you.

Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you. Some examples include:

- Family
- Friends
- Church
- Social Media
- Clubs
- Volunteer experiences
- Support groups
- Community events
- Nature

Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.

NAMI emphasizes that people need people.

Remember that just as it is important for your



health to find or be a part of a community, it is also important for others to have you as a part of theirs.

REFERENCES:

- Mayo Clinic. (2023) Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
- NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
- NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

FAMILY CAREGIVER HEALTH BULLETIN

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