



Ohio County
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Hartford KY 42347
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Nan Montgomery

Nan Montgomery
Agent for Family & Consumer Sciences



Storing Your Pressure Canner

Now that canning season is over, it's time to pack up and store your canner. Take time now to ensure that all of your equipment and utensils will be in good shape and ready to go for next year. Before storing your pressure canner, clean the vent and safety valve. To clean the vent, pull a clean string, narrow strip of cloth, or pipe cleaner through the opening. Check to make sure the safety valve is free of blockage. You can clean most valves by removing, but be sure to follow the manufacturer's directions. You will also want to check and clean the gasket or sealing ring in the lid if your canner has one. The gasket should be washed in warm soapy water, rinsed, dried, and then wiped down with a small amount of vegetable oil. This will keep the gasket from drying out and cracking. The gasket should be smooth and flexible, not cracked or difficult to bend. If the gasket is hard or cracked, you need a new one. You can order gaskets from the manufacturer of the canner or buy one at your local hardware store.

Wash your canner in hot soapy water, rinse, and dry. If there is darkening on the inside of an aluminum canner, you can remove it by filling the canner to above the darkened line with a mixture of 1 tablespoon cream of tartar per 1 quart water. Place the lid on the canner and boil until the dark deposits disappear. Empty the water and wash as described above. Wash, rinse, and dry the lid too. If the canner lid has a dial gauge, be careful not to immerse the gauge when washing and rinsing.

Place clean, crumpled paper or paper towels in the bottom of your canner around the rack. This will help absorb moisture and odors. Flip the lid upside down and place it on top of the canner. Do not store the canner with the lid in place and sealed. If you still have the box the canner came in, place it back in the box and store in a cool, dry place.

Don't forget about those empty jars. Check them for cracks and chips. If they are not damaged, jars can be reused many times. If you notice hard water deposits, you can remove them by soaking the jars in a vinegar and water solution. Use 1 cup vinegar to 1 gallon water.

Ring bands should be removed from canned food once the jars seal. There is no need to leave the bands on for storage. Wash, rinse, and dry the bands well. Store them in a dry place. The rings can also be used many times as long as they are not rusty or bent.

If you have a dial gauge canner, plan to have it tested at your local Extension office early in the year before canning season starts. If the gauge is off by more than two pounds of pressure, you should replace it. Contact the manufacturer for a replacement.

For more information on safe home canning, contact your local County Extension Office.

Reference National Center for Home Food Preservation https://nchfp.uga.edu/tips/fall/store_canning_supplies.html

Source: Annhall Norris, Food Preservation Extension Specialist

Follow us online!

Classes are listed on our Facebook page and website!

Following us online is an easy way to
keep up with Ohio County FCS Extension.

Family and Consumer Sciences Facebook Page

<https://www.facebook.com/UKFCSExt>

University of Kentucky Family and Consumer Sciences Podcast

Extension Podcast: <https://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.

<http://ohio.ca.uky.edu/>

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Happenings

Thought of the Day- "The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us." -Terri Marshall

Roll Call: In November, we celebrate Thanksgiving. Name one of your blessings this year OR how you plan to be a blessing to others.

Dates to Remember:

November 7th- Homemade Pie Crust Workshop; 4:30 P.M.
November 8th - Homemaker Council @ 9:30 A.M.
November 10th - Homemaker Dues are due!
November 18th- Homemaker Christmas Bazaar
November 23rd & 24th- Extension Office closed- Thanksgiving
December 12th- Christmas Ornament Workshop; 10:00 A.M.

May 7-9, 2024 KEHA State Meeting

Blazing the Way with KEHA
Holiday Inn University Plaza
1021 Wilkinson Trace, Bowling Green, Kentucky 42103
Phone: 270-745-0088 (group code KEH for conference rate)
Standard room \$126 + tax (1-2 people)
"Triple" room rate is \$181 + tax (3 people per room)
"Quad" room rate is \$236 + tax (4 people per room)
Make your reservations by April 6, 2024, to secure the conference rate.



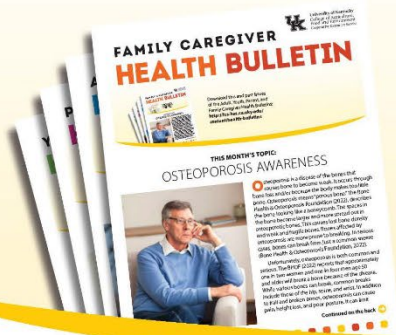
Left: Judge Johnston signs proclamation for Ohio County Homemakers KEHA Week

Right: Ohio County Homemakers enjoyed a trip to Center for Camp Courageous Kids in Allen County. Ohio County homemakers donated over 30 towels to the camp.



FAMILY CAREGIVER

HEALTH BULLETIN



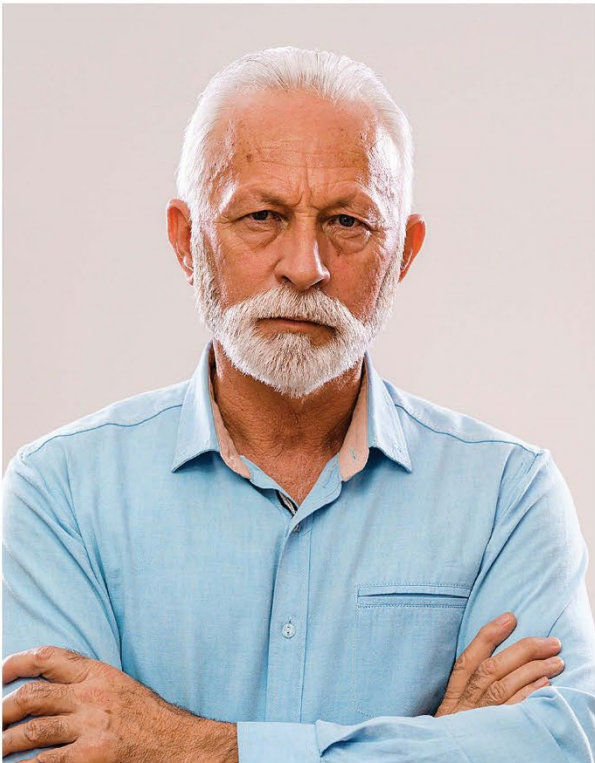
NOVEMBER 2023

Ohio County Extension Office
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42347
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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:

LEWY BODY DEMENTIA



Lewy body dementia (LBD) is a disease caused by abnormal deposits of protein in the brain. These deposits, called Lewy bodies, lead to problems with thinking, mood, behavior, and movement (NIH). According to the National Institutes of Health, LBD is one of the most common causes of dementia after Alzheimer's disease and vascular disease. It affects more than one million people in the U.S.

Types of LBD

“Lewy body dementia” (LBD) is an umbrella term that includes two related types of dementia: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD), according to the Lewy Body Dementia Association. DLB and PDD are related but differ in the timing of cognitive and mobility impairment (NIH).

- With DLB, a person experiences dementia within one year of movement symptoms, such as rigidity, slowed movement, stiffness, and tremors (Alzheimer's Association,

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NIH). Decline in thinking may look like Alzheimer's disease, but over time, other DLB symptoms and problems with movement will occur.

- With PDD, movement symptoms, consistent with Parkinson's disease, start first and cognition problems don't occur for more than a year (NIH). Not all people with Parkinson's disease develop dementia, but it is not uncommon for older adults living with Parkinson's to do so. According to the NIH, a later life diagnosis of Parkinson's disease is a risk factor for PDD.

DLB symptoms

The Lewy Body Dementia Association reports the following distinct features of DLB.

- Progressive cognitive impairment
- Fluctuating attention and alertness can present like delirium, lasting for hours or days
- Recurring visual hallucinations
- Parkinson-like movement (rigidity, shuffling, slowed mobility, tremors, stooped posture)

DLB is also associated with changes in sleep and autonomic functions like blood pressure, thermal regulation, digestion, urinary incontinence, and sexual response. DLB is progressive, which means the symptoms and decline can get worse over time. Changes should be reported to a health-care professional. Ultimately, people with DLB will require full-time care.

DLB risk factors

The cause of LBD is unknown. No specific lifestyle factors are proven to increase risk and no genetic test can prove if someone will develop it. As researchers continue to learn more, they do know that the following risk factors are linked to higher risk (NIH):

- Older age
- Rapid eye movement sleep behavior disorder
- Parkinson's disease

In addition, the Mayo Clinic reports that LBD affects more men and, sometimes, those with a family history may have greater risk.

Diagnosis

LBD can be difficult to diagnosis. Not only can LBD occur alone or with other brain disorders, but it can also resemble other diseases and disorders

(Lewy Body Dementia Association, NIH). The order and/or severity of symptoms can also vary (Lewy Body Dementia Association). The only definitive diagnosis of LBD is with an autopsy. But health-care providers use a "one-year-rule" to help identify the type of LBD, which helps doctors better understand the likely disease progression and determine a proper treatment (NIH). Evaluations consist of medical history, physical examinations, lab work, brain imaging, and neuropsychological tests (NIH).

Treatment

There is no cure for LBD, but a correct diagnosis and proper treatment can help improve quality of life. Certain medication, therapies, counseling, home safety modifications, and adaptive equipment can make daily tasks more manageable. The NIH also suggests building a caregiving team that might include a neurologist who specializes in dementia and/or movement disorders; a primary care physician; physical, speech, occupational, and sleep therapists; palliative care specialists; and a pharmacist. Support groups can also be a valuable resource for both patients and caregivers.

Advice for LBD caregivers

- Educate yourself and others about the disease, including health-care professionals
- Ask for help
- Form a caregiving team
- Be flexible and realistic
- Care for yourself
- Talk to children and teens in age-appropriate terms
- Seek resources. Start with Lewy Body Dementia Association (800-539-9767 or 404-935-6444)

REFERENCES:

- Lewy Body Dementia Association (LBDA). (2023). Clinical Management. Retrieved August 28, 2023 from <https://www.lbda.org/clinical-management>.
- Mayo Clinic. (2023). Lewy Body Dementia Overview. Retrieved August 25, 2023 from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>
- NIH. (2023). Lewy Body Dementia. Retrieved August 27, 2023 from <https://www.ninds.nih.gov/health-information/disorders/lewy-body-dementia>

FAMILY CAREGIVER HEALTH BULLETIN

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Adobe Stock





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

44TH ANNUAL HOMEMAKER CHRISTMAS BAZAAR

NOVEMBER 18, 2023
FROM 8 AM - 2:00 PM

at our **NEW** location

OHIO COUNTY EXTENSION OFFICE

1337 Clay Street
Hartford KY, 42349

Options for breakfast and lunch will be available.
This is a free event to attend.
Start your holiday shopping early!

Cooperative
Extension Service

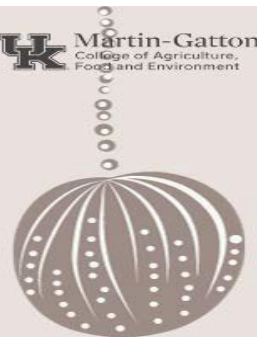
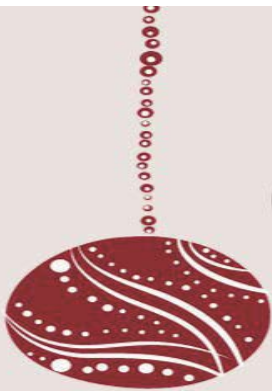
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Disabilities
accommodated
with prior notification.



Martin-Gatton
College of Agriculture,
Food and Environment

Join us Tuesday, December 12, 2023
at 10:00

for a **FREE** Christmas Ornament
Workshop.

Call the Extension Office to register at
(270)298-7441

*Workshop will be held at the
Extension Office*





LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.



Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:
Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards } SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



Turkey Stew

- 2 teaspoons vegetable oil
 - 1/2 cup onion, chopped
 - 1 garlic clove, finely chopped (or 1/2 teaspoon garlic powder)
 - 4 carrots, chopped
 - 2 celery stalks, chopped
 - 2 potatoes, chopped
 - 1 can (14.5 ounces) no-salt-added diced tomatoes
 - 2 cups water
 - 2 cups cooked turkey, chopped
 - Salt and pepper (optional, to taste)
 - Italian seasoning or oregano, basil or thyme (optional, to taste)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.
 3. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
 4. Season to taste before serving.
 5. Store leftovers in the refrigerator within 2 hours.

Number of servings: 4
Serving size: 2 cups

Nutrition facts per serving: 270 calories; 4g total fat; 1g saturated fat; 0g trans fat; 55mg cholesterol; 150mg sodium; 32g total carbohydrate; 6g dietary fiber; 7g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 25% Daily Value of potassium

Source: What's Cooking? USDA Mixing Bowl

