

Family and Consumer Science



Cooperative Extension Service

Ohio County
1337 Clay Street
Hartford KY 42347
(270)298-7441
ohio.ca.uky.edu



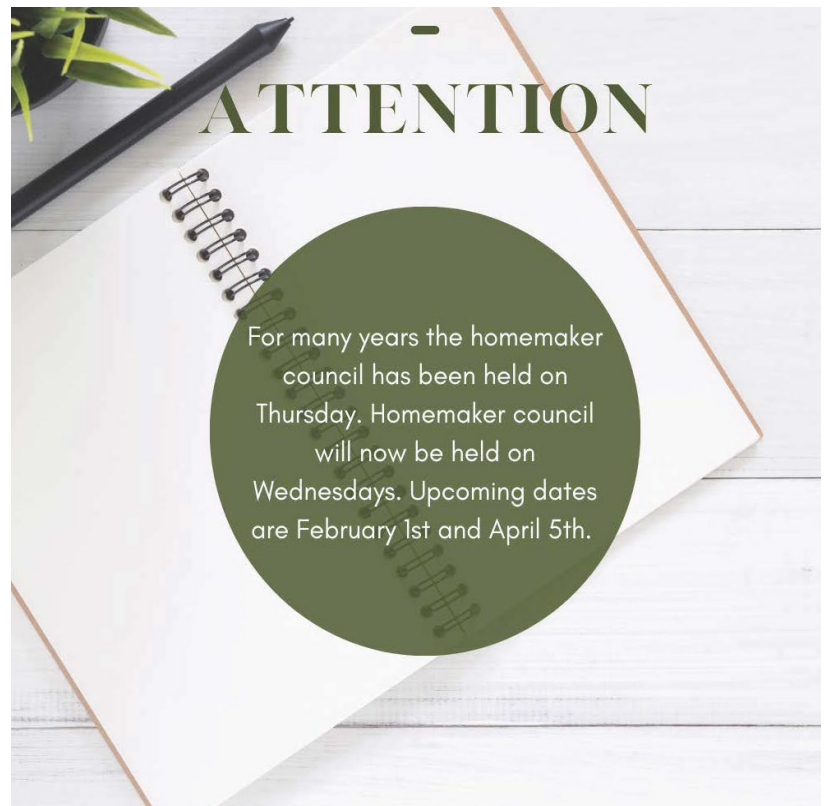
Nan Montgomery

Nan Montgomery

Agent for Family & Consumer Sciences

**The Green River Area
FCS Agents are
presenting live cooking
videos on Facebook! The
next video will be
December 15th @ 11:00
AM**

**Open your camera on
your phone and place it
over the
box below. It will lead
you to the Ohio County
Extension Facebook
Page.**



Follow us online!

Classes are listed on our Facebook page and website!

Following us online is an easy way to keep up with Ohio County FCS Extension.

Family and Consumer Sciences Facebook Page

<https://www.facebook.com/UKFCSExt>

University of Kentucky Family and Consumer Sciences Podcast

Extension Podcast: <https://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.

<http://ohio.ca.uky.edu/>

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.

Homemaker Happenings

Thought for the Month: "Remember this is December, that love weights more than gold!" - Josephine Dodge Daskam Bacon.

Roll Call: December is the holiday season. What is your favorite holiday tradition?

Dates to Remember:

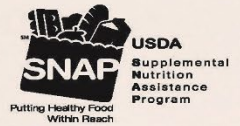
1st Membership dues turned in
19th snowflake door hanger class
25th Merry Christmas
Office closed December 26th - January 2nd

Upcoming Classes for homemakers Dates TBD

Basics to set up email account
Facebook basics
Texting basics
Basic basket making class by Janice Tomblinson



CHEESE AND CORN CHOWDER



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

- 2 medium potatoes, diced
 - 1 small onion, diced
 - 1 medium celery stalk, diced
 - 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
 - 1 teaspoon garlic powder
 - 1/4 teaspoon ground thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 2 cups low-sodium chicken broth
 - 1 cup skim milk
 - 2 tablespoons all-purpose flour
 - 1/2 cup shredded cheddar cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.

3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$3.88
Cost per serving: \$0.78

Nutrition facts per serving:
260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugars; 11g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Brad Stone, former Lewis County SNAP-Ed Program Assistant



I had a wonderful time at the
Fordsville Homemakers
Thanksgiving
Meeting!





We have cook wild calendars that feature recipes for wild game & 2023 Nutrition Education Calendars available at the Ohio County Extension Office. Stop by and get one today!

If you are a mailbox member, remember to get your dues and membership form into the Extension office ASAP. Homemaker dues are \$15.00, make checks payable to Ohio County Homemakers.

Ohio County Homemakers

Name: _____

Complete Mailing Address: _____

Phone or Cell Phone: _____

Please list your age (required for our report we sent to state) _____

Male: _____ Female: _____

Years in Homemakers: _____

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>

Ohio County
Extension Office
1337 Clay Street
Hartford, KY
42347
(270) 298-7441

THIS MONTH'S TOPIC:

THE WINTER BLUES



Do 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

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com

