

# December 2022

## McLean County Extension

### Family and Consumer Sciences



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

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#### Important Dates

- December 8th, 5:00 p.m. Friendship Club Meeting
- December 13th, 12:00 p.m. Beech Grove / Glenville Clubs meeting Homemaker Council Meeting.
- December 25th, 2022 Christmas
- December 26th - December 30th, Christmas Holiday (Office closed)
- January 2nd- New Years Holiday Observed ( Office Closed)
- January 3rd, 12:00 p.m. Beech Grove / Glenville Clubs meeting at McLean County Cooperative Extension.



## Kentucky Ag Matters



Podcast brought to you by  
Western Kentucky Ag Network.

Check out David Fourqurean, Vicki Shadwick and Jay Stone  
Kentucky Ag Matters Podcast

Kentucky Ag Matters will discuss timely topics and issues related to Agriculture while providing educational information to Farmers, Ranchers, and Consumers.

Podcast Link:

<https://feed.podbean.com/jstonet/feed.xml>

Apple Podcast Search Kentucky-Ag-Matters

<https://podcasts.apple.com/us/podcast/Kentucky-Ag-Matters/id1613968408>

**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.

# KEHA Updates

## KEHA dues

Kentucky  
Extension  
Homemakers  
Association  
(KEHA)  
membership  
drives and



collection of dues should be wrapping up. Dues payment and the remittance form (KEHA Appendix, page 16) should be mailed to the area and state treasurers by Dec. 15 and are delinquent if not received by Dec. 31. Counties that are delinquent will not be allowed to have voting delegates and rights to vote at the 2022 state business meeting.

## Make plans for state meeting in May 2023

The Kentucky Extension Homemakers Association (KEHA) State Meeting will be May 9-11, 2023, at the Crowne Plaza in Louisville, KY. The theme is "KEHA, Let's Take a Hike." Visit <https://keha.ca.uky.edu/content/state-meeting-information> for information on making room reservations, registering for the event, and other details. Special hotel rates and discounted registration are available through April 10, 2023! The final deadline to register is April 24.



Kelly Bland  
McLean County Extension  
Agent for  
Family and Consumer Sciences  
and 4-H Youth Development



## HEALTHY RECIPE Venison Stew

- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 tablespoons flour
- 1 pound venison, cubed
- 1 tablespoon oil
- 3 cups water
- 1 onion, chopped
- 4 potatoes, cubed
- 3 carrots, sliced
- 3 stalks celery, chopped
- 2 bay leaves
- 1 tablespoon dried parsley

Combine pepper, salt, garlic powder, and flour in a plastic bag or large bowl. Add cubed venison and shake bag or toss to coat meat. Brown meat in hot oil, in a large, heavy saucepan. Stir in water. Add remaining ingredients and cook on high until it begins to boil. Reduce heat and simmer for approximately 1 hour. To thicken, in a small mixing bowl, stir 1/2 cup warm water into 2 tablespoons of flour. Add mixture into stew. Stir until thickened and bubbly. Cook an added 30 minutes or until vegetables and meat are tender. **Tip:** As an alternative to stove-top cooking, you can use a slow cooker set on low for 8 hours.

**Yield:** 6 servings. **Serving Size:** 2 cups. **Nutritional Analysis:** 270 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 490mg sodium; 36g carbohydrate; 5g fiber; 5g sugars; 22g protein; 0% Daily Value of Vitamin D; 6% Daily Value of Calcium; 20% Daily Value of Iron; 25% Daily value of Potassium

Source: Adapted from Venison Recipe Collection, Compiled by Becky Nash, Extension agent for Family and Consumer Sciences  
<https://www.planeatmove.com/recipes/recipe/venison-stew>

# Children's and youth novels on mental health

**D**uring the coldest months of the year, we are often inside more.

Parents may be looking for activities to do with their children or for their children to do alone. One great activity for any time, but especially the colder months of the year, is reading! Books (possible holiday gift ideas) can be a great way to educate tweens and teens about how important it is to take care of their mental health. Here are some great novels you can read with or offer to a child to read about mental health. You can likely find these at your public library, or your child may be able to borrow them from a school library.



## Books for children for ages 8 to 12

“Dear Student” by Elly Swartz

“AWOL” by Marla Lesage

“Honestly Elliott” by Gillian McDunn

Iveliz Explains It All” by Andrea Beatriz Arango

“Moonflower” by Kacen Callender

“Rain Rising” by Courtne Comrie

“Summer of June” by Jamie Sumner

“Smaller Sister” by Maggie Edkins Willis

Books for children for ages 12 and up

“And They Lived...” by Steven Salvatore

“Exactly Where You Need to Be” by Amelia Diane Coombs

“How to Live Without You” by Sarah Everett

“Improve: How I Discovered Improv and Conquered Social Anxiety” by Alex Graudins

“It Looks Like Us” by Alison Ames

“Long Story Short” by Serena Kaylor

“Nowhere Girl” by Magali Le Huche

“Operation Final Notice” by Matthew Landis

“Queen of the Tiles” by Hanna Alkaf

“Scout’s Honor” by Lily Anderson

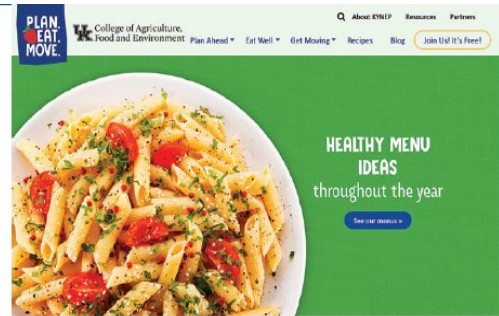
“Slip” by Marika McCoola

“This Is Why They Hate Us” by Aaron H. Aceves

“The Silence That Binds Us” by Joanna Ho

“The Words We Keep” by Erin Stewart

“Zia Erases the World” by Bree Barton



Feeling better happens one small step at a time.

We know, because that's what we've done -- and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

## PLANEATMOVE.COM

Connect with or contact your county  
to learn about free classes in your community!  
Visit [PlanEatMove.com/free-classes](https://www.planeatmove.com/free-classes) to learn more.

Reference: Jones, Y (2022). 2022 Children's Books for Mental Health Awareness. Retrieved July 2022 from <https://www.publishersweekly.com/pw/by-topic/childrens/childrens-book-news/article/89368-2022-children-s-books-for-mental-health-awareness.html>.

Source: Dr. Kerri Ashurst, senior Extension specialist for Family and Relationship Development, University of Kentucky College of Agriculture, Food and Environment



# McLean County Homemaker Connection



## Homemaker Meeting Dates

- Beech Grove / Glenville Clubs meeting December 13th, 12:00 p.m. at McLean County Cooperative Extension. Charcuterie Board Christmas Party, bring \$10.00 to cover class, taught by McLean County Family and Consumer Sciences Agent Kelly Bland. Lunch will be provided.
- Friendship Club meeting December 8th, 5:00 p.m. McLean County Cooperative Extension Service
- Beech Grove / Glenville Clubs meeting January 3rd, 12:00 p.m. at McLean County Cooperative Extension. Homemaker Lesson will be Exercise With Intro Lesson to Bingocize taught by McLean County Family and Consumer Sciences Agent Kelly Bland. Lunch of soup and cornbread will be provided by Carla Troutman and Sharon Barnett
- Homemaker Council Meeting January 12 at 4:00 p.m. at McLean County Extension Service
- Friendship Club meeting, January 12th, 12:00 p.m. McLean County Cooperative Extension Service

## County Membership Recognition Reports

December 31 County Membership Recognition Reports (including 50-year member and deceased member lists) due to Green River Area President, Mechele Arnold.

### Thought for the month:

"Remember this December that love  
weight more than gold!"  
-Josephine Dodge Daskam Bacon

### Roll Call:

December is the holiday season.

### HOMEMAKER LESSONS

**TRAINING DATE:** January 17  
(Davies) January 18 (Henderson)

**February Lesson:**  
Transferring Cherished Possessions:  
Estate Planning For Non-Titled Property  
10:00 a.m.

**March lesson:**  
Elements & Principles of Art  
11:00A.M.

### HOMEMAKER DUES

**ALL CLUB DUES, AND MAILBOX DUES,  
ARE DUE TO THE COUNTY TREASURER  
BY DECEMBER 1, 2022.**

**ADULT**

# HEALTH BULLETIN



**DECEMBER 2022**

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:

# THE WINTER BLUES



**D**o you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

### Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page →



# Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

## → Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

## Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

## REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT  
HEALTH BULLETIN

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