

January 2025 FCS/Homemaker Newsletter



Trigg County Cooperative Extension
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Extension Family and Consumer Sciences

Greetings & Happy New Year!

The New Year is more than just a turn of the calendar page; it is a time of renewal, reflection, and optimism. It's a time to cherish the memories of the past year, embrace the lessons it taught us, and welcome the opportunities that lie ahead. The arrival of 2025 brings with it fresh beginnings and endless possibilities! I pray your New Year is Blessed in many ways!

I want to say a Big THANK YOU to the Trigg County Homemakers for your generous Visa Gift Card that was presented to me as a Christmas Gift at the December Council Meeting! That was very thoughtful and very much appreciated!!!

Wishing you a New Year filled with love, laughter, and endless adventures. Cheers to 2025!

Teresa
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Follow on Facebook for dates of events, classes, and great educational/beneficial information:

Trigg County Cooperative Extension Family and Consumer Sciences

Homemaker Lessons

January Lesson Leader Training was held Friday, Jan. 3rd. Your lesson this month is on "Indoor Air Quality". Those in attendance found it very informational with helpful tips to improve the indoor air quality of your home.

Thank you to those who attended. If you are the lesson leader and was unable to attend, please come by the office to pick up your club materials before your next meeting.

Mailbox Members, you will find the lesson materials included in this newsletter!

February Lesson Leader Training:

January 27, 2025 at 10:00 am at the Trigg County Extension Office. The lesson will be "Inspiring Grandchildren to become Grand Cooks" by Livingston County FCS Agent, Joni Phelps.



We had so much fun and learned some great tips from Lina Sverlow at our Bow Making & Gift Wrapping Class on December 4th.
Thank you, Lina!



This year's Christmas Cookies, Candies, and Cocoa Classes were extra special! My parents came to visit and my Mom was my helper in 2 of the classes!!! Dad was the official Taste Tester!

And a Special Thanks to Janeen Tramble for being a great assistant for some of the classes, and Thank You, Deirdra Hite for creating our beautiful cookbook!!



Mary Muster, Teresa Garcia, Steve Muster



Homemaker, Joan Worsham and



Sheena Andrews and daughter, Ally

UP-COMING EVENTS:

Please Follow My Facebook Page for Up to Date Changes in any Programs/Events at:

Trigg County Cooperative Extension Family and Consumer Sciences

Bingocize:

Jan. 7 & 21 1:30 to 2:30 pm
in the Library Basement
Jan. 14 & 28 at the Extension Office

Wits Workout:

Nov. 26th Jan. 14 & 28, 9:30 am
at the Senior Center

Make It & Take It:

Jan. 30, 10:00 am (til around noon)
Hanging Kitchen Towels!

We are going to try to add a FUN, once/month Make It & Take it Class!
January will be Hanging Kitchen Towels!
We will have some towels and potholders available, BUT if you want something specific, Example: Valentines Day Towels, please bring them with you! Homemaker, Paige Dukes will be teaching us how to sew them!! See examples below, although these are obviously 4th of July. Space is limited and some may need to bring their own sewing machine.



**Please call the office to register for any class:
(270) 522-3269**

**Make plans to attend the 2025 KEHA State Meeting
at Hyatt Regency Lexington, 401 West High Street, Lexington!**

May 6-8, 2025

“Discover KEHA – A Hidden Treasure”

Registration and Hotel information available at KEHA.org click on State Meeting



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	½ teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon water
	½ cup chopped onion	

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.



Gluten Free Peach Blueberry Muffins

1 cup blueberries	¼ teaspoon salt	Streusel Topping:
1 cup peaches, small dice	1 teaspoon cinnamon	¼ cup gluten-free baking flour
3 cups gluten-free baking flour	½ cup butter	½ cup brown sugar
½ cup granulated sugar	3 eggs	1 teaspoon cinnamon
½ cup brown sugar	1½ cups non-fat milk	½ teaspoon ground nutmeg
1 tablespoon baking powder		2 tablespoons butter

Preheat oven to 400 degrees F. **Grease** the wells of a muffin tin or line with paper liners and **spray** with non-stick spray. **Rinse** blueberries and **drain** well. **Remove** skin from peaches and **dice**. In a large bowl, **mix** together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. **Melt** butter in a microwave safe bowl. In a medium bowl, **whisk** the eggs, milk and melted butter together. **Pour** the wet ingredients into the dry ingredients and use a spoon to **mix** just until incorporated. **Fold** the blueberries and peaches into the batter gently. **Fill** muffin cups ¾ full.

For the streusel topping: In a medium bowl, **place** gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, **cut in** butter until mixture resembles fine crumbs. **Spoon** streusel topping over the batter evenly. **Bake** muffins 18-20 minutes. Do not overbake. **Remove** muffins from pan to **cool**.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

FAMILY CAREGIVER

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>

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THIS MONTH'S TOPIC

PHYSICAL AND MENTAL BENEFITS OF COLD WEATHER ACTIVITY



While staying safe in the cold, snow, and ice is a priority, don't let winter keep you from the outdoors if you are able. Both mental and physical health can be negatively affected by the shortened, cold days. It is not uncommon to feel sluggish or less productive. Use winter to your advantage and get invigorated.

Spending time outdoors is essential for well-being and can positively affect mental and physical well-being, including reducing stress and enhancing sleep. Research supports the idea that spending at least 120 minutes a week in nature has positive benefits on health and well-being (White, et al., 2019). Time in nature can include being physically active or just relaxing and taking in the sounds, sights, and smells.

Spending time outdoors during the winter can be a little more challenging, especially as we age, however. As we get older, we lose body heat faster than when we were

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 Disabilities accommodated with prior notification.

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younger, making us more susceptible to cold weather. As a result, it is important to know the risks and benefits of spending time outside.

Dress warm and feel the sunshine.

When you are dressed warmly and can feel the sun on your face, your body is triggered to create vitamin D, which is good for your bones, muscles, immune system, and mood. To get sunshine in the winter, dress appropriately for cold weather and venture out for a picnic on your porch, build a snowman, photograph the snowflakes, walk around the neighborhood if sidewalks are clear of snow and ice, or take a winter hike and soak in the winter birds and other wildlife.

Stay physically active.

Daily physical activity can improve physical and mental well-being. Depending on where you live or visit, winter outdoor activities may include walking, shoveling, snowball fights, and cross-country skiing. Winter exercise needs extra planning and preparation.

- **Talk to a health-care provider about your health and outdoor activity.** Cold temperatures make it more difficult for the heart to pump blood throughout the body which may result in heart strain. Blood vessels can narrow in cold weather and prevent muscles from getting the oxygen they need to function properly. As a result, cold weather can make you vulnerable to muscle strain and injury.
- **Learn the signs of hypothermia.** Hypothermia occurs when the body's temperature loses heat more rapidly than heat is produced. When the body's core temperature drops below 95 degrees, it may cause a medical emergency. According to the Mayo Clinic, some signs of hypothermia include shivering, weak pulse, slurred speech, confusion, low energy, and shallow breathing.
- **Avoid frostnip and frostbite.** Exposure to severe cold and direct contact with ice, cold liquids, and frozen metals can lead to skin and tissue freezing. The early stage of frostbite is called frostnip, which causes cold and numbness. As frostbite gets worse, skin can change color, tingle, sting or feel prickly, throb, and become waxy-looking or hard.

Frostbite can occur on covered or uncovered skin, especially on the fingers, toes, ears, nose, and cheeks. To prevent frostbite, cover your extremities, stay hydrated, recognize the symptoms, and go indoors immediately. If your frostbite is more than mild, the Mayo Clinic recommends seeking medical attention to help prevent permanent damage.

- **Prevent falls.** The chances of falling increase when the ground freezes and becomes icy and slick. The best way to stay safe in icy conditions is to stay inside. If you must go out, take your time, wear proper footwear, use handrails, and walk like a penguin, which means taking smaller waddle-like steps that help maintain your center of gravity.

Be smart!

While going outside in winter can be good for you, watch the weather. If the conditions are too extreme, stay indoors! If you choose to go out on a nice winter day, pick the warmest part of the day to be outside when the sun is at its peak. Dress warmly, avoid cotton, and wear layers made of wool, fleece, or other fabrics that help keep you warm while wicking away moisture. When exercising outdoors, layers allow you to stay comfortable and not overheat. Keep your head and hands and feet covered so you do not lose heat. Wear proper footwear for the conditions. Protect your skin, lips, and eyes. Lastly, stay hydrated.

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**FAMILY CAREGIVER
HEALTH BULLETIN**

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