

December 2021-  
January 2022



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

# Extension Homemakers

## Cooperative Extension Service

Adair County  
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## Welcome Dylan Gentry!

Dylan Gentry, is excited to begin his career as the Adair County Cooperative Extension Agent for Family and Consumer Sciences in January 2022.

Dylan will be graduating in December 2021 from the University of Kentucky where he has studied Family Sciences. While in college, he completed two internships in FCS; one under a county FCS Agent and another in the state FCS Office.


Dylan grew up in the Cooperative Extension Service, primarily doing 4-H Youth Development activities. He is a resident of Green County, but has several connections to the Columbia/Adair County community. As an FCS Agent, Dylan is looking forward to supporting Extension Homemaker activities, offering workshops based on community needs, and being a resource for research-based answers to your questions.



## Save the Date: Tuesday – January 18<sup>th</sup>, 2022

A welcome reception is scheduled for January 18<sup>th</sup>, 2022 to allow you an opportunity to come by the Adair County Extension Office and meet Dylan. Watch for more details through various media outlets.

Enjoy the season of giving!!

  
Nick Roy

County Extension Agent  
for Agriculture  
& Natural Resources

  
Tony Rose

County Extension Agent  
for 4-H  
Youth Development



### Extension Office Holiday Hours

The Extension Office will close at the end of the business day on December 23<sup>rd</sup> and remain closed thru January 1<sup>st</sup>. We will reopen on Monday – January 3, 2022 at 8:00 am.

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

**JANUARY CLUB  
LESSON MATERIALS  
CAN BE PICKED UP  
ANYTIME AFTER  
DECEMBER 15<sup>TH</sup> AT  
THE EXTENSION**



**Club Lesson:** Gardening...Keeping You and Your Plants Healthy  
**Roll Call:** What room in your life has potential?  
**Thought for the Month:** "We spend January 1<sup>st</sup> walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives ... not looking for flaws, but for potential." ~Ellen Goodman

**MAILBOX MEMBERS!** The Gardening lesson has lots of educational information to keep in mind as you make plans for your Spring garden. Stop by the Extension Office for your copy or call 270-384-2317 to get it mailed to you.

January 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 6:00pm Town & Country	4	5	6	7	8
9	10 6:00pm Circle of Friends	11 5:00pm Happy 5:30pm Sano Stars	12 11:30am Daylight 11:30am Green River	13	14	15
16	17 MARTIN LUTHER KING JR. HOLIDAY Extension Office Closed	18 WELCOME RECEPTION for new FCS Agent @ Extension Office	19	20 11:00am Bliss	21	22
23	24	25	26	27	28	29
30	31	<b>REMINDER:</b> In case of inclement weather for Extension Office cancellations or emergency closings, please listen to the local radio stations and watch for it on <a href="http://www.columbiamagazine.com">www.columbiamagazine.com</a>				



## How to Get a Sound Night's Sleep

*Not getting enough sleep can lead to serious health problems. So if you're not getting enough, we have suggestions to improve your quality and amount of sleep.*

Are you getting enough sleep? Probably not. Research says 1 in 3 adults do not get enough sleep. Adults between 18 and 64 need seven to nine hours of sleep per night. Adults over 65 need seven to eight hours. Lack of sleep can lead to an increased risk for obesity, type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death.

Set up your bedroom for success:

- Make your bed each morning. According to a survey by the National Sleep Foundation, those who make their bed nearly every day were more likely to report getting a good night's sleep.
- Change your bedsheets every week. Allergens can disrupt sleep. To cut down on buildup, wash your sheets weekly. Also replace pillows at least every two years and mattresses every 10, both for hygiene and for comfort.
- Turn your alarm clock toward the wall. In addition, place your cellphone facedown. Artificial light disrupts sleep.
- Invest in a sound machine or fan. Snoring partners, traffic, and other noise can cause you to wake during the night. A source of white noise, like a fan, can help.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature

Habits to help your sleep:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get exercise. Being physically active during the day can help you fall asleep more easily at night.

If you still have trouble sleeping, see a sleep professional. Your lack of sleep could be a sign of a bigger health problem, like sleep apnea. A sleep specialist can help you diagnose any underlying issues or recommend medication.

### References

<https://www.aarp.org/health/healthy-living/info-2019/latest-sleep-research.html> [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

Source: Dr. Natalie Jones, Family Health Extension Specialist

## *Have a Heart-Healthy Holiday*

The holiday season can take a toll on our stress levels and diets. However, it is also important to avoid adding further stress to the season by trying to deprive yourself of foods you and your family love. The trick is to find a balance. Heart disease is the leading killer of both men and women in the United States, but you can prevent or delay most of its effects through small ongoing lifestyle changes. We can brighten up our holiday spirit by making health a priority this season. Follow these small healthy tips and get ready to enjoy the season!

### 1. Learn Your Heart-Health History

While the family is gathered together, take time to learn about your family health history. This way you can know your risks by talking to your doctor about your health history.



### 2. Stay Active

Sprinkle in some healthy behaviors with your daily activities. For example, park farther away when doing holiday shopping to get in a few extra steps. You can even use a trip to the gym as an opportunity to catch up with friends or get some much-needed time to yourself. Shoot for at least 30 minutes of activities on most days.

### 3. Eat Healthy

When possible, make healthy choices. However, do not deprive yourself of those holiday favorites. You can still enjoy some indulgences, just in smaller portions. If you are the host of a holiday party, challenge yourself to make up a delicious and heart-healthy menu.

### 4. Take Time to Recharge

Give yourself the gift of peace. With the busy holiday schedule make sure to take care of yourself to prevent getting run down. This could be small self-care acts like a facial mask, bubble bath, or massage to relieve stress. You might want to consider a cuddle with your favorite furry creature to take off the edge.

Source: Natalie Jones, Family Health Extension Specialist



## Bring Holiday Cheer to the Elderly

The holidays are supposed to be a time of joy, but for some older adults, especially those living alone or in long-term care, holidays can be met with stress, confusion and feelings of sadness and loneliness, often intensified because holidays can be further reminders of the loss of loved ones, health and even independence. During this time of year, older adults can become isolated from their friends, family and community, leading to an increased risk of depression. There are several ways to make the holidays brighter and more tolerable, however.

- One of the greatest gifts you can give an older adult is your time. Make it a point to talk with the older adults in your family, neighborhood and those living in long-term care. Listen to their stories, learn from them and try to put yourself in their shoes.

- Include older relatives and friends in as much of your family's holiday celebration as possible. This may include taking the holiday celebration to them. Remind older adults why and how they are important to you and your entire family.

- Invite your elderly neighbor over for some of your holiday celebrations, especially if they would otherwise spend the holidays alone.

- Holiday cards can mean a lot to older adults, and with loss, it is not uncommon for cards to diminish in number with every passing year. For some older adults, mail is the only communication they receive from friends and family. Make an effort to send a card with an upbeat greeting and update about your life and family. Cards filled with bad news, such as updates on those who died or fell ill, can be upsetting and stressful. If an older adult needs help reading or writing a card, take time to sit with them.

- Help older adults decorate for the holidays. Offer to help them hang lights, carry boxes and prepare the house. If they are in an assisted living facility or nursing home, make the holidays brighter by bringing favorite or meaningful decorations. If the person uses a wheelchair, or is confined to a bed, place the decorations in places that will be most visible to accommodate their needs.

- Encourage older adults to attend holiday celebrations and events. Social activities and events to look forward to can be meaningful and can contribute to feelings of belonging and well-being. If an older adult typically throws his or her own party, you can help plan and carry out the event if need be. You may decide to throw a holiday party in honor of a special loved one just to let them know how much they mean to you and others. This can be an uplifting celebration and help keep the older adult connected with their friends and community.

Source: Amy Hosier, UK extension specialist for family life, Aging Care

### HOMEMAKER COUNCIL MEETING

Tuesday – February 22, 2022

5:30 PM

Adair County Extension Office

Contact County President, Sharon Harris, if you have any items for the agenda.

**Pecans will soon be available at the Extension Office for all your holiday baking needs. Halves or Pieces. \$12.00 per bag!**



### HOMEMAKER LEADER TRAINING

Date to Be Announced- Letters will be mailed to Leaders.

12:00 noon

Adair County Extension Office

**Lesson:** Hunger Simulation

This lesson will bring awareness of food insecurity in Kentucky and in our communities.

- Kentucky has the highest rate in the nation of food insecurity among older adults (ages 50-59) at 17.3%, well above the national rate for that age group.

- 1 in 7 Kentuckians struggle with hunger; 1 in 5 are children.

Source: Feeding America website:

<https://www.feedingamerica.org>

**WINTER Begins December 21**



# Happy Holidays



## SMART TIPS

### Winter workouts

Once the weather turns cold, snow and ice can make jogging and cycling tricky — and even unsafe! Don't let the cold months of winter be an excuse to cut back on your workout routine. Here are some things you can do indoors:

- Walk in your local mall.
- Take the stairs when you can.
- Walk around your building's hallways during your lunch or coffee break.
- Don't wait for spring for a full-house cleaning. Wash the inside of your windows, vacuum or shampoo the carpet, or clean out your closets.
- Watch and follow a workout on TV rather than watch a movie.

Cold weather doesn't mean you have to say good-bye to the outdoors. Why should kids have all the fun in the winter?

- Have a snowball fight
- Go ice skating
- Go sledding
- Make snow angels

Source: Adapted from <https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>



## COOKING WITH KIDS

### Saucy Bars

- 1/2 cup shortening
- 1 cup sugar
- 1 cup applesauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup raisins
- 1/2 cup chopped nuts (optional)
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix shortening, sugar, and applesauce until creamy.

3. Add flour, baking soda, salt, cloves, cinnamon, and nutmeg, and mix together until well combined.
4. Stir in raisins, nuts, and vanilla.
5. Spread batter in a greased 13-by-9-by-2-inch pan.
6. Bake 35 to 40 minutes, or until top is lightly browned.

Number of servings: 24

Serving size: 1 1/2-by-3-inch bar

#### Nutrition facts per serving:

130 calories; 4.5 g total fat;  
1 g saturated fat; 1.5 g trans fat;  
0 mg cholesterol; 240 mg sodium;  
23 g carbohydrates; 1 g fiber; 1 g protein

Source: Plan Eat Move, University of Kentucky Nutrition Education Program



## RECIPE

### Easy Chicken Pot Pie

- 2/3 cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10 3/4 ounce) can low-fat, condensed cream of chicken soup
- 1 cup reduced-fat baking mix
- 1/2 cup milk
- 1 egg

1. Wash hands and any cooking surfaces.
2. Preheat oven to 400 degrees F.
3. Mix vegetables, chicken, and soup in ungreased 9-inch pie plate

4. Stir baking mix, milk, and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken, and soup mixture in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool 5 minutes and serve.

Number of servings: 6

Serving size: 1/6 of pie

#### Nutrition facts per serving:

180 calories; 3 g total fat;  
1 g saturated fat; 55 mg cholesterol;  
420 mg sodium; 25 g carbohydrates;  
2 g fiber; 13 g protein

Source: What's Cooking? USDA Mixing Bowl



# VEGETABLE BARLEY SOUP



Putting Healthy Food  
Within Reach

**USDA**  
Supplemental  
Nutrition  
Assistance  
Program

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

## Nutrition facts per serving:

160 calories; 3g total fat;  
0g saturated fat; 0g trans  
fat; 0mg cholesterol;  
120mg sodium; 30g  
carbohydrate; 7g fiber;  
6g sugar; 0g added sugar;  
4g protein; 0% Daily Value  
of vitamin D; 6% Daily  
Value of calcium; 6% Daily  
Value of iron; 8% Daily  
Value of potassium.

**Source:** Nutrition  
Education Program,  
University of Kentucky  
Cooperative Extension  
Service

- 1 medium onion, diced
- 1 tablespoon garlic powder
- 2 tablespoons olive oil
- 1/2 lb. carrots (about 4)
- 1 (28-ounce) can unsalted diced tomatoes
- 1 cup pearled barley
- 1 tablespoon dried Italian seasoning
- 6 cups low-sodium vegetable broth
- 1 potato, diced
- 1 cup frozen green beans
- 1/2 cup frozen corn
- 1/2 cup frozen peas

1. Heat a large pot over medium heat and add the onion, garlic powder, and olive oil. Cook for 2 to 3 minutes.
2. Add carrots, tomatoes, barley, Italian seasoning, and vegetable broth. Stir to combine. Cover with a lid and let soup simmer for 30 minutes.
3. Add diced potato. Cook for 10 minutes, or until potato pieces are tender.
4. Add frozen green beans, corn, and peas. Stir and let cook for another 5 to 10 minutes.

**Makes 10 servings**

**Serving size:** 2 cups

**Cost per recipe:** \$9.18

**Cost per serving:** \$1.83



NOVEMBER / DECEMBER 2021

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Helpful tips for healthy holiday parties

**A**s the holidays draw near, people are planning parties. Hosts are thinking about platters of rich and tasty seasonal foods. If you are hosting a crowd this holiday season, lighten up the foods without taking away taste.

**Try swapping out a few ingredients in your favorite recipes with some of these easy tips:**

- Use two egg whites in place of one egg. It can reduce dietary cholesterol.
- Try low-sodium vegetable broth in your mashed potatoes to add flavor. This will also cut back on added butter or margarine.
- Use applesauce for oil, margarine, or butter in muffins and quick breads such as banana bread. Try using a small amount at first, as too much may change the texture of the final product.
- For dips and sauces, use fat-free yogurt in place of sour cream or mayonnaise.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.



**Pack your shopping cart with plenty of fresh fruits and veggies.**

Put in sweet potatoes, winter squash, broccoli, carrots, and green beans. Apples, cranberries, and pears are easy to mix up for a tasty salad, fruit crisp, or topping for the turkey.

**If you are a guest at a get-together, think about these tips to keep your night healthy, happy, and safe:**

- Start your day with a small meal that includes whole grains, fruit, veggies, and some type of lean protein.

- Eat a small meal or snack before the event so you are not tempted to eat too much later.
- Meet people and settle into the party before seeking out the buffet.
- Savor foods you enjoy and pass on the others.
- Move your mingling away from the buffet tables. This will lessen the urge to nibble.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## FOOD FACTS

# Vitamin C

**V**itamin C is a water-soluble vitamin. It is well known for its role in supporting a healthy immune system.

Research shows the body needs vitamin C for the growth and repair of tissue. It helps heal wounds. It also helps to repair and maintain healthy bones, teeth, and skin. As an antioxidant, vitamin C fights free radicals in the body. This can help stop or put off certain cancers and heart disease. It can boost healthy aging. Vitamin C from foods also seems to lower the risk of cartilage loss in those who suffer with stiffness.

There are many sources of vitamin C. Many fruits and veggies give us this vital vitamin. It comes from citrus fruits, tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, Brussels sprouts and kiwifruit. You can enjoy these foods raw or cooked. Please note that fruits and veggies lose vitamin C when we heat them or store them for a long time. To get the most out of these veggies, eat them shortly after shopping.

Source: Adapted from EatRight, Academy of Nutrition and Dietetics



## PARENT CORNER

# Teaching kids good table manners

**F**rom high chair to school lunchroom to work lunches, your children will have many chances to carry out good table manners during their lives.

Teaching good table manners is one of the first steps parents can take to shape good behavior in their children. And people who eat together most days of the week tend to be healthier.

Teaching table manners can start when the child is eating by themselves and old enough to sit at the table. In the early phases, teach kids not to reach across the table, to eat from their own plate, to put a napkin in their lap, and to say please and thank you.

Parents are the main role models for children. They can offer helpful support of good table manners at mealtimes.

Having family meals is the best way to model and teach good manners. This is also true when sharing a new food with kids. You can teach them to say kindly when they don't like something. Young kids often can't sit through the whole meal, but can learn how to excuse themselves, rather than cut short the meal for everyone.

Never try to change manners in a rude way. Make clear to kids why you carry out manners, such as why we chew with our mouths closed and put napkins on our laps.

Each person should get a chance to be part of the upbeat table talk. Keep it bright and fun and talk about cheerful things at the table.

Kids as young as 3 to 5 years old can get involved by learning to set the dinner table. Other rules, of course, are no elbows on the table, and, in today's culture — no tech devices, phones, or texting at the table!

Good manners are about respect for the household and can highlight the joy of eating. It is something that each person can do well.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/teaching-good-table-manners-to-kids>





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2021

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

## THIS MONTH'S TOPIC: CELEBRATE NOW, PAY LATER? CONSIDER CAREFULLY.

Consumer holiday spending is projected to be up this year, as a larger percentage of U.S. adults plan to celebrate Christmas, Hanukkah, and Kwanzaa, according to the National Retail Federation (NRF). This year, 90% of adults will celebrate with average spending expected to approach \$1,000 on gifts, food, decorations, and other holiday-related purchases for themselves and their families.



In addition to having more plans to buy, there now are more ways to pay for purchases. One of these newer options is “buy now, pay later” plans, also known as “point-of-sale loans.” These opportunities may be offered through credit card companies, through particular retailers, or through apps. The big question is, are they worth it?

“Buy now, pay later” products are like a digital update of a layaway program. Retailers expect this market to grow, especially among Gen Z customers. This means higher sales for retailers and higher spending for consumers because many point-of-sale loans carry interest and fees. As with any decision to buy something, it is a good idea to first pause and ask yourself two things: One, do I need this? And two, is it worth the added expense to have it now?

### WHAT ARE “BUY NOW, PAY LATER” PLANS?

With “buy now, pay later” or point-of-sale loans, individual purchases can be financed right from a retailer’s website or at store checkout. The customer chooses a payment plan that breaks the purchase into several payments. Some require monthly payments for three, six, 12, or more months. With others, the payments are due every two weeks for a total of four payments. The annual percentage rate (APR) for these loans can range from 0% introductory offers to 30%.

Terms are often based on the size of the purchase and the customer’s credit, which may be determined with a soft or hard credit check. A soft credit check does not impact credit score, but a hard credit check can. Read through the fine print to understand if and how the loan may impact your credit score.



## **"BUY NOW, PAY LATER" PLANS BREAK A PURCHASE INTO SEVERAL PAYMENTS. RATES AND FEES CAN VARY.**



### **THE GOOD ...**

These financial products can be a convenient way to pay for a big-ticket item, especially if the rate offered is lower than your typical credit card or installment loan rate. Additionally, these loans might be easier to obtain if you don't have established credit. However, it may not help you build credit either. Whether it helps or hurts your credit depends on several factors including whether it is reported to the credit bureau, whether you pay the installments on time, and more.

### **THE BAD ...**

As with any loan, you should not consider it if you cannot afford the payments. Interest and fees can add up quickly. The ease of access may tempt people to spend more than they can afford. These loans can make returning an item complicated or could lead to not getting a full refund. Point-of-sale purchases may or may not show up on your credit report, but anything sent to debt collections can negatively affect your credit rating.

### **BE A CAUTIOUS BORROWER**

Credit is not inherently good or bad. However,

the choice to finance something might be a good or bad decision based on your financial situation. Know yourself and your capacity to pay it back before taking out any kind of loan. In particular, understand the APR, late fees, and potential impacts to your credit score.

And remember, it is usually more cost-effective to save up for something than to finance it. What you put off paying for now will be due later. This will affect how much money you have to spend on other things in the future.

### **REFERENCES:**

Inman, D. (2021). Holiday Spending Reflects Continued Consumer Demand. National Retail Federation. <https://nrf.com/media-center/press-releases/holiday-spending-reflects-continued-consumer-demand>

Miranda, L. (2021). The hidden costs of 'buy now, pay later' loans. NBC News. <https://www.nbcnews.com/business/consumer/hidden-costs-buy-now-pay-later-loans-rcna4367>

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# HOMEMAKER SWAP

The Lake Cumberland Area Homemakers invites you to the 2022 Homemaker Swap.

The Homemaker Swap is a pen pal program across the Lake Cumberland area. Participants will be matched with a Homemaker in another county.

The pen pal program will start in February 2022. The deadline to register is January 17th, 2022.

To Register: [https://uky.az1.qualtrics.com/jfe/form/SV\\_dc15Ysr990IFyUS](https://uky.az1.qualtrics.com/jfe/form/SV_dc15Ysr990IFyUS)