

# JANUARY 2025

FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER

## HEALTHY CHOICES FOR HEALTHY FAMILIES



Cooperative  
Extension Service

Family and Consumer Sciences

Owen County Cooperative  
Extension Service  
265 Ellis Road  
Owenton, KY 40359



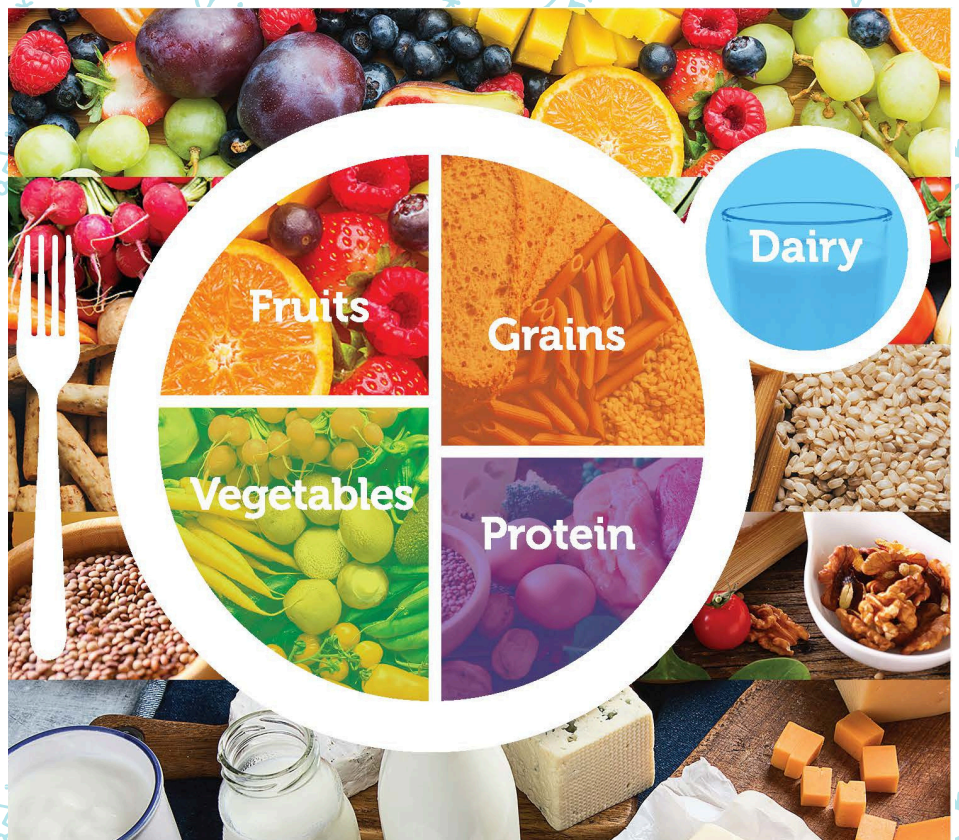
[owen.ca.uky.edu](http://owen.ca.uky.edu)



[owen.ext@uky.edu](mailto:owen.ext@uky.edu)

## Start off the new year with MyPlate

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.



- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

### 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

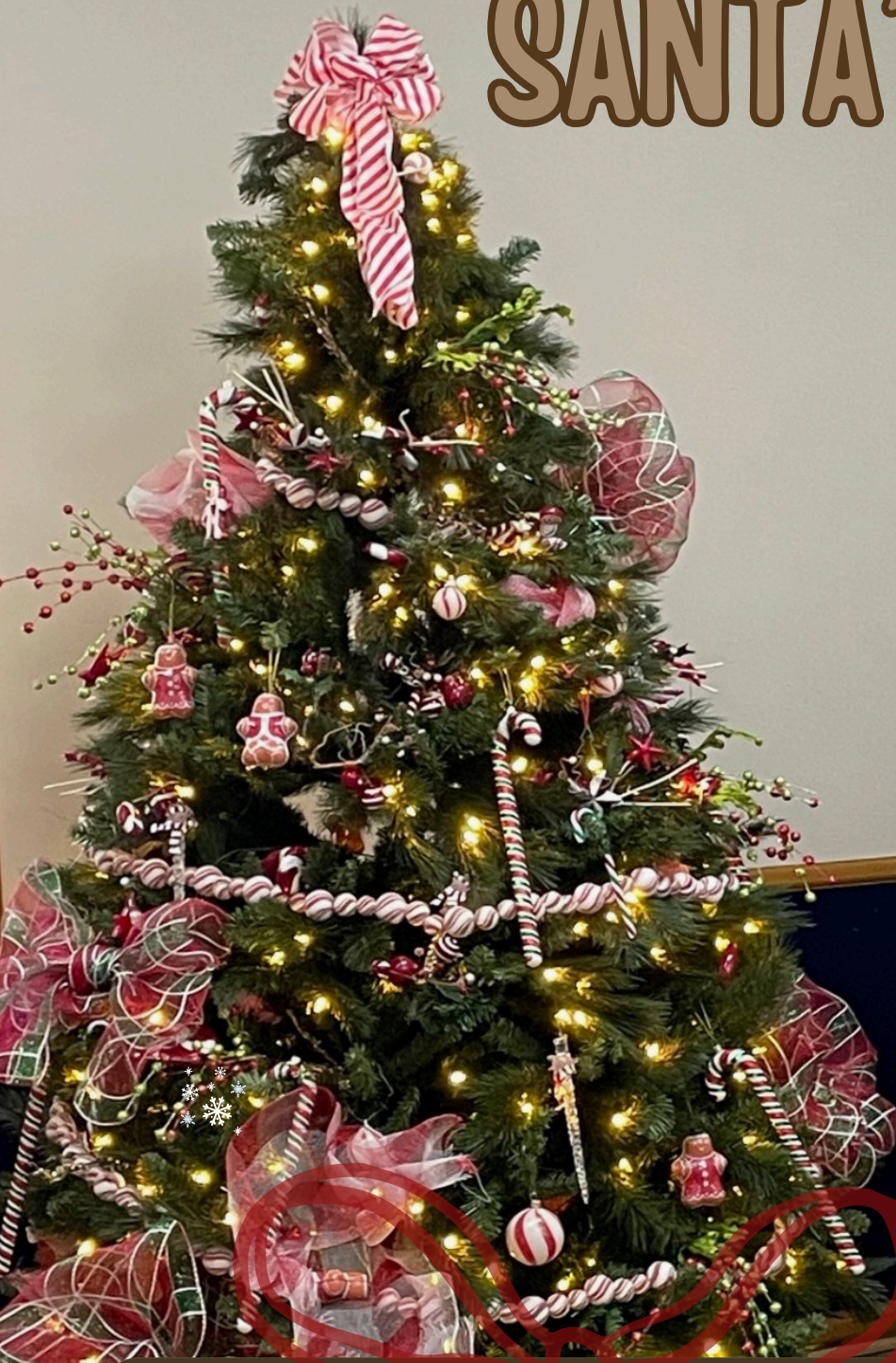
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

# SANTA'S CASTLE UPDATE



This year's Santa's Castle was a heartwarming success, with over 215 children joining us for a magical morning of shopping. Santa himself made a special appearance, giving the children an opportunity to share their Christmas wishes while shopping for their loved ones.

We're thrilled to announce that over \$1,500 was raised for the Homemakers! These funds will go a long way in supporting local youth for scholarships and families in the community during Christmas.

A huge thank you goes to the Homemaker Committee for their incredible planning and organization of this event. We are so deeply grateful to all the Homemakers who dedicated their time setting up, working during the event, and cleaning up afterward.

A special shoutout to the youth volunteers who brought energy and enthusiasm and the ARC ladies for their overall support of this event. Your teamwork and generosity made this event truly memorable for everyone involved.

Thank you for helping us spread the holiday spirit!



## PARENTING FOR THE HOLIDAYS: REDUCING STRESS AND INCREASING

# JOY

The holiday season can be a magical time, filled with traditions, celebrations and family gatherings. However, it can also be stressful for parents, with busy schedules, financial pressures and the challenge of managing high expectations. Finding ways to reduce stress while increasing joy is essential for creating a holiday experience that is enjoyable for both parents and children.

### There are many ways to reduce stress during the holidays:

**Set realistic expectations.** Parents often feel pressure to create a "perfect" holiday but trying to live up to this ideal can lead to exhaustion and disappointment. It is important to focus on what truly matters—spending quality time together—rather than striving for perfection in decorations, gifts or events. Simplifying traditions and cutting out activities that feel more like obligations than sources of joy can significantly reduce stress.

**Plan ahead.** By creating a holiday schedule that includes meal planning, shopping and downtime, parents can avoid last-minute chaos. Involving children in the preparation process, whether it's decorating, cooking or wrapping gifts, can also lighten the load while fostering family bonding.

**Take care of yourself.** The American Psychological Association suggests that setting aside time for self-care, such as exercise, meditation or simply taking a break, is crucial for maintaining balance and reducing stress.

### To increase joy during the holidays, focus on:



**Create meaningful experiences and traditions that emphasize connection and gratitude.** These can be simple but powerful, like baking cookies together, going for a family walk to see holiday lights or reading favorite holiday stories. Engaging in shared activities helps build positive memories and strengthens family bonds.



**Practice gratitude.** Encourage children to express thankfulness for what they have and involve them in acts of giving. Whether it's donating toys, making cards for neighbors or volunteering as a family. Teaching children about the joy of giving can shift the focus away from materialism and foster a deeper sense of fulfillment. Research from the Greater Good Science Center at UC Berkeley shows that gratitude is strongly associated with happiness, even in children.



**Stay present in the moment.** Savoring small joys, such as a warm cup of cocoa or a cozy evening on the couch, can make the holiday season more joyful. By letting go of unnecessary stress and focusing on connection and gratitude, parents can create a holiday atmosphere that is joyful, meaningful and memorable for the entire family.

Contact your local Owen County Extension Office for more resources, tips and information.

Save the Date for the  
Owen County Memory Makers host

# Craftin' for the Community

Sat. April 12th, 2025 at the  
Owen County Cooperative  
Extension Office

Proceeds benefit the Owen County  
Senior Citizens  
Register for either a full table (\$55) or a  
half table (\$30)  
Open to all crafters to enjoy a day of  
fellowship, food, and fun.



Please complete the  
registration form  
below.

Submit registration  
form to club leader of  
Memory Makers, Dawn  
Davis.

Checks should be  
made to the Memory  
Maker Homemakers.

Mail registration and  
checks to:

Dawn Davis  
PO Box #2  
New Liberty, KY 40355

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL: \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

I would like to sit near (not guaranteed but we will try our best): \_\_\_\_\_

Dietary needs (please be specific if any allergies) \_\_\_\_\_

Please indicate the table size that you are requesting:

\_\_\_\_\_ 1/2 table (\$30 each)

\_\_\_\_\_ full table (\$55 each)

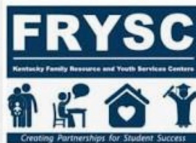
\_\_\_\_\_ Sorry, I am unable to attend but would like to make a donation toward the Owen County Senior Citizens. If donating, please make a check payable to the organization directly and we will be sure they get it.

# Rebel Marketplace Food Pantry

**JANUARY 14, 2025  
3:00PM-4:30 PM**

PICK UP AT DOOR #5 AT OWEN COUNTY HIGH SCHOOL. IT IS A DRIVE THRU FOOD PANTRY AND WE WILL LOAD YOUR VEHICLE. NO APPOINTMENT NECESSARY. PLEASE HAVE YOUR TRUNK OR BACKSEAT CLEARED. PANTRY IS FOR STUDENTS AND FAMILIES IN OWEN COUNTY SCHOOLS.

FOR MORE INFORMATION:  
CONTACT BECKY MEFFORD, YOUTH SERVICES CENTER COORDINATOR  
AT 502-484-4017



# GRANPARENTS & RELATIVE CAREGIVER LUNCHEON

**OWEN COUNTY EXTENSION OFFICE  
265 ELLIS HWY OWENTON, KY 40359**

**JANUARY 22, 2025  
11:00-1:00PM**

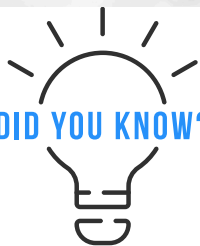


Any grandparent or relative caregiver in Owen County Schools who is raising a grandchild or relative from preschool through 12th grade is invited to attend.

RSVP to:

Becky Mefford @ 502-484-4017  
Janetta Briscoe @ 502-484-4014

**DID YOU KNOW?**



Download the App for Weather Alerts by scanning the QR code.



**WEATHER ALERT**  
ALERTS FORECASTS AGRICULTURE



for android



for iOS

If the Extension Office is CLOSED due to inclement weather, Extension programs are CANCELED.

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

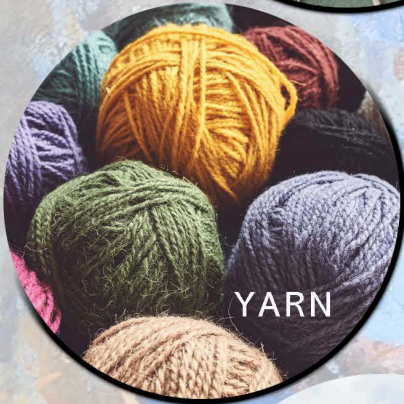
the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Join us to listen, learn, and  
some hands-on activities for this program.

**January 23, 2025**

**1:00 p.m.**



# The Artful Palette

**Location:**

Boone County Enrichment Center  
1824 Patrick Drive  
Burlington, KY 41005

**Registration required:**

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

*Cultural arts occur  
whenever creative  
people decide to  
artistically enhance  
what is around them.*



# "A Taste of Italy!"

## A Cultural and Culinary Experience

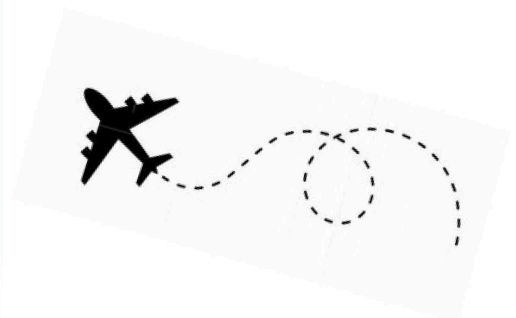


**January 9, 2025**

**1:00 - 3:00 p.m.**

**Carroll County Extension Office  
 500 Floyd Dr., Carrollton  
 (502) 732-7030**

**Presenters:  
 Christy Eastwood, Carroll County FCS Agent  
 &  
 Devon Fluty**



**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.

# A message from...

## Cotton Club

Christmas Party tonight. Not a lot of show-n-tell. Beginning in January, we will start a new UFO program. Find 12 unfinished projects that are in your collection, make a list and number them 1 -12. Bring the list to the Cotton Club meeting on January 14th to begin.

Not a lot but boy do they shine. Beverly Kincaid crocheted the jacket she is wearing. Linda Williams made the UK mondo bag as a Christmas gift. Paula Offutt designed and sewed the Christmas tree shirt she is wearing. Sue Wash loves to fish so much she even includes it in her quilting!

We also start our block of the month "Mystery" quilt in January. You get a pattern and a square of background fabric for \$1.

Don't forget to bring your Volunteer Hour Sheets to the meeting or you can fill one out while you are at the meeting! Each sheet you turn in results in your name being entered in a drawing!

Our club meets January 14th and our Sew Day is January 6th. Hope to see you there!



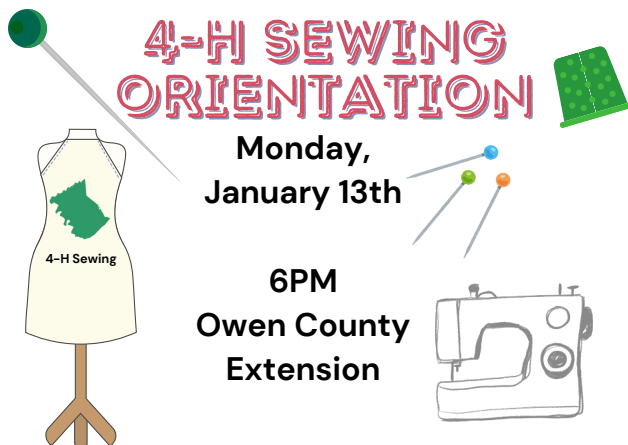
# VOLUNTEER WITH 4-H

As we approach the new year, 4-H is gearing up for another exciting program year with 4-H sewing starting in January!! We are looking for dedicated volunteers to help make this year a success for all the new and returning members. If you are able and willing to help, please reach out to the Extension Office or contact Julie Donahue, the 4-H sewing club leader. Below you will find the orientation date and regular club meetings that begin a 3 PM and end at 6 PM on Mondays and Tuesdays during the months of January and February.

## 4-H SEWING ORIENTATION

Monday,  
January 13th

6PM  
Owen County  
Extension



## 4-H SEWING MEETING DATES

January 13th, 14th  
January 20th, 21st  
January 27th, 28th

February 3rd, 4th  
February 10th, 11th  
February 17th  
(9AM-4PM)  
February 24th, 25th



Extension Office  
3:00-6:00 PM

### CEC Meeting

Thursday, January 16th  
~ 6 PM ~

Owen County Extension  
Office

Please RSVP  
(502) 484-5703 by Jan. 9th

### Extension District Board Meeting

Tuesday, January 21st  
~ 5 PM ~

Owen County  
Extension Office

### Embroidery Class

Bring a Project Night

If you don't have a project,  
Please contact class leader at  
rdperkins52@gmail.com

### SAVE THE DATE

### Homemaker Council Meeting

Wednesday, February 19th

~ 1 PM ~


Owen County Extension Office



# JANUARY 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
5	6	7	8	9	10	11
	<b>SEW ALL DAY</b> Extension Office 9 AM		<b>Pleasant Home</b> Extension Office 11 AM		<b>Sweet Owen</b> Sweet Owen Store 11 AM	
12	13	14	15	16	17	18
	<b>Sew &amp; Go</b> Extension Office 11 AM	<b>Cotton Club</b> Extension Office 6 PM		<b>CEC Meeting</b> Extension Office 6 PM		
19	20	21	22	23	24	25
	<b>CLOSED</b> 	<b>Extension District Board Meeting</b> Extension Office 5 PM				
26	27	28	29	30	31	
	<b>Craft Club</b> Extension Office 6 PM	<b>Embroidery Class</b> Extension Office 6 PM	<b>Crochet &amp; Fellowship</b> Extension Office 11 AM			

**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>

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703  
[owen.ca.uky.edu](http://owen.ca.uky.edu)

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter 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

Continued on the next page 



**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.



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**

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



Kendal Bowman



Agriculture & Natural Resources Agent

Stop by the Extension Office to pick up the  
2025 Food & Nutrition Recipe Calendar and the  
Cook Wild Kentucky.



# Easy Fruit Salad



## Ingredients:

- 1 16-ounce can fruit cocktail in juice, drained
- 2 bananas, sliced
- 2 oranges, diced
- 2 apples, diced
- 1 6-ounce container low-fat pina colada flavored yogurt

## Directions:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

## Make it a Meal

Pair this Easy Fruit Salad with vegetable and beef soup, grilled cheese on whole wheat bread and water.



Servings: 14  
Serving Size: 1/2 cup  
Recipe Cost: \$4.53  
Cost per Serving: \$0.32