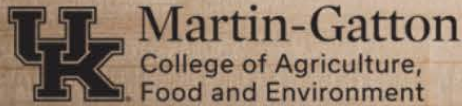


Montgomery County

Family & Consumer Sciences

JANUARY 2025

NEWSLETTER



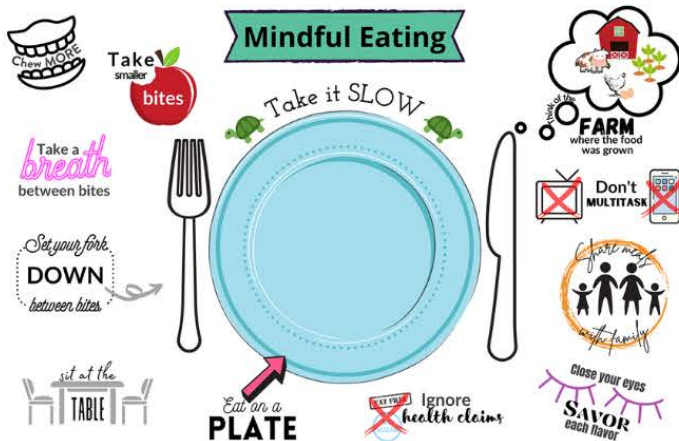
NEW YEAR RESOLUTIONS

1. Attend more Extension programming!
2. Set attainable / sustainable goals!
3. Be adaptable.

Happy January!

I hope each of you entered 2025 feeling excited to take on a new year!

If planning to made modifications regarding food, I encourage you to eat more mindfully:



HAPPY NEW YEAR

Cooking Through the Calendar 2
Laugh & Learn Playdate 3
Health Bulletin 4-5
Reminders 6



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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

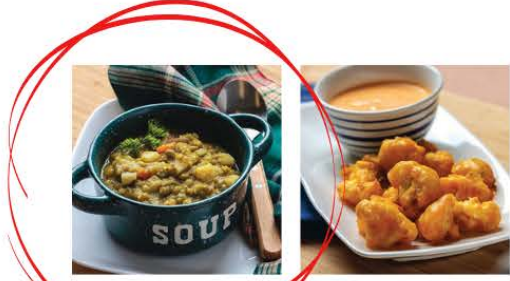
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.



UK Cooperative Extension Service

COOKING THROUGH THE *Calendar*



Wednesday, January 15, 2025

12:00pm - 1:00pm

Montgomery County Extension

Education Center

104 E Locust Street

Mt. Sterling, KY 40353



For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

106 E Locust Street

Mt. Sterling, KY 40353

(859) 498-8741



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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Registration required!

Beginning
January 17, 2025
@ 10am-11am



LAUGH & LEARN PLAYDATE



Play-based learning



Developmental curriculum



Sensory play

Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.



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



Winter 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

Continued on the next page 



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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

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock





Office closed on
Monday, Jan. 20, 2025
in observance of
MLK Jr. Day!



**January Leader Lesson:
Roberts Rule of Order
(enclosed).**

Homemaker Reminder

- 1 Homemaker Council Meeting is
Tuesday, January 14 @ 10am
 - 2 Licking River Area Homemaker Council Meeting is
Wednesday, January 29th @ 10am in Bracken County
 - 3 Homemaker International Night is
Thursday, February 27 @ 6pm - Tentative
 - 4 Skills Day is Wednesday, March 26 in Bath County
 - 5 KEHA State Meeting-May 6-9 in Lexington
- 