

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

January, 2025



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

Family and Consumer Sciences

Cooperative Extension Service

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Happy New Year!

I can't believe it is 2025 and we are starting a new year of fun programs and events! We are jumping right back into the swing of things. First, on January 8th, we have our first Homemaker Council of the year at 10 am at the Extension Office. Then on the 16th, we will have Cooking Through the Calendar at 10 am, making Split Pea Soup, and on the 17th, we will be having Lunch and Learn, discussing how to fit nutrition into our busy lifestyles.

I will be working hard on getting some fun programs, educational programs and events planned out for the rest of the year. Please feel free to stop by my office if you have any questions or just to chat!

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Jacqueline Doucet
County Extension Agent
for Family and Consumer Science

Jacqueline Doucet

Cooperative Extension Service

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

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Disabilities accommodated with prior notification

Message from the President



Happy New Year!

Well, it's time to ring in a new year. We have a lot on our plate, Cooking Through the Calendar, supporting 4-H, filling out VSU hours, Mats for the Homeless, UFOs, sewing, and quilting to just name a few.

I am hoping to add some new volunteer opportunities such as Adopt a Highway, a quilt show, crafting classes, the Volunteer Banquet, cooking classes, bingo, and much more this upcoming year. Let's bring the new year in with new skills to learn and share, While not forgetting fun, fellowship, and taking time for self.

LET'S SHOW WHAT HOMEMAKERS CAN DO!

From the President of the best homemakers in the state,

Kathy



Homemaker Upcoming Events & Announcements

JANUARY

- *Cooking with the Calendar: FCS, **January 16th at 10 a.m.**, Boyd County Extension Office. **January's Recipe: Split Pea Soup.***
- *Homemaker Council Meeting, **January 8th at 10 a.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

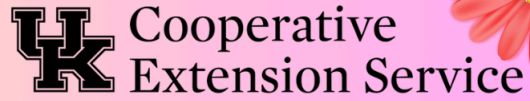


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KEHA Upcoming Events & Announcements

- **Jan. 15th:** County membership database/updates due via the web-based system.
- **Jan. 15th:** KEHA Newsletter Deadline - Information due to KEHA 2nd Vice-President.
- **Jan. 31st:** Area Membership Recognition Reports due to KEHA 2nd Vice President by Jan. 31 (see KEHA Manual Appendix page 17).
- **March 1st:** Entry deadline for many KEHA grants, scholarships, and contests.
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington, KY.





Spring 2025

HOMEMAKER LEADER LESSON TRAINING

February 27, 2024

10am-2pm

Carter County Extension Office

**Using your Airfryer
How to Get Out of a Mealtime Rut
Inspiring Grandchildren to become Grand Cooks**

Call to register by
February 17th
Registration is \$10
Lunch is included
606-474-6686



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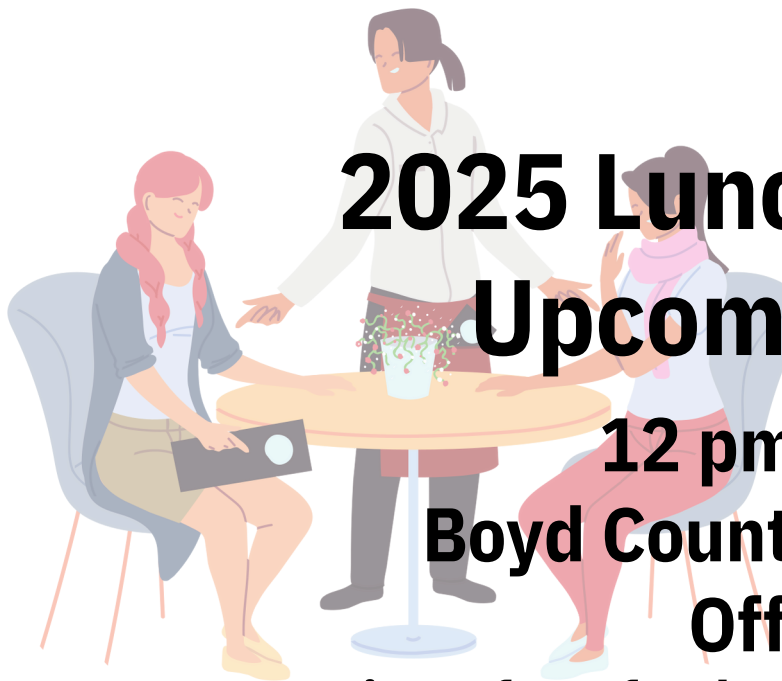
Recipes from the 2025 Food and Nutrition Recipe Calendar



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.



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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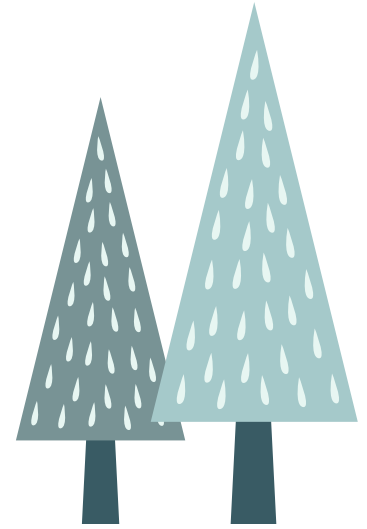
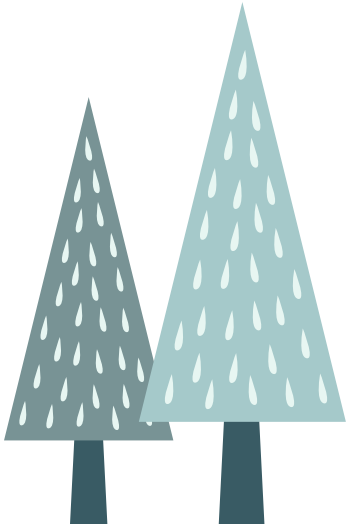
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Make a beautiful
Winter Mason Jar Craft!
February 11th, 5:30 p.m.
Boyd County Extension Office

Registration is required!!
Please call 606-739-5184 to Register.

This program is FREE

Limited to 24 participants

ADULT HEALTH BULLETIN



JANUARY 2025

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

STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:
<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

ADULT HEALTH BULLETIN

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