

# FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your FCS Agent:

Happy New Year! I hope everyone enjoyed a wonderful holiday season. As we step into the new year, it's the perfect time to set fresh goals. What are your aspirations for this year?

A huge thank you to everyone who made 2024 a fantastic year! Your support for Pike FCS Extension has been invaluable. We're excited to announce a lineup of new and thrilling programs for 2025, along with the continuation of our beloved past programs.

Don't forget to check out the rest of the newsletter for details on upcoming classes and highlights from our December events. Here's to an amazing year ahead!



Chelsea Workman  
County Extension Agent  
for Family & Consumer Sciences Education  
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# Dates to Remember:

**January 1:** Pike County Extension Office Closed

**January 7:** Laugh and Learn

**January 13:** County Extension Council Meeting

**January 13:** Quilt Guild

**January 15:** Toaster Pastry Class

**January 20:** Pike County Extension Office Closed

**January 21:** Homemaker Workshop for State Meeting

**January 23:** Cooking Through the Calendar

**January 27:** Quilt Guild

**January 29:** Wits Workout

**January 30:** Diabetes Support Group at ARH



# Announcements:

- The Pike County Extension Office will be closed December 25-January 1.
- The Pike County Extension Office will be closed January 20.

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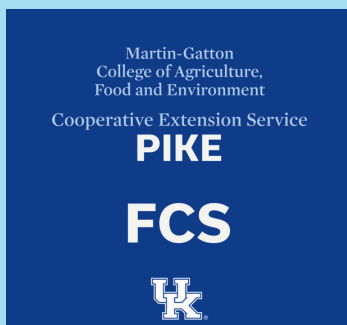
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or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



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"UK Pike County  
FCS"



# ADULT 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>

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Disabilities accommodated with prior notification.





Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

**REFERENCE:**  
<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

**ADULT HEALTH BULLETIN**

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**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:

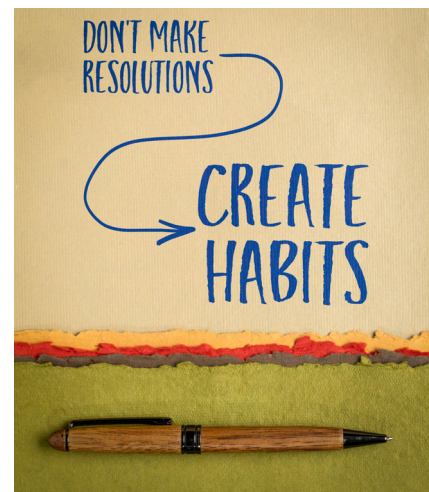
#### Cue → Craving → Response → Reward

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.





Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b> Hunger	<b>Obvious:</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible:</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving:</b> Food	<b>Attractive:</b> 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.	<b>Unattractive:</b> 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.
<b>Response:</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward:</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> 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>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult:</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### 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

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# Indoor Air Quality:

## Sources and Effects on Our Health



### Hardin Stevens

Senior Extension Associate  
Family and Consumer Sciences Extension

The EPA estimates that we spend 90% of our time indoors, in homes, schools, workplaces, places of worship, or gyms. Research shows that indoor air pollution is increasing. Our air quality is affected by chemicals, gases, and particles from products used or naturally found inside buildings, inadequate ventilation, and moisture and humidity problems. The home is the most likely place you are exposed to indoor air pollution.

Developing an understanding of indoor air quality (IAQ) and identifying factors that impact the air you breathe while indoors will empower you to make decisions about how you can improve your indoor home environment.

### What do you think of when you hear the term “air quality”?

Many people think of outdoor air pollution such as smog, smoke, and vehicle exhaust. But what about indoor air quality?

According to the Environmental Protection Agency (EPA), “Indoor Air Quality refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants.”



### Indoor Air Quality Problems

The main causes of indoor air quality problems are contaminants that release gases or particles into the air:

- Tobacco products and secondhand smoke,
- Radon,
- Burning wood,
- Mold,
- Dust, pet dander, and hair,
- Volatile organic compounds (VOC) found in household cleaners, dry cleaning, hobby supplies, etc., and
- Pesticides.



Household items that may impact your indoor air quality:

- Heating and cooling systems, air conditioning units, gasoline-powered heaters, and other appliances,
- Fireplaces and woodstoves,
- Cooking appliances, and
- Building materials and furnishings.

## Impacts of Poor Air Quality on Health

Indoor air pollution can cause symptoms such as irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. It might also cause, aggravate, or worsen asthma and allergies. It can also make it more difficult to fight off infections. Air pollution can also cause long-term health problems such as respiratory diseases, heart disease, and cancer.

## How Can We Improve Indoor Air Quality?

To improve or avoid any health symptoms, work to improve your indoor air quality. Controlling the source of pollution is the most efficient way to do that. An easy way to do this is to make sure your home has proper ventilation. Increasing the amount of air that exchanges between inside and outside will keep your air cleaner.

Here are some ways to make sure your home gets proper ventilation:

- Open windows and doors (weather permitting). Keep windows and doors closed when outdoor air quality is an issue (wildfires, other health hazards, etc.).
- Use window and attic fans (weather permitting).
- Use bathroom and kitchen fans, especially if they are vented outside.
- Consider an air cleaner. They come in different types and sizes ranging from tabletop models to whole-house systems. Do some research to see if one is right for you.



To keep the air inside your home or office cleaner:

- Vacuum and dust often.
- Wash bedding regularly.
- Do not allow anyone to smoke or vape indoors. Adopt a smoke-free home and car. Ask people who use tobacco to go outside at least 20 feet from entryways, windows, and vents.
- Safely store chemicals away from children and pets.
- When taking a shower, use a ventilation fan.
- Dry any damp surfaces.
- Maintain and ventilate appliances and heating or cooling units. Change your air filters regularly especially in times of outdoor smoke events (e.g., wildfires).
- Use nonchemical products when possible.
- Seal all cracks in basements.
- Test for radon every two years. If your radon number is at or above 4.0 pCi/L, contact a certified radon measurement and mitigation professional to lower exposure to radon.

New home designs are adding features to bring outdoor air through the HVAC system.

## Do House Plants Improve Air Quality?

There is no direct evidence that having houseplants cleans indoor air. In fact, houseplants may contribute to indoor air pollution by releasing VOCs into the air. Additionally, the plant's soil may have bacteria, pesticides, or other contaminants. Overwatering plants can cause microorganisms to grow, which can affect people with allergies.

There is no way to totally rid your indoor air of pollutants, but by following these steps, you can reduce potential exposure to these risks.

Improving indoor air quality requires an understanding of what contaminants are affecting the air you breathe in your home. Once you have identified the contaminant source, take appropriate action to eliminate or mitigate the source. Sometimes, improving air quality is as simple as opening windows or doors. Sometimes, you need expert assistance to effectively improve the air quality.

### Sources:

Referenced 6/6/23

[https://www.epa.gov/indoor-air-quality-iaq/introduction-indoor-air-quality#:~:text=Indoor%20Air%20Quality%20\(IAQ\)%20refers,and%20comfort%20of%20building%20occupants.](https://www.epa.gov/indoor-air-quality-iaq/introduction-indoor-air-quality#:~:text=Indoor%20Air%20Quality%20(IAQ)%20refers,and%20comfort%20of%20building%20occupants.)

Referenced 6/6/23

<https://www.epa.gov/indoor-air-quality-iaq/improving-your-indoor-environment>

Referenced 6/7/23

<https://www.niehs.nih.gov/health/topics/agents/indoor-air/index.cfm>

Referenced 10/23/23

<https://www.epa.gov/indoor-air-quality-iaq/text-version-indoor-air-quality-house-tour>

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## Start the new year with these four easy steps for a clean fridge



Source: Annhall Norris, extension specialist, food preservation and food safety  
When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.



## QUILT GUILD



Quilt Guild held their annual holiday meeting in December. Member Jackie Hatfield won the embellishment challenge with a stunning book cover she handcrafted. Congratulations!

## CLOVERBUDS



The Cloverbuds Club had a fun meeting where they learned about the dairy food group and the fascinating science behind making ice cream! Participants also utilized their creativity by crafting their own gingerbread houses.

## BARN QUILT ORNAMENT CLASS

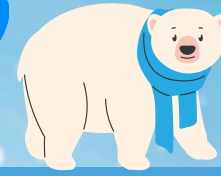


Participants engaged in a delightful self-care activity by crafting beautiful barn quilt ornaments.





# JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Office closed	2	3	4
5	6	7 Laugh and Learn @10	8	9	10	11
12	13 Quilt Guild @10	14	15 Toaster Pastry Class @9:30	16	17	18
19	20 Office closed	21 Homemaker Workshop @9	22	23 Cooking Through the Calendar @12	24	25
26	27 Quilt Guild @10	28	29 Wits Workout @1	30	31	



## Cooperative Extension Service

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Lexington, KY 40506

Agriculture and Natural Resources  
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4-H Youth Development  
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Cooperative Extension Service



# COOKING THROUGH THE CALENDAR

ON THE MENU:

- SPLIT PEA SOUP -

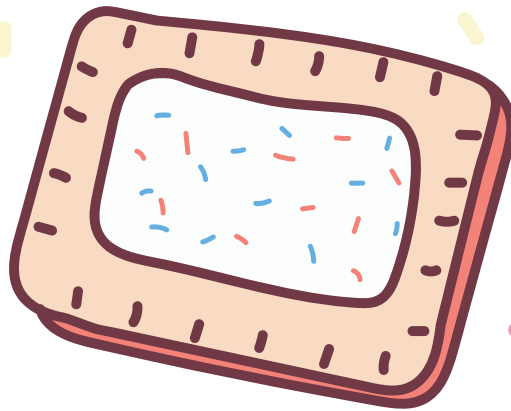


Thursday, January 23rd at 12pm  
Location: Pike County Cooperative Extension Office

Call (606)432-2534

*To sign up!*

# Toaster Pastry Class



In this class, you will learn how to make a toaster pastry completely from scratch, starting with the homemade pastry dough and filling all the way through to the final frosting.

**Call (606)432-2534 to sign up!**

**When: January 15th - 9:30-12**

**Where: 148 Trivette Dr,  
Pikeville,  
KY 41501**





# PIKE COUNTY EXTENSION OFFICE

 Cooperative  
Extension Service

## Laugh & Learn

Come have fun and learn with our Kindergarten readiness program for children ages 2 to 5 years old. The theme is snow and winter!

All kids must be accompanied by an adult.

148 Trivette Drive | Pikeville, Kentucky  
January 7th - 10am-12pm

**CALL NOW TO SIGN UP**  
**(606)432-2534**



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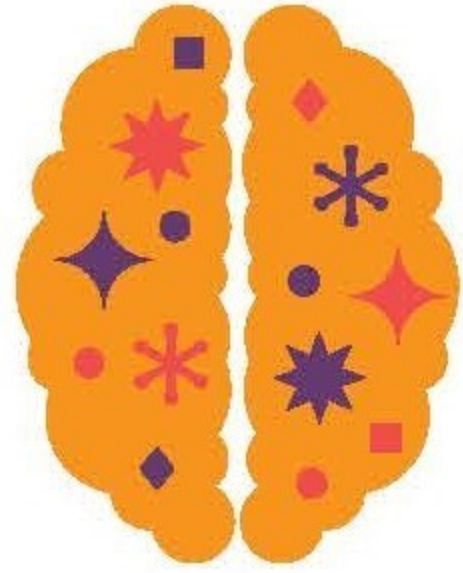
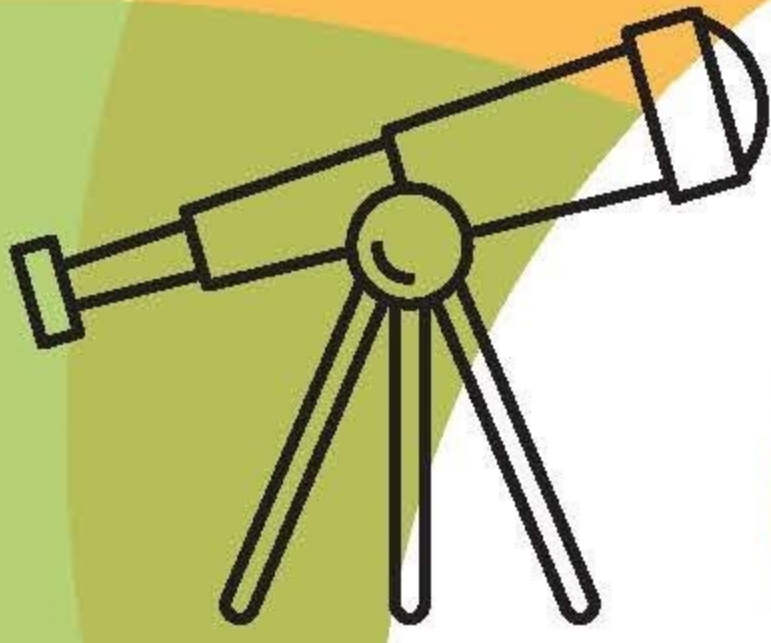
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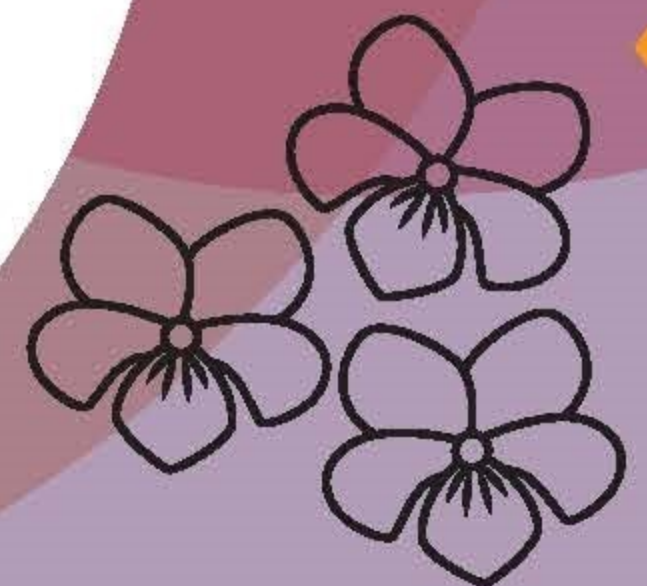
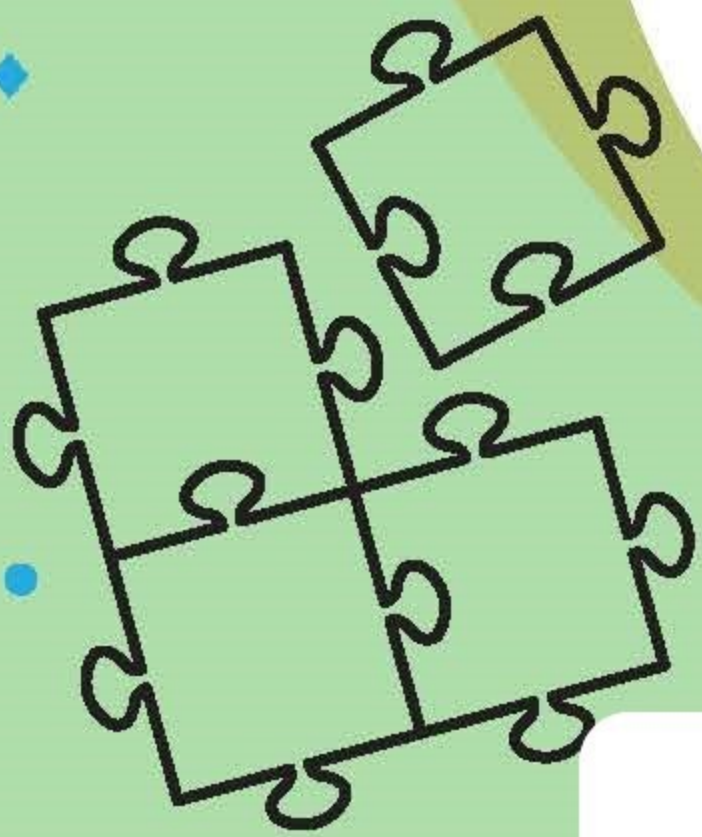




# WITS WORKOUT



An engaging, interactive,  
and educational  
brain health program



Date: January 29th

Time: 1pm

Location: Pike County Cooperative  
Extension Office

Registration: Call 606-432-2534 to  
register

Come put your mind to the test by  
completing fun brain teasers that  
everyone is sure to enjoy!



COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

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# Butternut Squash Health Bars

<b>¾ cup</b> all-purpose flour	<b>¼ teaspoon</b> salt	<b>½ cup</b> unsalted butter, softened
<b>¾ cup</b> whole-wheat flour	<b>1½ cups</b> cubed butternut squash	<b>1 cup</b> light brown sugar
<b>1½ cups</b> old fashioned oats	<b>2 teaspoons</b> pumpkin pie spice	<b>¾ cup</b> semi-sweet chocolate chips
<b>½ cup</b> sliced almonds		
<b>1 teaspoon</b> baking soda		

**Preheat** oven to 425 degrees F. Lightly **spray** a 13-by-9-inch baking dish with non-stick spray. In a medium bowl **combine** flours, old fashioned oats, sliced almonds, baking soda and salt. **Set** aside. **Place** squash cubes in a medium saucepan and **cover** with water. **Boil** squash for 20 minutes, or until tender. **Remove** from heat, **drain** and **puree** in a food processor. In a small bowl, **mix** the pureed squash and the pumpkin pie spice. In a large bowl, use a hand mixer to **beat** the butter and brown sugar until creamy. **Add** squash mixture and **blend** with the mixer. **Add** the dry ingredients to the squash

mixture and continue to **beat** until fully blended. **Spread** mixture into prepared baking dish. **Bake** for 20-25 minutes or until the top is a light golden brown. Allow to **cool** and **cut** into bars. **Melt** the chocolate chips by placing them in a microwave-safe container. **Microwave** on low power for 30 second increments until smooth, **stirring** often. **Drizzle** chocolate over top of bars.

**Yield:** 20 servings

**Nutritional Analysis:** 190 calories, 8 g fat, 4 g saturated fat, 10 mg cholesterol, 95 mg sodium, 28 g carbohydrate, 2 g fiber, 15 g sugar, 3 g protein.

# Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.  
**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.  
**STORAGE:** Store it in a cool, dry place and use it within 1 month.  
**PREPARATION:**  
**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and

steam the squash 30-40 minutes or until tender.  
**To microwave:** Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:  

- **Acorn squash:** ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- **Butternut squash:** 2 pieces, 3-4½ minutes.
- **Hubbard squash:** (½-pound pieces) 2 pieces, 4-6½ minutes.

**To bake:** Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

## KENTUCKY WINTER SQUASH

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**November 2017**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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