

Magoffin County Family & Consumer Sciences

 Cooperative Extension Service

January 2025

Happy New Year!

I hope that the holidays were enjoyable for all of you and your families.

You will find some interesting information in this newsletter concerning healthy winter practices to aid in staying healthy physically and mentally. There are also some ideas for fun activities for families to enjoy indoors during dreary winter days to have fun together.

It is strange to imagine that we are already thinking about and planning for 4-H Camp, however the planning has begun. You will notice that the cost of camp has increased because of the increase at the state level. You can make payments monthly leading up to camp, rather than paying in one lump sum. If you do not have a child of camping age, perhaps you, your homemaker group, or church group would consider sponsoring a child who otherwise could not attend without assistance. If you have questions about camp or any other programs, please do not hesitate to call our office at 349-1236.

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Cathy Sparks

CEA for FCS/4-H
Youth Development
Education



Cooperative Extension Service

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

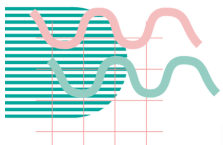
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Lexington, KY 40506



Disabilities accommodated with prior notification.



Join us at the
Magoffin County Extension Office for...

The Crochet Club



Wednesdays at 10:00 AM
January 15th
January 29th

Learn new crochet skills
and have a great time
with friends.



QUILT GUILD DATES

MAGOFFIN COUNTY EXTENSION OFFICE

Friendship Quilters

Fridays at 10:00 AM

January, 10th

January 24th

Sew What Quilters

Saturday, January 11th, 9 AM



UK Martin-Gatton College of Agriculture, Food and Environment

EMBROIDERY CLUB

Join us at the Extension Office for the Embroidery Club
Wednesdays @ 10:00 AM
January 8th
January 22nd

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506

Patchwork Playdates Winter Break

Looking forward to seeing you
March 11, 2025

Enjoy your break!



Please join us as we learn how to detect addiction, how to find help, and much more!

ADDICTION 101

LUNCH & LEARN

JANUARY 16, 2025, NOON

Magoffin County Extension Office
15 Rockhouse Fork Road
Salyersville, KY 41465

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Family and Consumer Sciences
4-H Youth Development
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January :Homemaker Meetings

Licking River: Women in Mission

Monday, January 13, 2025, 5:00 pm, Licking River Baptist Church

All Things Blooming Homemakers

Thursday, January 16, 2025 @ 6 pm, Extension Office

January "Cooking Through the Calendar"

Tuesday, January 21, 2025, noon



The Dining with Diabetes Support Group will meet in January. Date and time TBA

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University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

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

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>

Magoffin County Extension Office
15 Rockhouse Fork Road
Salyersville, KY 41465
(606) 349-3216

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

Written by: Katherine Jury, MS
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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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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:

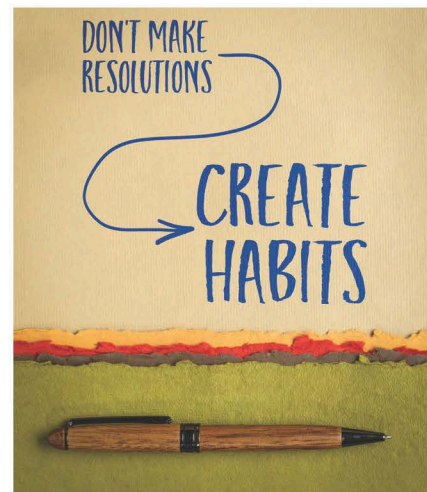
Cue → Craving → Response → Reward

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

Winter is a great time for Families

Source: David Weisenhorn, senior specialist for parenting and child development education

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.

Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Magoffin County Extension office.

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parent tips

Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods.

Children like to eat food they make. This is a good way to get them to try new healthy foods.

Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Save The Date!



4-H



CAMP

Call the Magoffin County Extension Office at 606-349-1236 to find out how you can begin your camp payment plan.



JUNE 3-6, 2025

\$75

BEGIN MAKING PAYMENTS TODAY!

OUTDOORS

SWIMMING

FUN & GAMES

Cooperative Extension Service

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4-H Youth Development
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January 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---------------------------------|--|--|-------------------------------------|
| | | | 1 Office Closed | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 Embroidery Club, 10 am | 9 | 10 Friendship Quilters, 10 am | 11 Sew What Quilters, 9 am |
| 12 | 13 Women in Mission Homemakers, 5 pm Licking River Baptist Church | 14 | 15 Crochet Club, 10 am | 16 Addiction 101 Lunch & Learn, noon All Things Blooming, 6 pm | 17 | 18 |
| 19 | 20 | 21 Cooking Thru the Calendar Noon | 22 Embroidery Club, 10 am | 23 | 24 Friendship Quilters, 10 am | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Magoffin County
P.O. Box 349
Salyersville, KY 41465



Super Crunchy Salad

¾ cup pepitas (raw pumpkin seed kernels)
Cooking spray
¼ teaspoon ground cayenne pepper
Salt and ground black pepper to taste

1 pound Brussels sprouts, trimmed and thinly sliced
½ pound curly kale, stems removed and thinly sliced
½ pound Napa cabbage, thinly sliced
1½ cups dried cranberries
1 (15-ounce) can Mandarin oranges, drained

4 green onions, thinly sliced
8 strawberries, trimmed and thinly sliced
1 (16-ounce) bottle creamy poppy seed dressing
1 tablespoon orange zest
Juice from 1 orange

Place pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat. **Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

Note: Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

Yield: 10, 1½ cup servings

Nutritional Analysis: 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.