



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

**Cooperative Extension
Service**
Daviness County
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DATES

January 2

Extension Office opens 8 am

January 20

Extension Office closed for MLK Day

January 21

Homemaker Leader Lesson Training
Daviness County

January 21

Ticket sales begin for Get the Tea on
Cancer fundraiser

January 22

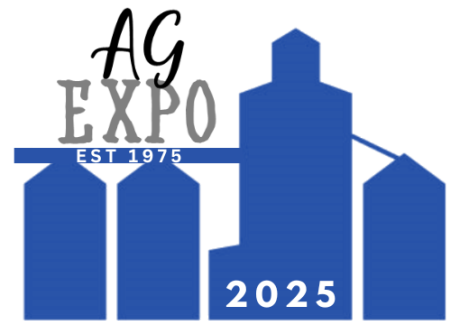
Homemaker Leader Lesson Training
Henderson County

January 30

Ag Expo

SAVE THE DATE!

The 51st Ag Expo will
be January 29, 2025
at the Owensboro
Convention Center!



Martin Luther
King Jr. Day

I HAVE A
DREAM

The Daviness County
Extension Office will closed
on Monday, January 20 for
Martin Luther King Jr. Day.
We will reopen at 8 am
Tuesday, January 21.

We still have bags of halves and
pieces.

SCHERMER
- PECANS -

Cost is \$12 a bag.
Stop by the office to get yours.

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Katie Alexander

**Daviness County Extension Agent
for Family & Consumer Sciences
Education**

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Get the "Tea" on Cancer

**Saturday, February 11, 2025
10:00 a.m.**

At the Daviess County
Cooperative Extension Office

Tickets \$10 each

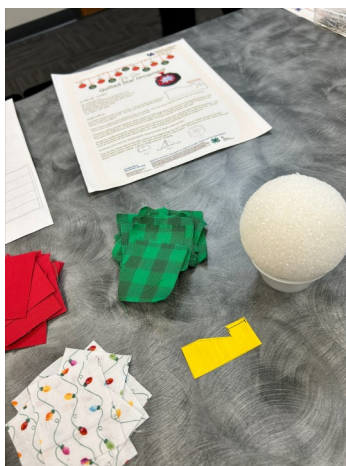
Event includes special speakers
from the Kentucky Cancer
Program and the University of
Kentucky.



Proceeds to benefit UK Ovarian Cancer Research

QUILTED STAR No Sew Ornaments

A special thanks to Marla Stillwell who came from Larue County to teach this class. The participants made beautiful ornaments!





HOMEMAKER HAPPENINGS

Lesson for the Month

Time Well Spent: Organizing Tips for Increased Productivity - A Management & Safety Lesson

Roll Call

January rings in the new year. What adventure do you hope to find this year?

Thought of the Month

“Lookin’ for adventure. And whatever comes our way”

—(Born to be Wild), Steppenwolf - 1968

FOYER DECORATIONS

Thanks to Maceo for welcoming December and reminding us that Santa’s on his way.



January’s foyer will be decorated by Homespun Homemakers.

LESSON LEADER TRAINING

January 21, 2025 Daviess County Office

January 22, 2025 Henderson County Office

10:00 February lesson:

Creating Welcoming Communities

(International)

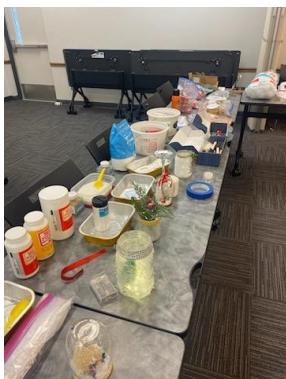
11:00 March lesson:

How to Get Out of a Mealtime Rut

(Food, Nutrition, and Health)

Holiday Crafts With the Homemakers

We had a great time making beautiful crafts!



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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Cooperative Extension Service

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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.

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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>

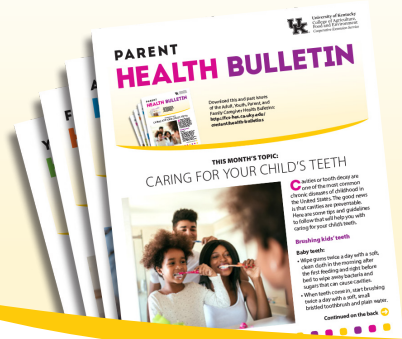
ADULT
HEALTH BULLETIN

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



PARENT

HEALTH BULLETIN



JANUARY 2025

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THIS MONTH'S TOPIC

STEP INTO NATURE: EVEN IN THE WINTER



In the cold, dreary months of winter, it is easy for everyone to spend more time inside. However, children need time to play outdoors year-round. It can be tempting to forgo the extra work of bundling a child up to go outside to play, but there is simply no substitute developmentally for kids playing outside.

Children need unstructured play time outside every day. Their bodies need to be able to move. Even 15 to 30 minutes of outside playtime makes a difference in kids physically, emotionally, and behaviorally.

Physically, children's bodies are growing and developing. They need to use and strain bones and muscles to develop strength and endurance. Lungs and heart need to be used to increase capacity as well. Physical activity is the best way for all body systems to work well, and children

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Maybe you have heard that playing outside when it is wet or dreary can cause your child to catch a cold or feel poorly. However, we know that is not the case. Colds come from the spread of germs.

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need to use energy and move freely. While sports and organized games are great physical activities, children also need unstructured time to explore and learn independently. It is OK for your child to be “bored” outside. Boredom often leads to creativity and ingenuity in both children and adults.

Children process their emotions through their bodies, so they need regular opportunities for physical release. As with adults, spending time outdoors helps to lower stress levels and reduce negative thoughts. Teaching children to use nature as a tool to help themselves feel better emotionally builds capacity and resilience. Adults model using nature as a tool by encouraging children to go outside when they feel poorly and helping them reflect on how being outside affects their emotions and thought patterns.

When children regularly spend time playing outdoors, their behavior indoors improves. Wide-scale studies have shown that physical activity is a mitigator for student behavior in schools. Particularly for high-energy children, or children with attention or hyperactivity disorders, having opportunities throughout the day for unstructured activity decreases reports of problematic behaviors. Additionally, spending time outdoors in green spaces has been shown to increase concentration, problem-solving, and imagination. These are all areas of importance for growing and learning minds.

Parents often cite poor weather as a reason for limiting outdoor play in the winter months. Maybe you have heard that playing outside when it is wet or dreary can cause your child to catch a cold or feel poorly. However, we know that is not the case. Colds come from the spread of germs. This happens much more frequently indoors than outside. Breathing in fresh, outdoor air boosts children’s immune function and helps their bodies fight colds and other illnesses.

If a child dresses appropriately, most weather, aside from storms and extreme cold, is suitable for outdoor play. When it is wet, help your child choose clothes and shoes that will keep them dry, such as rain boots, a water-resistant coat and pants, or a rain suit. When it is cold, instruct your child to wear a coat, hat, gloves, and layers to stay warm, as well as socks and shoes to protect their feet. Winter boots and a snowsuit may also be beneficial.

Encourage kids to go play outside, and then come inside to get warm and dry. Everyone benefits from stepping into nature, even in the winter!

REFERENCE:

https://www.med.upenn.edu/antibiotics/newsletters/2017_5.1_January.pdf

**PARENT
HEALTH BULLETIN**

Written by:

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

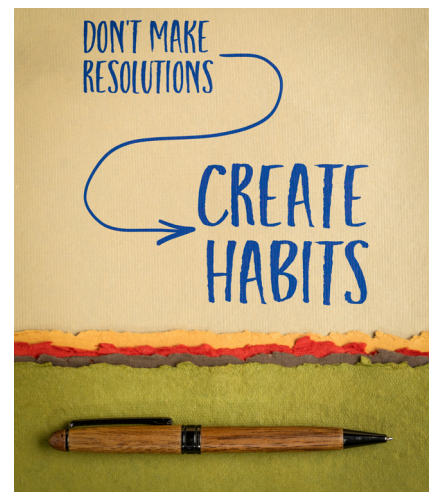
Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.



Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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