

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

January 2025

UK Cooperative
Extension Service

Cooperative Extension Service
Spencer County
PO Box 368
100 Oak Tree Way
Taylorsville KY 40071-0368
(502) 477-2217
Fax: (502) 477-1343
spencer.ca.uky.edu

The 2023-2024 Friend of Spencer County 4-H Award!

Congratulations to the Spencer County Homemaker's Council on being selected as the 2023-2024 Friend of Spencer County 4-H Award Winner. Here is what Mollie Tichenor, the Spencer County 4-H Agent had to say:

"We all know that it takes a lot of work from other groups and individual supporters outside of Extension to make the Spencer County 4-H program a huge success that it is! Without the Friend of Spencer County 4-H Award Winner this year and those past winners, our program would not be what it is today. This afternoon, I would like to take the opportunity to recognize a Council that has dedicated many years to Spencer County 4-H. This group has stepped up to judge speeches and demonstrations in the schools, as well as at the county and area contests too. This past year, a couple judged the Cooking Club Cooking Contest. In the past they have helped with Reality Store. As a collective group they have supported Spencer County 4-H financially by sending campers and teens to Lake Cumberland 4-H Camps annually. They are definitely a Friend of Spencer County 4-H. Please join me in congratulating the Spencer County Homemaker's Council." The Spencer County Homemaker's Council were presented a plaque to keep and the Spencer County Friend of 4-H Plaque at the Extension Office will bear their name for 2024. Thank you again for being a true 4-H Friend!

Pictured: Jennifer Lyvers, 4-H Council President and Judy Broyles, Spencer County Homemaker.



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.

Upcoming Dates

1/17: FCS Council Meeting/ Wellness Day Planning Committee meeting - 11am
2/26: Homemaker Council - 1pm
3/11: Homemaker Leader Lesson Day, details to be announced at a later date
3/17: Louisville Area Council Meeting
3/26: Last day to turn in Spencer County Cultural Arts items for judging
3/28: Louisville Area Cultural Arts Contest in Henry County
3/29: Wellness Day with Health Screening and vendors at the Spencer County Extension Office - 10am-2pm
May 6-8: KEHA State Meeting in Lexington
6/17: Louisville Area KEHA Meeting in Henry County at the Celebration Barn

Group Updates

Thread and Thimble Monthly Projects

January: Hug Wraps
February: Mission Dresses
March: Sewing Caddies
April: Project Pouches
May: Little purses

Bunco Group Monthly Potluck Themes

January: Rock and Roll Revival
February: Heartwarming Dishes celebrating love and friendship
March: International Women's Day - Heirloom Meals Potluck and recipe share
April: Rainy day recipes
May: Derby

Active Living Monthly Theme

January: Productivity vs. procrastination

Homemaker Groups

Patch worker Quilt Guild (1/7, 1/21)

When: 1st and 3rd Tuesday of the month
Where: Spencer County Extension Office
Contact: Lani Kratzwald - (502) 797-1774
Time: 10 AM

Loyal Homemakers (1/9)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Wendi Bazemore - (502) 912-7372
Time: 10:30 AM

Bluegrass Basket Guild (1/9)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Nichole Hutchins- (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>
Time: 4 PM

Waterford Homemakers (1/15)

When: 3rd Wednesday of the month
Where: Spencer County Extension Office
Contact: Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (1/27) - RSVP

When: 4th Monday of the month
Where: Spencer County Extension Office
Contact: Gayle Browning - (502) 354-1151
Time: 10 AM

Bunco Group (1/7)

When: 10/1, 1st Tuesday of the month
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: 11 AM

Lunch Bunch (1/10) - RSVP

When: 2nd Friday of the month
Where: Fresh Take Market, Taylorsville
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM


Active Living (January 7, 14, 21, 28)

When: Every Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild KY(1/6, 3/3, 5/5) - RSVP

When: **January 6th at 5PM, rsvp by 1/2!**
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Theme: "In the Face of Disaster."

**For Homemaker Club announcements please email info to Ryan by the first of the month at ryan.linton@uky.edu **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30 Office Closed	31 Office Closed	January 1 Office Closed	2	3 Work Day: Taking down Holiday decorations at the Extension Office.	4
5	6 Cook Wild - 5pm "In Face of Disaster" lesson. Please bring a dish to share.	7 Patchworkers Quilt Guild - 10am Bunco - 11am Active Living - 10am	8	9 Loyal Homemakers - 10:30am Bluegrass Basket Guild - 4pm	10 Lunch Bunch - 11am at Fresh Take Market in Taylorsville. Everyone is invited!	11
12	13	14 Active Living - 10am	15 Waterford Homemakers - 10am	16	17	18
19	20 Office Closed	21 Cooperative Extension Council Active Living - 10am Patchworkers Quilt Guild - 10am	22	23	24	25
26	27 Thread and Thimble - 10am	28 Active Living - 10am	29	30	31	February 1



Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions, finely minced, divided
2 heads broccoli, (3-4 cups florets)	¼ teaspoon salt	½ cup reduced-fat sour cream
2 tablespoons olive oil	½ teaspoon pepper	¼ cup bacon bits (optional)
¼ cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	
½ cup melted butter		

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.

And Justice for All

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

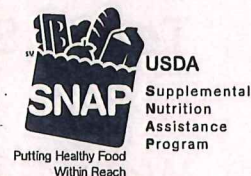
Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

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.



Split Pea Soup



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

Prep time: 10 minutes

Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts

per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service



Cooperative Extension Service

To our Spencer County Extension Community:

We will never text, call, or email you to acquire *sensitive financial information*.

There has been an uptick in scam emails and calls targeting homemaker groups around the state of Kentucky. If you receive communication from us that feels suspicious or uncharacteristic please call us at (502) 477-2217 to verify it before taking any further action.

We love and appreciate our Spencer County Extension community and hope this will help prevent further harm in our larger Extension community around Kentucky.

Warmly,
Your Spencer County Extension Team

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.

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>

Spencer County Extension Office
 100 Oak Tree Way
 Taylorsville, KY 40071
 (502) 477-2217

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

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 1

Spencer County Extension Office | 100 Oak Tree Way | Taylorsville, KY | 40071 | (502) 477-2217

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:

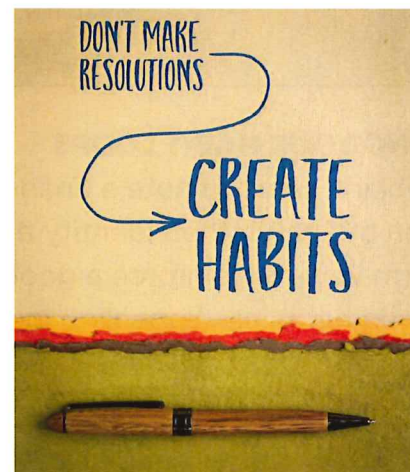
Cue → Craving → Response → Reward

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.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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