Prairie County Homemakers,

Happy Halloween!

We had a productive Fall Council meeting in Fallon at the end of September. The annual Homemaker Fall Banquet is scheduled for November 5th at 6 p.m. at the Community Presbyterian Church. Invite a guest to share in this enjoyable evening.

Club banquet assignments are included in this newsletter.

Hope you are enjoying the beautiful autumn weather!

Sincerely,

Sharla Sackman
Prairie County Extension Agent

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Holiday Potpourri
With Laura Gluekert from The Enchanted Room
December 2018
More info next month!

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Fallon (Registration)
2 hot dishes
2 salads,
1 dessert,
1 dozen rolls
Door prize

Ama de Casa (Set Up)
2 hot dishes
2 salads,
1 dessert,
1 dozen rolls
Door prize

Ash Creek (Clean up)
2 hot dishes
3 salads
1 dessert
1 dozen rolls
Door prize

Cabin Creek (Decorating)
2 hot dishes
2 salads
1 dessert
1 dozen rolls
Door prize

DO NOT FORGET BRING A GUEST!

2018 Homemaker Fall Banquet Speaker

Philip Burgess

Poet and writer Philip Burgess will present “Penny Postcards and Prairie Flowers” at the 2018 Prairie County Homemaker Banquet. Burgess describes, through poems and stories, the journey of his grandmother Anna Lee and great-aunt Dicka Lee from their family’s homestead in northern Minnesota out to eastern Montana where they became homesteaders themselves. Burgess reads excerpts from nearly three hundred post cards female relatives and friends back in Minnesota sent to Anna and Dicka Lee as they moved out into the world. The women often used these post cards like modern-day e-mail, sharing a litany of disasters, humor, illnesses, adventure, hard work, and social chatter.
Lemon Coconut Neiman Marcus Bars

This is it! This is the bar you will make over and over again this spring and summer. Trust me...you'll make it once, everyone will love it and then you'll keep making it for every occasion between now and Labor Day. This is your new favorite bar :)

Ingredients:
- 1 box of lemon cake mix
- 4 eggs
- 1 stick melted butter
- 1 box of powdered sugar (about 4 cups)
- 8 oz package of cream cheese, softened
- 2 cups sweetened flaked coconut

Instructions:
1. Preheat oven to 350 degrees. Grease (I use Pam) one 9×13 inch pan.
2. In a mixing bowl, combine cake mix, 2 eggs and melted butter. Spread in bottom of pan.
3. In a second bowl, beat with electric mixer, powdered sugar, 2 more eggs, and cream cheese. Stir in your coconut. Spread coconut mixture on top of crust mixture.
4. Bake 35-40 minutes until edges are brown and center set (it will still be slightly wobbly in the middle).
5. Cool on counter 30 minutes, then refrigerate 2 hours or up to 2 days.
6. Slice into bars and serve.

There you have it.

Your new favorite bar recipe.

Prairie Fare: I'm Spillin’ the Beans

By Julie Garden-Robinson, NDSU Extension Food and Nutrition Specialist

Have you ever been to a food festival? Every state has at least one food festival, and they often showcase the foods grown or caught in the region. Sometimes festivals also highlight the ethnic heritage of people in the area. Supporting your community and everything that makes it unique is a memorable way to connect.

For example, if I were in Georgia in June, I’d love to check out the Peach Festival. I like lobster, so being in Maine in early August for the Lobster Festival would be a treat. Alaska has a crab festival, and the pickle festival in Alabama sounds quite interesting. I have been to a few festivals. I have souvenirs from the garlic festival in Gilroy, Calif. You can smell the aroma of that festival for miles. I have a cup from Taste of Chicago, where I tried a lot of Chicago-style pizza options.

We have many festivals in the Midwest, too. In Minnesota, you can check out Potato Days in Barnesville in August. I need my annual dose of Scandinavian potato dumplings, so I never miss that one. I’d like to attend the Wild Rice festival in Minnesota some time, too. Fargo has a Rib Fest, and I have stuffed myself at it. The Norsk Hostfest in Minot is the largest Scandinavian festival in North America, and you can experience a wide range of music, arts, activities for kids and lots of food options, of course.

Some festivals are very elaborate with parades, kids events, beauty pageants, car shows, craft fairs and contests, such as lefse making contests or even potato wrestling. (For my readers outside of the area, lefse is similar to a very tender tortilla made from potatoes. I have not participated in potato wrestling, by the way.)

I recently attended Bean Days in Horace, N.D. I knew someone who marched in the parade with her grandchildren and their donkeys. The event had craft and food vendors, a car show and a bean bag toss. Because beans are on my mind, this week we will celebrate the bean and learn a little more about these nutrient-rich foods, which we grow in abundance in North Dakota, Minnesota and other states in the area. In fact, in 2017, North Dakota ranked first in the U.S. in the production of navy and pinto beans and ranked second in the production of black and Great Northern beans.

Dry edible beans are part of the legume family. A legume plant produces seeds in a pod; dry beans are the
mature seeds within these pods. Other members of the legume family include lentils, peas, chickpeas, peanuts and soybeans. You probably have gathered that dry edible beans are good for you. In fact, eating more beans may reduce the risk of certain types of cancer, including colon, kidney, breast and prostate cancers. Much of the health benefits are linked to their fiber and natural antioxidiant content. Colorful beans such as red kidney beans and black beans have more antioxidiant activity than white beans, but all types of beans have health benefits.

Beans may be beneficial for your waistline and your heart, too. Researchers reported that people who consumed beans regularly had a lower body weight, lower waist circumference and lower systolic blood pressure, in addition to a greater intake of dietary fiber, potassium, magnesium, iron and copper.

Beans are gluten-free naturally, so they provide healthful options for those who need to avoid gluten protein for medical reasons. People following vegetarian or vegan eating patterns consume beans for their protein, vitamin and mineral content. Beans are a meat alternative and contain the full complement of amino acids when paired with grains.

We are so intrigued with beans in NDSU Extension that we compiled a “Spillin’ the Beans” cookbook. It’s posted online at https://www.ag.ndsu.edu/publications/landing-pages/food-and-nutrition/spilling-the-beans-fn-1646 and includes numerous recipes for salads, main dishes, soups and desserts.

Have you ever tried black bean brownies? The not-so-secret ingredient (beans) adds fiber and nutrition, and you’ll find the recipe in the cookbook.

You might have a bumper crop of bell peppers in your own garden or from farmers markets. This recipe features black beans and vitamin C-rich peppers. If you are looking for another festival, check out the North Carolina Pepper Festival some time.

**Stuffed Peppers**

4 medium bell peppers, any color
1/2 medium onion, chopped
2 c. corn (fresh or frozen)
2 small tomatoes, chopped
2 (15 1/2-oz.) cans black beans, drained and rinsed
2 tsp. olive oil
1 tsp. cumin
1/2 tsp. cayenne pepper
1 garlic clove, minced
2 tsp. cilantro, finely chopped
1 c. shredded reduced-fat cheddar cheese (try pepper jack for more spice)

Rinse peppers and cut in half lengthwise; remove seeds. Place peppers in a large pot and cover with water. Bring to a boil, reduce the heat, cover and simmer for five minutes; drain. Set pepper halves on greased baking sheet. Preheat oven to 350 F. In a small skillet, saute the chopped onion in olive oil until tender. Mix together onions, tomatoes, corn and black beans in a medium-sized bowl. In a small bowl, combine oil and seasonings; add to vegetable mixture and mix thoroughly. Fill pepper halves with mixture and top with cheese. Bake for eight to 10 minutes or until cheese is melted. Makes eight servings.

*Each serving has 130 calories, 2 grams (g) fat, 7 g protein, 26 g carbohydrate, 7 g fiber and 240 milligrams sodium.*
Restructure your day to get a better night's sleep

A Harvard Health Letter from https://www.health.harvard.edu/sleep/restructure-your-day-to-get-a-better-nights-sleep

The free time that accompanies your older years may allow you to keep any schedule you like: sleep late one day or wake up early the next. But that lack of structure can have a negative impact on your sleep.

Risks of inconsistent sleep

Even though it may feel like a luxury, an inconsistent sleep schedule can throw off your circadian rhythm, the body's way of regulating sleep and waking. "That can lead to insomnia," warns Dr. Dorsey, "but people don't realize that their schedule is causing the problem."

Let sleep problems go on too long, and you may experience the effects of sleep deprivation, such as changes in mood, thinking skills, and judgment. A lack of sleep can also lead to many health problems, such as heart disease, obesity, and diabetes.

Getting help

Rather than suffer with sleeping difficulties, talk to your doctor or go to a sleep specialist for help. Get a physical exam to make sure there isn't an underlying cause for your sleep problems.

If the cause is unclear, a sleep diary can help. Dr. Dorsey recommends recording the details of your sleep for two weeks. "Each morning, write down when you went to bed, estimate how long it took to fall asleep, count how many times you woke up in the night, and record when you finally woke in the morning. That baseline data will help you see patterns that may need to be changed," says Dr. Dorsey. But keep the diary out of the bedroom and just estimate the values the next morning. Try not to look at a clock if you are awake during the night. That can create anxiety that makes sleeping more difficult.

Get back on schedule

To get your circadian rhythm back on track, start by waking up at the same time every day. The wake time is most important to getting on a schedule again. "It's the anchor of your circadian sleep rhythm," says Dr. Dorsey. She recommends using an alarm clock, since it sets a boundary for you.

Make your bedtime about seven or eight hours before the alarm will sound. "But don't get into bed until your sleep time, and only if you're sleepy. Trying too hard to fall asleep will wake you up," says Dr. Dorsey. It helps to make a wind-down period part of your bedtime routine. That means stopping the use of all electronics an hour and a half before bed, keeping the lights low, and doing relaxing
yet nonstimulating activities such as reading. "It's worth it to wind down before bed because physical, emotional, and cognitive relaxation helps you to fall asleep faster," says Dr. Dorsey.

Filling your day with more structure will also reinforce your circadian rhythm. Keep a regular schedule for meals, exercise, and activities such as grocery shopping, socializing, or housework. "Maintaining structure throughout your day can help you stick to your sleep schedule. Plus, routines are good for mood and can make you feel productive and vital," says Dr. Dorsey. "You don't have to be rigid about it. It's fine if you occasionally stay up late. Just try to get up at close to the same time every day."

The physical challenges of sleep in older years

An inconsistent sleep schedule isn't the only sleep challenge older adults face. "As we age, we lose our slow-wave, or deep, sleep," says Dr. Cynthia Dorsey, assistant professor of psychology in Harvard Medical School's psychiatry department. As a result, you may wake up feeling unrested.

On top of that, older adults may wake more in the night because of discomfort from chronic illness, frequent trips to the bathroom, medication side effects, or sleep disorders such as obstructive sleep apnea (OSA) or periodic limb movement disorder.

Treating the physical problems that are keeping you awake may be simple, such as switching medications if a drug side effect is causing sleep disturbances. If symptoms indicate that there's an underlying physical ailment—such as high blood pressure, an enlarged prostate (in men), or OSA—treatment may be more complicated, but will go a long way toward improving your sleep.

Savory Pumpkin Soup

This healthy recipe comes from NDSU Extension.

1 Tbsp. olive oil
1 medium red onion, chopped
3 garlic cloves, minced
2 Tbsp. chopped sage (~10 leaves)
4 c. low sodium vegetable broth
1 (15-oz.) can pumpkin puree (not pumpkin pie filling)
1 (15.5-oz) can navy beans*
1 tsp. turmeric
½ tsp. nutmeg
½ tsp. salt
⅛ tsp. pepper
Dried cranberries, pomegranate seeds and/or sage for garnish (optional)

In a large pot, heat olive oil over medium heat. Add onion and cook for 5 to 7 minutes, until translucent. Add garlic and sage, and cook for another minute. Add vegetable broth, pumpkin, beans, turmeric, nutmeg, salt, and pepper, and stir to combine. Bring to a simmer. Allow the soup to cool before transferring in small portions to a blender to puree. You may use an immersion blender too. Transfer the soup back into the pot and let cook on medium-low heat for 5 to 10 minutes. Add additional salt and pepper to taste. Garnish as desired.

*Adding additional beans and pumpkin will change the consistency. If a thicker consistency is desired, add more beans and pumpkin.

Makes six (1 cup) servings. Each serving has 130 calories, 2.5 g fat, 5 g protein, 21 g carbohydrates, 6 g fiber, and 300 mg sodium.
P.C. Homemakers Fall Council Meeting

September 19, 2018  7:00 p.m.  Fallon Fire Hall

**Roll Call** - President Arlene Morast called the meeting to order. The Pledge of Allegiance and Women's Creed were recited. Roll call was answered by council officers: President Arlene Morast; Vice President Lois Pfiefe; Secretary Lotty Rambur, and Treasurer Nancy Birkholz; club members from **Ama de Casa**- Dorothy Schroeb, Yvonne Hoos, & Suzanne Thomason-**Ash Creek**- Patty Trask, Marian Strobel, & Dorcas Lee; **Cabin Creek**- Eileen Nielsen & Christine Keitner; **Fallon**- Ann Marie Davis, Zandy Keller, & Vera Sackman.

Minutes of the Fall Council meeting were read and approved.

**Treasurer’s Report**- The Treasurer's report was given and accepted with an ending balance of $1163.51. The general fund balance is $1109.99 and the bandstand balance is $53.52. The amount received from the pie auction of $2348.00 was given to the P.C. Fair Board. After the treasurer’s report there was discussion concerning the Bandstand Fund. Christine Keltner made a motion with a second from Darlene Strobel to eliminate the Band Stand fund and just use money from the general fund to pay expenses.

**Bills/Correspondence/Reports** - A “thank you” was read from the Fallon Fire Department for the donation from the food sale/luncheon proceeds.

**Unfinished/Old Business** -

There were positive comments about this year’s fair booths.

Ama de Casa reported that there were less bidders this year, but the ones that were there were very energetic and the results showed that.

Fifty-year member- Dorothy Schroeb and sixty-year member Marian Strobel were recognized.

The Cowboy Bandstand’s floor was oiled last spring by Christine Keltner and some of the shrubs and general clean-up was done by the Fallon Club. Marian Strobel had Dave George remove a rogue tree that was an eyesore. Cabin Creek will decorate the bandstand for Christmas this year.

**Ongoing Business**

It was mentioned that the summer’s Cruza Squire’s yard tour was well attended and those attending were very impressed.

The Fall Banquet is tentatively set for November 5th at 6:00 p.m. The speaker will be Philip Burgess with Penny Postcards & Prairie Flowers.
Banquet assignments are as follows: **Registration**: Fallon, **Clean Up**: Ash Creek, **Decorating**: Cabin Creek, **Set Up**: Ama de Casa
Food assignments were given to each club.

The Christmas Potpourri will be held at the Legion at 2:00 during the first couple weeks in December. The exact date will be determined by Laura. Eileen Nielsen will contact Laura concerning this. Each club will bring a couple of food items along with a recipe to put in the recipe booklet.

The Spring Potpourri will be given by Jody Haidle. It was suggested to have it during the week of April 8th and at the Legion, if that’s convenient for Jody.

The Bake Sale/Luncheon will be held at the Legion on February 8th. The chairperson: Lois Pfiefe, Co-Chair: Dorcas Lee. A motion was made by Christine Keltner and seconded by Lois Pfiefe that the proceeds go to the Terry Pool. Marian Strobel made a motion and seconded by Ann Marie Davie to not retain any percentage other than expenses.

Nancy Birkholz gave an updated nursing home list and their birthdays which were divided among the clubs.

Refreshments for Spring Council meeting will be provided by Cabin Creek.

Darlene Strobel made a motion, seconded by Lois Pfiefe, not to increase the dues for next year.

**Announcements**-

Clubs are to give Sharla ideas of what might be of interest to them.
Some ideas given by Sharla were the following: making sausage, canning and preserving, Italian foods, Lefsa, and a presentation on apples.

Vera Sackman, seconded by Nancy Birholz, made a motion to keep Lois Pfiefe as vice president and Lotty Rambur as secretary for the following year. This was followed by the Installation Ceremony for the officers. The meeting was adjourned at 8:10.

A lunch of a delicious variety of bars was served by Ash Creek.

Respectfully,

**Lotty Rambur, Secretary**
Living with DEMENTIA

An Educational Series for Families Living with Dementia

Caregivers for people living with Alzheimer’s and other forms of dementia face the normal stresses of caregiving as well as unique challenges.

YOU ARE NOT ALONE. Join us for a supportive, interactive educational series to learn about local and regional resources available as you navigate the world of dementia.

SESSION TOPICS

September 26th

Financial Coverage - Linda Wolff
State Health Insurance

October 3

The Uncharted journey of Dementia:
A personal look into the struggles a family faces in dealing with dementia

Glenna Chapman,
Certified Long Term Care Ombudsman &
Certified Dementia Practitioner

October 10

Taking Care of YOU: Self Care for Caregiving

October 17

Local Resources for Dementia Patients & Families

LIVING WITH DEMENTIA SERIES

September 26th – October 17th
Drop In Center
17 South 11th St. – Miles City

9:30 – 11:30 a.m.

For questions contact the Custer County Extension Office at 406-874-3370.
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