

Family & Consumer Sciences

November 2024

Life with Liz!

Happy November! The leaves are changing, and the temperature is getting cooler so what better time to share and listen to stories. November is National Family Stories Month which encourages us to gather and share our family stories. These stories help connect us to the past and create a sense of belonging. Whether it's a cherished memory, a funny anecdote, or a story of resilience, every story adds to our history. Consider writing down questions or memory prompts ahead of time to start the conversation. As we approach Thanksgiving, this gives us the perfect opportunity to host a family gathering-whether that be family by genetics or friends who have become family-and share favorite stories and express the things we are thankful for this year. Hearing what others have to say may spark laughter, nostalgia, or a deeper understanding of family members. You might even discover surprising connections or learn something new about loved ones. Maybe this could be the start of a new tradition! Together, National Family Stories Month and Thanksgiving offer an opportunity to celebrate our roots and cherish the moments that bring us together. This year I am thankful to all of you for sharing your time with us at the Boone County Cooperative Extension Office.

Wishing you a warm and joyful November. Happy Thanksgiving

~Liz Evans, Boone County FCS Agent

For more information or if you have questions, please reach out--I'm here to help!

Elizabeth Evans

Elizabeth Evans

Boone County Extension Agent for Family & Consumer Sciences

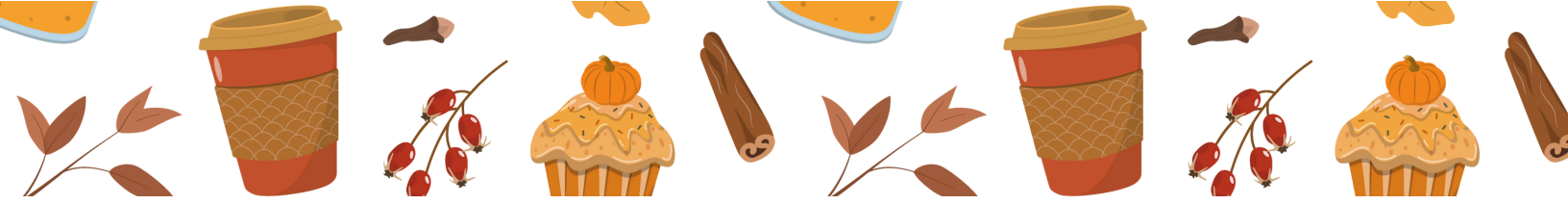
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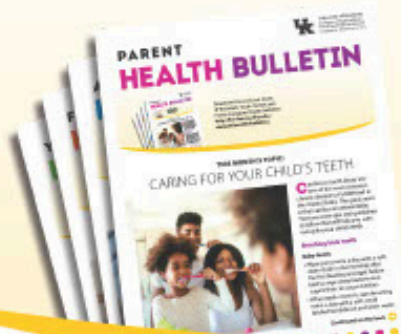
 Boone County Family & Consumer Sciences





PARENT

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>

Boone County
Extension Office
6028 Camp Ernst Road
Burlington, KY 41005
(859) 586-6101

THIS MONTH'S TOPIC

THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page →





**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

→ Continued from the previous page

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**


Written by:
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RECIPE OF THE MONTH!

Herb Roasted Turkey

Servings: 15 Serving Size: 4 ounces

 Cooperative Extension Service



Ingredients:

- 1 (10 to 12) pound turkey
- 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
- 2 tablespoons olive oil
- 1 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 celery ribs, washed and cut into pieces 2 or 3 inches long
- 1 large onion, washed, peeled, and quartered
- 3 cups water



Directions:

1. Thaw turkey completely. The USDA recommends thawing turkey in the refrigerator. This is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4-5 pounds of weight. If the turkey weighs 12 pounds, it will take about three days to thaw. It is not safe to thaw turkey at room temperature.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw turkey.
3. Move oven rack to a low position so turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep juices in the meat.
4. Remove turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard.
5. Twist wing tips up toward turkey neck opening and tuck them under back of turkey. This will help the turkey stay flat during cooking.
6. Pat turkey dry with paper towels and place it on a rack in a large roasting pan.
7. Combine dried herbs, olive oil, pepper, and salt in a small bowl. Stir to combine. Spread mixture all over turkey.
8. Place celery and onion inside turkey cavities. This adds flavor while the turkey cooks.
9. Pour 3 cups of hot water into pan.
10. Place turkey and pan in pre-heated oven. Roast uncovered for 45 minutes or until skin is golden brown.
11. Carefully remove turkey from oven.
12. Use 2 layers of foil to tightly cover entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.
13. Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.
14. Insert a thermometer into thickest part of the thigh without touching the bone. Turkey is done when it reaches an internal temperature of 165 degrees F.
15. Remove turkey from oven. Let turkey stand for 30 minutes, covered, before serving. Letting meat stand, or rest, for a few minutes after removing from the oven makes the meat more juicy.
16. Use a sharp knife to cut meat off the bone.
17. Refrigerate or freeze leftovers within 2 hours.

390 calories; 8g total fat; 2g saturated fat; 0g trans fat; 225mg cholesterol; 480mg sodium; 2g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 74g protein; 6% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.



MONTHLY SPOTLIGHT

Learn the facts with the Talking FACS podcast!

Source: Melinda “Mindy” McCulley, Agriculture Extension Specialist, Family and Consumer Sciences at Martin-Gatton College of Agriculture, Food and Environment

Hosted by the University of Kentucky Family and Consumer Sciences Extension program, the Talking FACS (Family and Consumer Sciences) podcast offers a weekly show about family, food, finance, fitness and more.

Since 2018, the Talking FACS podcast has been offering research-based information and inspiration on a wide range of topics and themes including:

- Addiction and recovery
- Adult development and aging
- Air quality
- Big Blue Book Club's Snack Club series (includes tips for raising healthy eaters)
- Cancer conversations
- Career development
- Civic engagement
- Disaster recovery
- Family finance
- Feeding children and infants
- Food safety
- Making healthy choices
- Mental health
- Parenting
- Physical activity
- Safety
- And more!

Partnerships with UK Healthcare’s Markey Cancer Center and the UK College of Dentistry have inspired two spin-off shows, Cancer Conversations and KY Smiles, which are both available on Talking FACS. Cancer Conversations episodes drop monthly, sharing cancer news across Kentucky. KY Smiles shows are scheduled to address timely topics, such as during Children’s Dental Health Month.

With more than 400 shows to date and 20,000+ hits a month, the Talking FACS podcast offers a little bit of something for a large bunch of folks in Kentucky and beyond.

Talking FACS podcast episodes can be found at <https://ukfcsext.podbean.com>.

Contact your local Boone County Extension office for more resources, tips and information.

UPCOMING EVENTS

<p>NOVEMBER 5 ELECTION DAY</p>	<p>OFFICE CLOSED</p> 
<p>NOVEMBER 6 6 – 7:30PM</p>	<p>CARING CONNECTIONS: QPR TRAINING FOR SUICIDE PREVENTION</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p>
<p>NOVEMBER 9 9AM – 12PM</p>	<p>CREATIVE SAVINGS: PIGGY BANK CONTEST WORKSHOP</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p>
<p>NOVEMBER 12 6 – 8PM</p>	<p>SEWING UP THE HOLIDAYS: FAMILY APRONS</p> <p>Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005</p>
<p>NOVEMBER 28 & 29 THANKSGIVING</p>	<p>OFFICE CLOSED</p> 
<p>DECEMBER 10 1:30 – 3:30PM</p>	<p>Gift Wrapping 101</p> <p>CAMPBELL County Extension Office 3500 Alexandria Pike, Highland Heights, KY 41076 <i>Call 859.572.2600 to register</i></p>
<p>DECEMBER 18</p>	<p>FESTIVE JOURNEY: A HOLIDAY ADVENTURE</p> <p>For ages 18+ more details to come</p>

Register at boone.ca.uky.edu or call 859.586.6101



LIFE THROUGH THE LENS OF FCS



Craft & Treat
October 1, 2024



Crafting Calm : Week 2
October 4, 2024



Aging with our furry friends
October 8, 2024



Aging & Alzheimers
October 11, 2024



Crafting Calm : Week 4
October 18, 2024



Planner Hours
October 18, 2024

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Extension Service**

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.