

Pendleton County Extension
Homemaker
January 2025

NEWSLETTER

November and December Reflections in Photos!



CloverBuds Snowmazing December Party!



Mt Auburn Baskets for Shut ins at Christmas!



Office Staff Christmas Outing

Town and Country Christmas meeting

Cooking with a Purpose Round Two completed!



Senior Nutrition Lesson



StoryWalk Helpers!



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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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

Kenna Pritchett

Extension Agent for Family & Consumer Sciences-
Education, Pendleton County



Join our... “GET HEALTHY WITH KENNA IN 2025”

*Take steps towards better health -
Make one, small positive change!*

Meetings are the fourth Monday of each month!

Topics will include:

- Healthy nutrition
- Physical activity
- Stress management
- Sleep habits and more

Your commitment to us:

1. Commit for one year
2. Monthly check in
3. Willingness to try new behaviors
4. Tracking your daily food intake

**MUST
RSVP**

Call 859.654.3395



| Date/Time | Topic | Overview |
|--|---|--|
| January 27 - 6:30 - 8 PM | Diet - A Four Letter Word | <ul style="list-style-type: none"> • Talk about diet options but this is not a diet program • Let's discuss commitment to the year long journey - journaling, monthly meetings, etc. |
| February 24 - 6:30 - 8 PM | General Nutrition Overview | <ul style="list-style-type: none"> • Very basic general nutrition overview, including label reading • Share apps to track |
| March 24 - 6:30 - 8 PM | Dive in to Macro Nutrients - Protein | <ul style="list-style-type: none"> • We'll discuss protein supplements • Need for protein based on gender, age, and activity level |
| April 28 - 6:30 - 8 PM | Weight Strengthening Exercises | <ul style="list-style-type: none"> • Low impact weight strengthening exercises • Discuss options available |
| May 19 - 6:30 - 8 PM - Third not fourth Monday | Added Sugar! | <ul style="list-style-type: none"> • Talk more about label reading • Discuss the role that added sugar has on healthy eating |
| June 23 - 6:30 - 8 PM | Cardio Exercise and options | <ul style="list-style-type: none"> • Low impact cardio exercise and discuss benefits |
| July 28 - 6:30 - 8 PM | Power up with seasonal fruits and veggies | <ul style="list-style-type: none"> • Share "Plate It Up" recipes • Discuss having a variety of color on your plate |
| August 25 - 6:30 - 8 PM | Let's Talk Fiber | <ul style="list-style-type: none"> • Let's discuss fiber, whole grains, and fiber supplements |
| September 22 6:30 - 8 PM | Balance exercise | <ul style="list-style-type: none"> • Session on yoga or some similar balance exercise |
| October 27 - 6:30 - 8 PM | Let's talk Fats! | <ul style="list-style-type: none"> • Healthy Fats VS Unhealthy Fats |
| November 24 - 6:30 - 8 PM | Surviving the Holidays | <ul style="list-style-type: none"> • Healthy holiday recipe options - how to prevent the holidays from weighing you down |
| December 22 - 6:20 - 8 PM | Let's Talk Sodium and Carbs | <ul style="list-style-type: none"> • Wrap up to year journey, • Discuss sodium and carbs • Dinner and evaluation of program |

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

January 23, 2025
1:00 p.m.



The Artful Palette

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

Location:
Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:
Call: (859) 586-6101
Online: <https://boone.ca.uky.edu/events>

Cooperative Extension Service





MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



FREE IN-PERSON TAX PREP SERVICE

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation.

AARP Foundation Tax-Aide

-  AARP membership not required.
-  Get every tax credit and deduction you've earned.
-  IRS Certified Volunteers
-  Bring essential documents, including SS card, photo ID, last year's tax return, ALL income documents, healthcare forms, interest forms, income/property tax forms, checking/savings account info, and **ANY OTHER RELATIVE DOCUMENTS.**

Pendleton County Extension Office

EVERY THURSDAY, STARTING FEBRUARY 6TH

2:00 PM - 6:00 PM WALK-INS

PROGRAM ENDS ON APRIL 10TH, 2025.

Contact Us:
John Goodzey
585-704-1316
AARP Foundation

More Information
aarpfoundation.org/taxaid

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>

Pendleton County Extension Office
45 David Pribble Dr
Falmouth, KY 41040

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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Lexington, KY 40506



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

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