

# FAMILY AND CONSUMER SCIENCE NEWS



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

Family and Consumer Sciences

**Cooperative Extension Service**

Boyd County  
2420 Center Street  
Catlettsburg, KY 41129-1279  
(606) 739-5184  
Fax: (606) 739-4014  
<http://extension.ca.uky.edu>

**Boyd County Cooperative Extension Service**

**December, 2024**



**Happy Holidays Everyone!**

I hope everyone had an enjoyable Thanksgiving and is now gearing up for the rest of the holiday season. While December is a short month for me (I'm off from December 23rd and will be back in the office on January 6th), we still have a jam-packed month!

On December 5th we have the final 2024 Cooking Through the Calendar at 10 am, we will be having a delicious White Navy Bean Soup, and later that evening we will be having a special Christmas Longaberger Basket Bingo at 6 pm. Of course, our fabulous Horticulture Agent, Lori Bowling, will host her Wreath Week on December 9th-13th. Then on December 17th, we will have the final Laugh and Learn at the Frank's Building from 12-1: 30 pm, and on the 20th we will have our December Lunch and Learn at noon.

I hope everyone has a wonderful Holiday Season and A Happy New Year!!

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*Jacqueline Doucet*

Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences

**Cooperative Extension Service**

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

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# *Message from the President*

Merry CHRISTMAS Homemakers,

As we are in the middle of the holiday season with Halloween and Thanksgiving behind us, Christmas and New Year's are just around the corner. Take a moment to breathe and enjoy the wonder around us. Celebrate family (even when they get on our last nerve) and friends. Treat each other with kindness, patience, and love.

It is not about the presents, the parties, or how much we've spent. It's about joy, sharing the moment, and believing in something bigger and better than us. So take the time to hold the door for a stranger, help at a shelter, let someone in front of you in line, and help without waiting to be asked.

It is the small things that can make a difference in not only someone else's life but also yours.

My wish for you and yours this Christmas season is for Joy, Peace, Kindness, and Love.

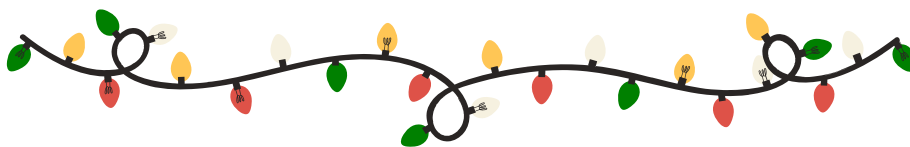
Kathy



# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: FCS, December 5th at 10 a.m., Boyd County Extension Office. December's Recipe: Slow Cooker Navy Bean Soup*
- *Christmas Longaberger Basket Bingo, December 5th at 6 p.m., Boyd County Extension Office.*
- *Homemaker Council Meeting, December 11th at 10 a.m., Boyd County Extension Office.*
- *Boyd County Homemaker Christmas Dinner, December 19th at 6 p.m., Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: Every Monday at 5 p.m., Boyd County Extension Office.*
- *Mats for Homeless: Every Thursday at 10 a.m., Boyd County Extension Office.*



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Lexington, KY 40506



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# KEHA Upcoming Events & Announcements



- **Dec. 15th:** County dues due to the KEHA State Treasurer and Area Treasurer
- **Dec. 31st:** Dues deadline. Any county that does not submit state dues by this date will not be eligible to vote at the 2024 KEHA Business Meeting in May.
- **Dec. 31st:** Deadline for fundraising-based recognitions (ovarian cancer fundraising, KEHA scholarship contributions, Coins for Change contributions, etc.).
- **Dec. 31st:** County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President.
- **Jan. 15th:** County membership database/updates due via the web-based system.
- **Jan. 15th:** KEHA Newsletter Deadline - Information due to KEHA 2nd Vice-President.
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington, KY.



# Recipes from the 2025 Food and Nutrition Recipe Calendar



## January's Recipe: Split Pea Soup

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**January 16th**

**at 10 a.m. Boyd County  
Extension Office.**



# 2024 Lunch and Learn Upcoming Dates

**12 pm-1 pm**  
**Boyd County Extension**  
**Office 2nd Friday of every**  
**month.**

**Join us for a fun lunchtime discussion.**  
**Lunch will be provided**

**Please call 606-739-5184 to Register.**

**This program is FREE**

~~**September 13th**~~

~~Cooking for 1 or 2~~

~~**October 25th**~~

~~Carbon Monoxide: Exposure and Prevention~~

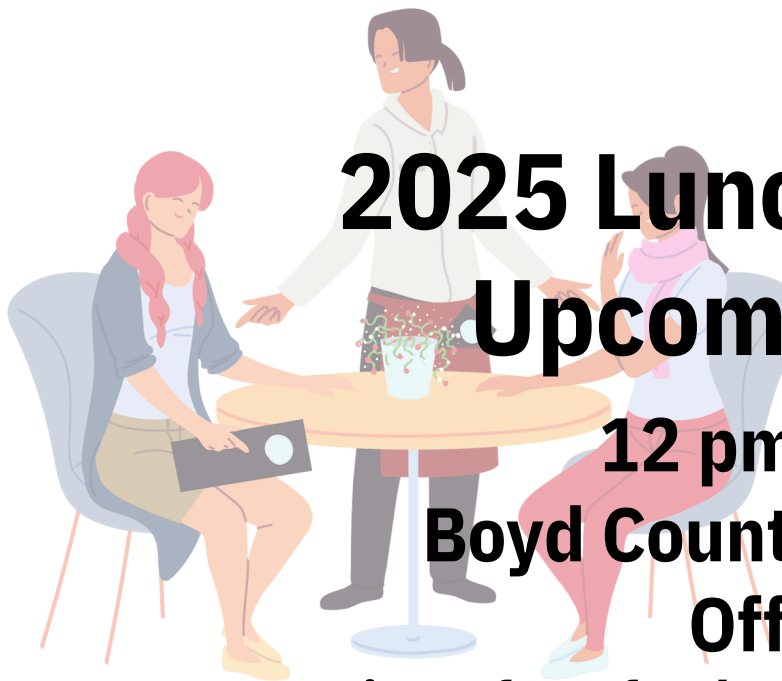
~~**November 15th**~~

~~Managing Holiday Expenses~~

~~**December 20th**~~

~~Planning Holiday Meals on a Thrifty Budget~~





# 2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension  
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

**January 17th:**

Fitting Nutrition into Your Busy  
Lifestyle.

**April 18th:**

Gardening Options for Everyone

**February 14th:**

Indoor Air Quality

**May 16th:**

Planning Space for Outdoor Living

**March 21st:**

Adapting Recipes

**June 13th:**

Steps Toward Hiring a Dependable  
Contractor

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# 25 Days of Christmas Acts of Kindness

## ADVENT CALENDAR

Spread kindness! Light up December by doing an act of kindness each day.

<b>1</b> Donate food or clothes	<b>2</b> Pick up litter	<b>3</b> Give someone a compliment	<b>4</b> Let someone go ahead of you in line	<b>5</b> Hold the door open for someone
<b>6</b> Support a local small business	<b>7</b> Leave out water and food for the birds	<b>8</b> Call and check a friend or family member	<b>9</b> Write a thank you note to someone	<b>10</b> Spend quality time with someone
<b>11</b> Buy or make small thoughtful gifts for your siblings/friends	<b>12</b> Give hugs and kisses to your family	<b>13</b> Donate toys or books	<b>14</b> Take homemade cookies to a neighbor	<b>15</b> Make Christmas decorations and donate them
<b>16</b> Smile at every person you meet	<b>17</b> Offer to help a neighbor	<b>18</b> Invite a new friend to play	<b>19</b> Play a game with your family	<b>20</b> Be extra kind, no matter what happens today
<b>21</b> Teach someone something new	<b>22</b> Feed an animal or take supplies to an animal shelter	<b>23</b> Leave a happy note for someone to find	<b>24</b> Give a treat to a community helper	<b>25</b> Make someone laugh





## Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

### Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

**Quick soak:** Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

**Overnight soak:** Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

### Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



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

### Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

**Makes 12 servings**

**Serving size: 1 cup**

**Cost per recipe: \$7.18**

**Cost per serving: \$0.60**



# ADULT HEALTH BULLETIN



DECEMBER 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>

## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page →



**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock

