



FEBRUARY

McLean County
HOMEMAKERS

NEWSLETTER



DO YOU HAVE SOMETHING YOU WOULD LIKE TO ADD TO THE NEWSLETTER?
JUST LET US KNOW, PLEASE GIVE US A CALL AT 273-3690,
ASK FOR JESSICA!

BIRTHDAYS:

1-1: MARGARET SCOTT
2-12: ELAINE REVELETT



Thought/Quote of the Month:
"On your marks, get set, go" Bicycle Race
-Queen 1978
Roll Call:

Have you ever participated in a race or contest? What happened?

What You Reading?



Did you know the Extension Office has a library? Come check out a book, and we would love to hear about! What do you like to read? Are you into cooking, craft, mystery books? We have a ton to choose from!

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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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McLean County Ext. 335 W 7th Street Calhoun KY 270-273-3690

CAULIFLOWER BITES

Prep Time: 15 minutes Cook Time: 30 minutes

Ingredients:

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil



Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48
Nutrition facts per serving:

1. Preheat oven to 450 degrees F.
2. Prepare a baking sheet with nonstick spray.
3. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
4. Gently rub cauliflower under cool, running water before preparing.
5. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
6. Gently fold in cauliflower florets to evenly coat with batter.
7. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
8. In a small bowl, combine melted butter and olive oil.
9. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
10. Return tray to oven to bake for another 10 minutes or until the cauliflower begins to crisp.
11. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired.
12. Refrigerate leftovers within 2 hours.



Air Fryer Version:

1. Follow steps 2–5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired.
9. Refrigerate leftovers within 2 hours.

Nutrition facts per serving:

100 calories, 5g total fat, 1.5g saturated fat, 0g trans fat, 5mg cholesterol, 220mg sodium, 10g total carbohydrate, 2g dietary fiber, 2g total sugars, 3g protein, 2% Daily Value of vitamin D, 2% Daily Value of calcium, 6% Daily Value of iron, 6% Daily Value of potassium

Source: Jacqui Denegri, Fayette County, NEP Assistant Senior, University of Kentucky Cooperative Extension

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:

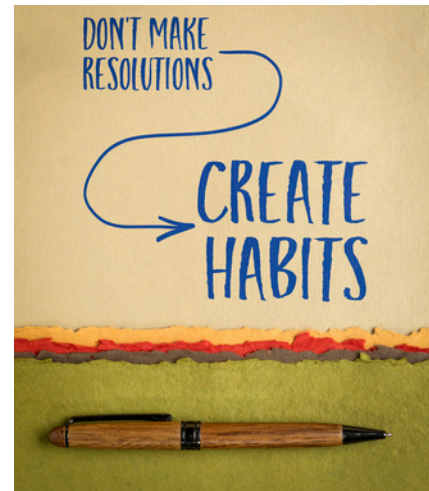
Cue → Craving → Response → Reward

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:

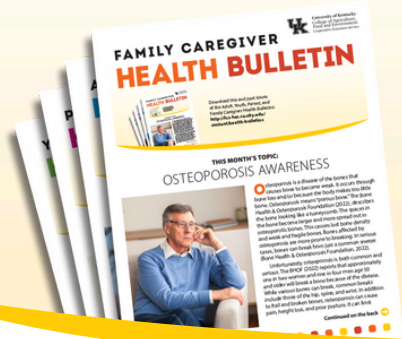
Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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FAMILY CAREGIVER

HEALTH BULLETIN



FEBRUARY 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>

THIS MONTH'S TOPIC

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

Continued on the next page 



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- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness. • **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

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FAMILY CAREGIVER HEALTH BULLETIN

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