

• JANUARY 2023 •

HOMEMAKER HIGHLIGHTS

Donation

A donation was made to Next Steps in the amount of **\$514.31** on behalf of the Barren County Homemakers. This was money collected as "change for change".



Beeswax Wraps

A beeswax wrap class was held in December with a wonderful turnout.



Dates

- January 12 @ 9:00 AM
Flying Solo: Solitary Bee Habitats presented by Rockbridge Homemakers
- January 12 @ 10:00 AM
Homemaker Council
- January 18 @ 10:00 AM
Cooking From the Calendar
- January 18 @ 11:00 AM
DIY Easy Candle Making (**Please call us at 270.651.3818 if you plan on attending to insure supplies**)

International Night

Homemaker International Night will be held on Tuesday, February 21 @ 5:00 PM at the Barren County Extension Office Auditorium. The featured country will be Honduras. Please call the office at **270.651.3818** by **February 14** if you plan to attend.

Upcoming Events



- February 2 @ 10:00 AM
Homemaker Lesson "Hand Lettering"
- February 13 @ 2:00 PM
Sweets for the Sweet
- February 21 International Night
5:00 PM BCEO
- March 2 @ 10:00 AM
Homemaker Lesson "Bread Making"

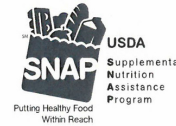


Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



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

Slow Cooker Smoky Black-Eyed Peas



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

Nutrition facts per serving:

180 calories;
3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium.

Source:

Anita Boyd, Mason County SNAP-Ed Program Assistant Senior

- 1 medium onion, chopped
 - 1/2 medium bell pepper, chopped
 - 2 cloves minced garlic, or 1/2 teaspoon garlic powder
 - 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
 - 1 pound dried black-eyed peas, sorted and rinsed
 - 1 package (12 ounces) smoked turkey sausage, cubed
 - 1/2 teaspoon Cajun seasoning
 - 1/4 teaspoon ground black pepper, or to taste
 - 2 small bay leaves
 - 7 cups water
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.

3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop option: Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.69
Cost per serving: \$0.56



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

ADULT HEALTH BULLETIN



JANUARY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Barren County
Extension Office
1463 West Main Street
Glasgow KY 42141
270.651.3818

THIS MONTH'S TOPIC:

EMERGENCY HEALTH INFORMATION (EHI) CARDS



An Emergency Health Information (EHI) card can be a helpful tool. If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you. While you cannot predict when an emergency may happen, you can be prepared. Make sure that key health information is up to date, correct, and handy. If you have children, make them a card too. You may not be available to tell emergency workers about your child, and your child might not be able to communicate either.

Continued on the next page



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.

An EHI card gives first responders or other emergency workers essential health information they can use to give you better care.

➔ Continued from the previous page

You can find Emergency Health Information card templates online to print and fill out. You also can use an index card or other small piece of paper. Please keep in mind, not all card templates ask for appropriate information. Below is a list of information that you should and should NOT include on your EHI card.

Information you should include on an EHI card:

- Full legal name
- Date of birth
- Medication names, doses, and schedules
- Medical equipment (Insulin pump, wheelchair, oxygen, etc.)
- Chronic medical conditions (epilepsy, diabetes, COPD, heart conditions, etc.)
- Disabilities that affect care (mobility, speech, memory loss, vision, hearing, etc.)
- Blood type
- Allergies to food or medications
- Recent immunization record
- Emergency contact name and phone number
- Medical contacts (doctors and pharmacy)

It is important to note that EHI cards are about the health and medical treatment of a person, not payment information. First responders and hospital staff do not need, nor can they require, financial information to treat you in an emergency. To protect yourself from identity theft, keep certain information separate from an EHI card.

Information you should NOT include on an EHI card:

- Financial or banking information
- Social Security Number
- Health insurance information such as insurance provider or ID number

The purpose of an EHI card is to give first responders or other emergency workers essential health information they can use to give you



better care. Make this information easy to find. Put copies of your and your children's EHI cards in easy to see places in your home, car, and personal belongings that you carry every day.

Where to put copies of an EHI card:

- Purse, wallet, or backpack
- First aid kits and emergency supply kits
- On your refrigerator or kitchen cabinet door
- Vehicle glove box
- On the side of children's car seats
- On mobility devices such as wheelchair or walker

REFERENCE:

<https://www.mayoclinic.org/first-aid/emergency-health-information/basics/art-20134333>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com

