



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

# LYON COUNTY HOMEMAKERS

JULY  
 2023

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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences



HELLO HOMEMAKERS,

I HOPE YOUR 4TH OF JULY BROUGHT TIME FOR FAMILY AND CELEBRATION. IT WAS QUIET AT MY HOUSE AND SOMETIMES THAT'S JUST WHAT IS NEEDED FROM A HOLIDAY. BECAUSE OF THE UNFORTUNATE EVENTS OF THE LAST FEW YEARS, WE HAVE NOT HAD AN OFFICIAL COUNTY ANNUAL DAY SINCE 2019. IT IS TIME TO GET TOGETHER AND ENJOY EACH OTHERS COMPANY IN ORDER TO GET OUR ORGANIZATION BACK ON TRACK AND STRONGER FOR THE FUTURE. PLEASE FIND DETAILS FOR THAT EVENT ON PAGE 2. IF YOU ARE NEW TO HOMEMAKERS SINCE 2019, THIS IS A ONCE PER YEAR EVENT WHERE ALL CLUBS AND MEMBERS-AT-LARGE GET TOGETHER TO CELEBRATE THE ACCOMPLISHMENTS FROM THE LAST YEAR AND TO HAVE GOOD FOOD, FUN, AND FELLOWSHIP. PLEASE MARK YOUR CALENDARS AND PLAN TO JOIN US ON THAT DAY! WHILE YOUR CLUBS MAY NOT BE MEETING IN JULY, DON'T HESITATE TO REACH OUT IF YOU HAVE QUESTIONS OR NEED ME. STAY COOL AND HYDRATED!

-ANGIE

# County Annual Day 2023

When: August 31, 2023

Where: Lee S Jones Convention Center

What Time: Doors open at 10:00 AM, Program to  
begin at 10:30 AM

 Cost for the program is \$10

 The **ABSOLUTE** last day to sign-up is August 18, 2023 by 4:30 PM. No late sign-ups will be accepted.

 After business meeting and lunch we will have the first official presentation of the Quilts of Courage program. Please make plans to attend and support our veterans in Lyon County.





# Blueberry Cream Cheese Pound Cake

- |  |  |                                    |
|--|--|------------------------------------|
| <b>1 (8 ounce)</b> package fat free cream cheese   | <b>1 (5 ounce)</b> package instant vanilla pudding mix | <b>2 teaspoons</b> vanilla extract |
| <b>½ cup</b> canola oil                            | <b>2 large</b> egg whites                              | <b>2 cups</b> fresh blueberries    |
| <b>1 (18 ounce)</b> package yellow butter cake mix | <b>2 large</b> eggs                                    |                                    |

- 1. Preheat** oven to 325° F.
  - 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
  - 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
  - 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
  - 5. Fold** in berries.
  - 6. Spoon** batter into prepared pan.
  - 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
  - 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.
- Yield:** 16 slices.  
**Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



Angie's must try recipe of the summer!



## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Freezing:** Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

**BLUEBERRY**  
 Kentucky Proud Project  
 County Extension Agents for Family and Consumer Sciences and Food Science students  
 May 2011

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## Senior Citizen's Nutrition Class



**JOIN ME JULY 20, 2023 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**

# Quilts for Courage Workday

With County Annual Day quickly approaching, we need to complete as many Quilts for Courage as possible to be presented at the ceremony. In order to finish several in one day, I am offering a longarm workday at my house. There will be a limit of 10 people and it will be first come first serve. Please call 270-388-2341 ASAP to reserve your spot. After calling to sign-up you will be given the address.

**DATE: JULY 19, 2023**

**TIME: 9:00 AM UNTIL EVERYONE IS TIRED**

**LUNCH WILL BE PROVIDED**

For this workday we will need volunteers who are comfortable sewing on binding, ironing, curious about a longarm, and who are willing to work with the embroidery machine to make labels for the completed quilts.

*Now is the time to start talking to your neighbors and friends about joining Homemakers. Invite them to your September meetings early so they have it on their calendar. The best recruitment tool we have is YOU! Each one bring one and together we can grow our organization to new heights.*



# Did You Know... July is National Bean Month

## On the Menu: Beans!

How do you start eating more beans and reaping the many health benefits? Adding more beans to your daily diet can be as easy as adding them to the foods you already enjoy. Beans have a neutral flavor. Try some of the recipes included at the end of this publication. Here are a few ideas for adding beans to your diet:

- **Main dishes:** Add beans to chili, burgers and rice for a satisfying entrée. Or try replacing the meat in recipes with beans, such as a bean enchilada or black bean and cheese quesadilla.
- **Side dishes:** Baked beans or a bean salad would make a great addition to any meal.
- **Salads:** Add beans to salads for added nutrition, color and texture.
- **Pasta:** Adding beans to pasta dishes will provide another dimension of flavor and boost the appearance of the dish.
- **Soup:** Pureed beans can be used to replace cream or higher-fat ingredients.
- **Dips and spreads:** Bean dips and spreads make a great snack or appetizer.
- **Baked goods:** Replace all or part of the fat ingredients with mashed or pureed beans in foods such as brownies and cookies. Beans will give the baked items additional protein and fiber and reduce fat, cholesterol and calories.

### Beans in Baked Goods

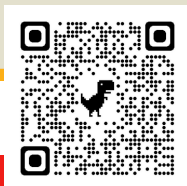
Research has shown that pureed beans can be used to replace up to 50 percent of the fat in brownie recipes and still yield an acceptable end product [59]. Bean flours also are being made and used in grain products, such as tortillas. Up to 25 percent of wheat flour in tortillas can be replaced with bean flours, which yield a tortilla with similar texture, appearance and flavor while improving the overall nutrient profile [60].

### Decreasing Sodium in Canned Beans

Consuming a diet high in sodium is linked to the development of hypertension and increased risk for heart disease. Canned vegetables, including canned beans, contain higher amounts of sodium than their fresh or less-processed counterparts. However, these beans still contain all of the valuable nutrients as their dry counterparts and can be part of a healthy diet.

To reduce the sodium content in canned beans, simply drain and rinse them before consuming or adding to recipes. Researchers reported that draining canned beans reduces sodium content by 36 percent, while draining and rinsing canned beans reduces the sodium content by 41 percent [61].

Scan this code with  
your phone or tablet  
to access the full  
booklet with recipes.



# Helping Older Adults Plan for Natural Disasters

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints. It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry. Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help. For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>