



LOGAN COUNTY

Homemakers

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Family & Consumer
Sciences Agent for
Logan County



Rachel Hance

Rachel Hance

Logan County Extension
Service
255 John Paul Ave.
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Mark Your Calendars 2026!

- The Logan County Extension Office will be closed on January 20, 2026 for Martin Luther King, Jr. Day!
- Logan County Homemaker Plan of Work meeting is scheduled for February 24, 2026 at 9 AM!
- Logan County International Day and Council meeting is scheduled for March 24, 2026 at 10 AM!

Thank You!

THANK YOU TO ALL HOMEMAKERS WHO HELPED WITH THE FRYSC
CHRISTMAS DISTRIBUTION GIFT WRAPPING! IT WAS MUCH
APPRECIATED!

Cooking Through the Calendar

If you are interested in participating in the Cooking Through the Calendar program series for 2026 please call the Logan County Extension Office to sign up. Details found on the flyer included in this newsletter.

❄️ HAPPY ❄️

New Year

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Club Meetings



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

South Union

Meets 2nd Wednesday @ NOON

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

**ATTENTION ALL MEMBERS AT
LARGE AND ALL NEW MEMBERS:**

**OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.**

Homemaker Leader Trainings

January Leader Training

“Family Recipes”

Mail Out Lesson

February Leader Training

“Creating Welcoming Communities”

February 4, 2026 @ 10 AM

March Leader Training

“Bees Butterflies & Birds / Protecting
Pollinators”

March 4, 2026 @ 10 AM

April Leader Training

“Stretch Your Dollar”

April 1, 2026 @ 10 AM

May Leader Training

“Tips and Tricks for Preserving Your
Photos”

May 6, 2026 @ 10 AM

June Leader Training

“How Not to Waste Food”

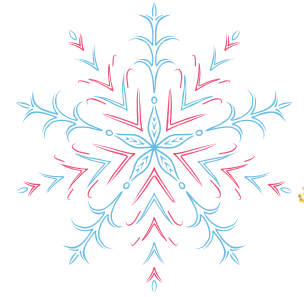
June 3, 2026 @ 10 AM

If your club has
participated in an outing,
event or activity that you
would like to highlight in our
monthly newsletter please
feel free to send me
information and
pictures!

Any changes in leader
trainings will
be announced!

HAPPY
NEW YEAR





Several Logan County
Homemakers
volunteered wrapping
Christmas gifts during
the Logan County
FRYSC Family Christmas
distribution day in
December!



Homemaker Highlights

The Logan County Homemakers presented monetary donations to the Logan County Good Samaritan and the Concerned Citizens of Logan County organizations. These donations will help many local individuals in need this time of year!



Homemaker Highlights

The D&H Homemakers Club celebrated Christmas at their December meeting at the Women's Club.





Fun was enjoyed by all at the Logan County Homemakers Christmas Party in December!

Homemaker Highlights

Sleep and Older Adults



Get enough sleep! Get good sleep! We know it is important, but many of us don't do it. Yet unhealthy sleep or lack of sleep can interfere with daily living and negatively impact quality of life. Good sleep is important for mental and physical health, a healthy immune system, and for regulating emotions and mood. Good sleep can positively impact overall health and well-being. The National Council on Aging suggests the following tips to create healthy sleep habits:

- Maintain a sleep schedule that includes going to bed and waking up at the same time every day.
- Choose a comfortable mattress that is right for your body, sleep habits, and sleep positions.
- Avoid heavy meals, exercise, alcohol, nicotine, and caffeine before bedtime.
- Limit daytime napping to no more than an hour. If you do nap, nap earlier in the day.
- Take time to wind down before going to bed. Calm your mind and body with a warm shower or bath, meditation, or a good book.
- Avoid screen time, blue light, smartphones, TVs, and computers at least an hour before bedtime.
- Keep the room cool (60-70 degrees).
- Minimize noise with noise machines or ear plugs. Turn off televisions and radios.
- Block out excess light, but keep a soft nightlight on and a flashlight in your nightstand.
- Declutter your space to make it less stressful and less dangerous if you have to get up in the middle of the night.

If you have trouble sleeping, see a health-care provider to help identify the reasons for poor sleep. Sometimes it could be medical, physical, or due to bad sleep habits. Medical professionals can help recommend a variety of treatments and/or lifestyle changes to improve sleep.

Reference:

National Council on Aging (NCOA) (2023). Sleep for Older Adults: 6 Sensible Sleep Tips for Older Adults. Retrieved January 22 from <https://www.ncoa.org/article/6-sensible-sleep-tips-for-older-adults>

Source: Amy Kostelic, associate Extension professor for adult development and aging

COOKING through the CALENDAR

★★ Dates for 2026 ★★

January 21

February 18

March 26

April 7

May 12

June 30

July 22

August 19

September 16

October 14

November 18

December 2

For more information on how you can attend these FREE
cooking classes, please contact the Logan County
Cooperative Extension office!

Call to sign up today!

270-726-6323

255 John Paul Ave. Russellville, KY 42276

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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White Chicken Chili



Prep time: 20 minutes
Cook time: 4 hours
and 30 minutes (low)
or 8 hours and 30
minutes (high)

Makes 6 servings
Serving size: 1 1/2 cups

Cost per recipe: \$8.94
Cost per serving: \$1.49

Nutrition facts
per serving:
250 calories; 3.5g total
fat; 1g saturated fat; 0g
transfat; 60mg
cholesterol; 610mg
sodium; 28g total
carbohydrate; 8g dietary
fiber; 3g total sugars; 0g
added sugars; 27g
protein; 0% Daily Value of
vitamin D; 6% Daily Value
of calcium; 15% Daily
Value of iron; 25% Daily
Value of potassium

Source:
Tanya Whitehouse,
Extension Specialist
Chef and Program
Manager of The
Food Connection

- 1 pound boneless skinless, chicken breasts
- 1 small onion, diced
- 2 cans (15.5 ounces each) white beans such as cannellini or great northern, drained and rinsed
- 1 can (4 ounces) diced green chilies
- 1 cup fresh or frozen corn kernels
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 box (32 ounces) low-sodium chicken broth or water

Optional slurry to thicken:

- 2 tablespoons cornstarch
- 1/4 cup cold nonfat milk

Optional additions: a pinch of dried or minced fresh cilantro, a tablespoon of nonfat yogurt, your favorite salsa, shredded cheese, pumpkin seeds, or sliced jalapenos

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place the chicken in the slow cooker. Wash hands after touching raw poultry. Add onion, beans, chilies, corn, garlic powder, cumin, chili powder, and salt.
3. Carefully, pour broth or water over top to cover all ingredients.
4. Cook on high for 4 hours or on low for 8 hours.
5. When ready to serve, carefully remove chicken breasts from the slow cooker and place on a plate. Shred with two forks and carefully place back in the slow cooker.
6. For a thicker soup, mash some of the beans with a potato masher or a fork.
7. If you want to thicken the soup without mashing any beans, mix cornstarch and cold milk together in a separate bowl. Turn the slow cooker to high, stir the cornstarch slurry into the soup and replace lid. Cook for an additional 20 minutes on high.
8. Ladle into bowls and add desired toppings.
9. Store leftovers in the refrigerator within 2 hours.

