

Clinton County FCS Newsletter

January/February 2025

January is Mental Wellness Month

January is Mental Wellness Month, a perfect time to focus on your mental health and well-being. It's like giving your mind a fresh start, just like you might give your home a deep clean after the holidays. You may be wondering, "but what is mental wellness?" Mental wellness is a state of well-being in which individuals are functioning as their best version, they are able to realize their strengths, build on their weaknesses, can cope with stress, and have an overall balance between their emotional, physical, spiritual, and mental selves. There are several activities that individuals can participate in to ensure they are taking care of their mental wellness.

Here are some fun ways to boost your mental wellness:

1. **Try something new:** Pick up a hobby you've always wanted to try or rediscover an old one. Maybe you've always wanted to learn to play an instrument, paint, or write. Or, if you used to love a particular activity, give it another shot. Sometimes, revisiting old hobbies can bring back a sense of joy and fulfillment.
2. **Learn and Grow:** Engage in activities to better yourself such as reading self-help books, seeking therapy services, and engaging with a health and wellness coach.
3. **Find your peace:** Try participating in activities that will calm your mind and enhance your mental health such as meditation or yoga.
4. **Connect with others:** Volunteering or spending time with friends and family are shown to enhance your mental health.

So, this January, let's make it a month of feeling great! By incorporating these activities into your routine, you can improve your mental wellness and overall well-being. Remember, it's important to be patient with yourself and to find what works best for you.

Resources:

<https://www.voasw.org/blog/what-is-mental-wellness-how-to-improve-it/>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://globalwellnessinstitute.org/what-is-wellness/mental-wellness/>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Source: Dr. Nateese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being

Christy's Comments

Happy New Year! Lots of "new" in this edition-please be sure to read in its entirety. Additional updates will be sent over the upcoming weeks so watch for texts, emails, and Facebook posts.

Best Wishes,



Christy Stearns, M.S.

Clinton County Extension Agent for Family & Consumer Sciences

Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

HOMEMAKERS OUTING



Tickets
go on sale
Jan. 15!

U T.J. Regional
HEALTH

Women's Conference

Thursday, March 13 at 7:30 am
Cave Area Conference Center

Tickets go on sale January 15 at 10 am CST at
tjregionalhealth.org/womensconference
Individual Tickets: \$50 • Table of 8: \$375

An Evening with Brenda Gantt

Thursday, March 13 at 6:30 pm
The Plaza Theatre

Tickets go on sale January 15 at 11 am CST at historicplaza.com
Floor Seats: \$40 • Balcony Seats: \$25

If you would like to attend the day session with fellow Homemakers, please register by noon on Monday, January 13th with Christy. Registration means we have received your \$50 payment. The goal is to have at least one table so final cost could be less than \$50 with small refunds provided after the event. Those interested will carpool to Cave City.

NEW YEAR, NEW SERIES



Looking for a fun way to be more active?
Then come join the fun!

Bingocize® combines the game of bingo
with health education
and exercises (seated or standing).

Come play bingo & meet new people
while learning techniques to improve
balance and flexibility and increase cognition.



January 22nd 11:00 a.m.
Clinton County Extension Office

Falls Prevention Series
Meets Twice a Week for 10 Weeks
Schedule provided during 1st session



Register by January 21st
(606)387-5404
christy.stearns@uky.edu



**BINGOCIZE® IS EXERCISE FOR YOUR
BODY, MIND, AND SPIRIT.**

Mindfulness Mondays Series



WITS WORKOUT

An Interactive Brain Health Program

Did you know that coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles & learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: January 27th

(10 week program, plan to attend all sessions, will meet on other weekdays occasionally, schedule provided on January 27th)

Time: 10:00 a.m.

Where:

Clinton County Cooperative Extension
2601 Business Hwy 127 North, Albany

Register:

(606) 387-5404

christy.stearns@uky.edu

Deadline is January 23rd

Program is FREE!



Wits Workout is a program developed by University of Illinois Extension

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

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Disabilities accommodated with prior notification.

**Clinton County
Extension
Homemakers**



Monthly Meeting



FEBRUARY 4, 2025 | 5:00 PM

Clinton County Extension Office
2601 Business Hwy 127 North
Albany, KY
(606) 387-5404



An Equal Opportunity Organization.

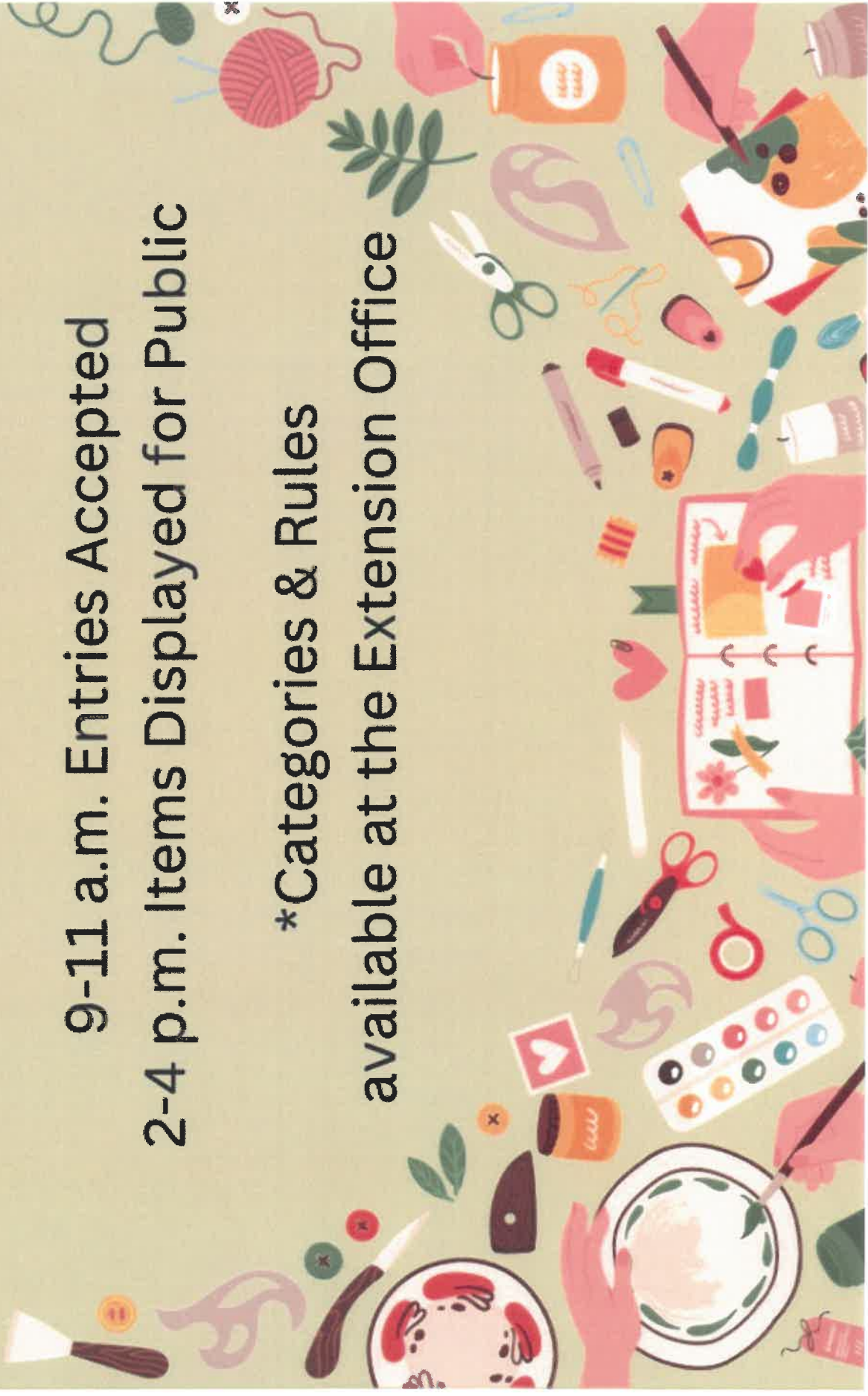


Clinton County Homemakers Cultural Arts Competition

Thursday, February 13th

9-11 a.m. Entries Accepted
2-4 p.m. Items Displayed for Public

*Categories & Rules
available at the Extension Office



CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60” perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition

- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition

- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

Slow Cooker Tips for Warm Winter Soups and Stews

Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.
- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.
- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention. For more information about slow cookers, recipes, and food safety, connect with your local County Extension Office.

Reference: FN-SSB.003 Putting Your Slow Cooker to Work

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition

2601 Business Hwy 127 N. | Albany, KY 42602 | P: 606-387-5404 | F: 606-387-4380 | clinton.ca.uky.edu



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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

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:

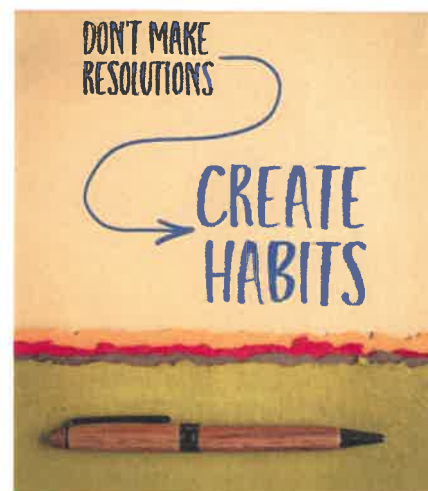
Cue → Craving → Response → Reward

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:

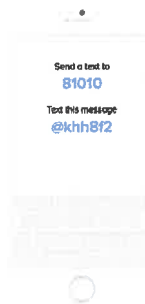
Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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

Other Thoughts to Share:

- Updates will be provided via the Remind texting app. If you have not shared your cell phone and wish to receive text updates, please contact the office or use the graphic below to link up.



- Most updates will be provided by email, text (Remind), and Facebook. Some items will be mailed, but with recent mail route extensions and some items being delivered late, this won't be the primary communication method. If printed & mailed copy is the only way you prefer to be updated, please call the office.
- Homemaker activities are cancelled when school is dismissed due to weather.
- Homemakers Meetings are typically held on the first Tuesday night of the month at 5:00 p.m.
- 2025 Nursing Home Bingo Outreach Dates: January 23rd, February 20th, March 20th, April 17th, May 22nd, June 19th, July 17th, August 21st, September 18th, October 23rd, November 20th, and December 18th. Members are asked to bring individually wrapped snacks to monthly Homemakers meetings for the program.
- Clinton County will host the Lake Cumberland Area Extension Homemakers Meeting on May 15th. It will be an evening meeting. More details to come but be sure to add the date to your calendars.

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