

Hart County Homemaker Newsletter

 Cooperative
Extension Service

January-
February 2025



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
January 8
February 12

Cub Run Club
January 15
February 19

Outreach Too
January 21
February 18

Quilt Club- Sew & Sew
January 23
February 27

Waterloo
January 9
February 13

Hardyville
January 16
February 20

Homemaker Art With Allison
February 4 at 1PM

A Note from Sonya

Happy New Year! 2025 is here. The lesson for January is "Self Defense" and it is included in this newsletter. With the new year we have new beginnings! We are adding a club in 2025. Look inside the newsletter to learn information about Homemakers around the county.

In February, our lesson is "Tips to Manage Stress Eating". We will meet on February 6 at 10AM for the Leader Lesson. The council meeting will begin at 11.

We still have some pecans for sale. Stop by and pick some up. They are yummy.

Sonya Carter

Extension Agent for
Family and Consumer Sciences

**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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Happy New Year 2025

HAPPENINGS IN JANUARY & FEBRUARY



We still have some chocolate covered pecans and pecan clusters for sale. Come and get them while they last!
\$12 per bag

February Art Class

On Tuesday, February 4, at 1 PM, Allison Denny, KSU Fine Arts Agent, will be returning to Hart County to complete a painting project/Art Project with us. Mark your calendar to come and have fun!

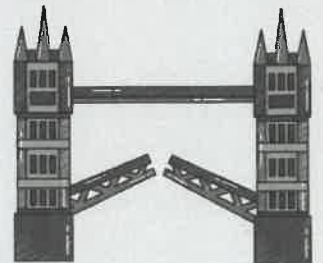


International Day

Mark your calendar for International Day on Thursday, February 13, 2025. Registration will be at 10:30AM. The program will begin at 11. Tara Wilson and her sister, Tammy Rice, will be speaking about their trip to England. We will be having a potato bar.

WHOSE BRINGING WHAT??

CUB RUN - SOUR CREAM & BUTTER
OUTREACH TOO-CHEESE & BACON BITS
WATERLOO-DESSERTS
HARDYVILLE-DRINKS
BONNIEVILLE-ONIONS & A DESSERT



HART COUNTY HOMEMAKER CLUBS TO JOIN

STOP BY THE EXTENSION OFFICE AND PICK UP A BROCHURE
ABOUT OUR CLUBS TO TAKE TO A FRIEND!



- *Are you a creative person?
- *Do you like making things?
- *Is your house full of hobby supplies and half-finished projects?

Crafty Friends may be for you! It's a new homemaker club in Hart County with the focus on sharing ideas and activities based on members' individual skills and interests. We will also participate in the UK monthly lessons, cultural arts programs, and community service. Meetings will be held at the extension office on the 2nd Wednesday of the month at 11am beginning January 8th. All are welcome. Contact Janice Ballow at 270-537-5585 for more information.

Hart County Homemaker Clubs

Cost \$10 per year

Bonnieville

2nd Wednesday- 10 am

Hart County Extension Office

Crafty Friends

2nd Wednesday- 10 am

Hart County Extension Office

Cub Run

3rd Wednesday- 1 pm

Cub Run

Cub Run Lodge

Healthy Living

Every Monday- 1 pm

Hart County Extension Office

Outreach Too

3rd Tuesday- 6 pm

Hart County Extension Office

Sew & Sew Quilters

4th Thursday- 10 am

Hart County Extension Office

Waterloo

2nd Thursday- 11 am

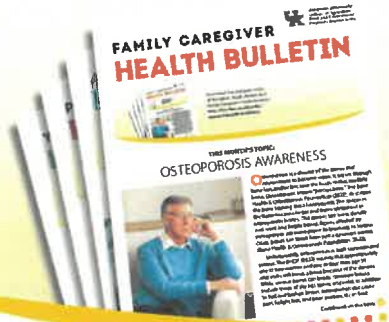
Hart County Extension Office

Hardyville

3rd Thursday- 5 pm

Hardyville Community Center

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>

Hart County Extension Office
505 AA Whitmand Lane
Munfordville, KY 42765
(270) 524-2451

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

Continued on the next page 



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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



 Disabilities accommodated with prior notification.

➔ Continued from the previous page

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.

REFERENCES:

- Harvard Health Publishing. (2019). An older adult's guide to exercising in cold weather. Retrieved 10/11/24 from <https://www.health.harvard.edu/staying-healthy/an-older-adults-guide-to-exercising-in-cold-weather>.
- Mayo Clinic. (2024). Frostbite. Retrieved 10/11/24 from <https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>
- Mayo Clinic. (2024). Hypothermia. Retrieved 10/11/24 from <https://www.mayoclinic.org/diseases-conditions/hypothermia/symptoms-causes/syc-20352682>
- White, M.P., Alcock, I., Grellier, J. et al. Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Sci Rep* 9, 7730 (2019). <https://doi.org/10.1038/s41598-019-44097-3>
- Utah Health. (2022). The Physical and Mental Benefits of Getting Outside in the Winter. Retrieved 10/11/24 from <https://healthcare.utah.edu/healthfeed/2022/01/physical-and-mental-benefits-of-getting-outside-winter>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



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:

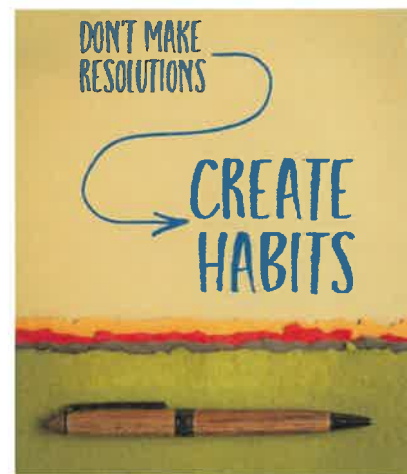
Cue → Craving → Response → Reward

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.



1**TRUST YOUR INSTINCTS**

If something doesn't feel right, it probably isn't safe — that's the bottom line. Many individuals have been conditioned to ignore the little voice that tells them trouble is coming. Your instinct is the best detector of danger. The next time you hear that little voice, listen to what it's saying.

2**PRESENT YOURSELF WITH CONFIDENCE**

Be aware of the message your body sends to those around you. Like animals, human predators target those they consider the weakest or most vulnerable. Attackers search for individuals who appear frightened, confused or distracted. They look for individuals who walk with their head down and their hands stuffed in their pockets, or perhaps one who's overburdened with packages or distracted by children or phones. By walking with confidence and awareness — looking around and keeping your head up and shoulders back — you'll dramatically reduce the likelihood of becoming a target in the first place.

3**KEEP A SAFE DISTANCE**

Everyone has a comfort zone or personal space. You should try to maintain approximately one to one-and-a-half arm lengths between yourself and the aggressor. If he starts closing in, you need to use verbal boundaries.

4**FOLLOW THROUGH**

The fight isn't over until the threat no longer exists. Therefore, you must be 110-percent committed to the battle. If you fight back and then pause, you give up the initial advantage you gained from using the element of surprise. If you start fighting, you may need to continue.

5**ITEMS YOU MAY USE TO DEFEND YOURSELF**

- Having your phone to call for help.
- Pepper Spray
- Key fob to sound your alarm if you sense danger.



How to...

ESCAPE AN ATTACK

Most attackers look for someone who appears weak, easily intimidated and already fearful. Here are some escape tactics to help you feel more confident.

Attack your attacker

There are five parts of the body that are particularly vulnerable to external blows or pressure, which can give you enough time to get away.

The throat

Strike the throat with the "V" of your hand.



OR grab his windpipe and squeeze, so that he cannot breathe.



The knee

Your legs have some of the strongest muscles in your body and are a great weapon. But don't kick above the knee unless you have a shot at the groin. The attacker will have complete control if he gets a hold of your leg.

Shin scrape, stomp

If the attacker is behind you, or you cannot reach the knee, this method will also work.



Turn your foot sideways.

Drag the back edge of your shoe along his shin.



End with a swift heel stomp to the foot.

The groin

Knee, punch or kick in the groin. Kicking or hitting from below has less chance of being blocked than from straight on.



Turn your body sideways. Put your weight on your rear foot, with the foot turned at about a 45-degree angle.

Drive your heel into the shin or knee.

Kick and bring your leg back quickly. Be ready to kick again if needed.

The face (eyes and nose)

This is the most sensitive part of the body. The bone in the nose is thin and easily broken. Hurting your attacker's eyes will cause a loss of sight for a short period of time, giving you an opportunity to escape.

Palm heel strike



With hand in a paw-like position, jab toward nose, palm first. Strike nose with bottom of palm, where it is strongest. But be careful: this can kill someone.

Bottom fist strike



With your hand in a fist, strike down on the nose.

Thumb gouge



Grab head securely. Then push thumbs into the inside corner of the eyes. Rake your thumbs to the outside, across the eyes.



How to get out of a wrist hold

One on One

If the attacker grabs your wrist with one hand, roll your wrist, thumb first, toward the "V" of his hand. Bend the thumb backward, and the attacker should let go.



Two on One

If the attacker grabs your wrist with both hands, grab the fist that is being held with your free hand and pull your hand up and out.



Practice makes perfect

It is very important to practice self-defense moves so that they become an automatic reaction when you are attacked. Otherwise, you may not react quickly enough for the moves to help.

How to get out of body holds

Here are options to get out of other holds.

Headlock

Grab onto one or both legs and lift up to knock the attacker over. The attacker should let go of you to catch the fall. You could also try to hit the groin.



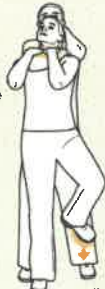
Rear bear hug

Head-butt him in the nose or hit the groin, since both of the attacker's hands are occupied and will not be used to block you.



Choke hold

Get your hands between his arm and your neck. Push away to prevent your air from being cut off. This may also be a good chance to use the shin scrape, stomp.



Remember...

The best defense is **AWARENESS**.

Only injure the attacker enough to get away.

Shout **"NO!"** or **"FIRE!"**, not **"HELP!"**

Be loud, quick and aggressive.

If the attacker is trying to rob you, just hand over what is wanted. Do not put yourself in more danger by trying to fight.

Never be coerced into a vehicle. Chances of survival drop dramatically if taken to a secondary location.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and toss until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15 minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve. Yield: 8, 1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.

2 tablespoons canola oil	3 cups broccoli florets	3 tablespoons	all-purpose flour
1/2 cup chopped onion	1/2 teaspoon dried Italian seasoning	1/2 teaspoon salt	3 1/2 cups low sodium chicken broth
3 cloves garlic, finely minced	1/2 teaspoon pepper	1/2 cup half-and-half	1/2 cup low-fat, shredded cheese
1/2 cup diced, unpeeled red potatoes			

Broccoli Chowder



Hart County
P.O. Box 367
Munfordville, KY
42765-0367

RETURN SERVICE REQUESTED