

# Simpson County Family & Consumer Sciences Newsletter

## JANUARY/FEBRUARY 2025

 Cooperative Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

### In This Issue:

Cooking Thru the Calendar  
Homemaker Christmas  
Homemaker Leader  
Trainings  
Cooking through the  
Calendar  
Digital Literacy Sessions  
Dates to Remember  
Mental Wellness Month  
Homemaker Meetings  
KSU Update  
Self Care Tips

### Contact Us:

Simpson County Extension  
Office  
300 N Main St  
Franklin, KY 42134  
(270) 586-4484  
simpson.ca.uky.edu

Greetings! I hope everyone has enjoyed their holiday season and was able to spend some time with family and friends. Looking back, it has certainly been a busy year, and the new year is sure to bring lots of activities as well. Coming out of the busyness of the season, I hope you take a little bit of time to recharge and reenergize yourself. Be sure to give yourself (and others) grace if you weren't able to do everything that you had planned. The important thing is don't stop! January is Mental Wellness Month, so be sure to check out the tips to boost your mental wellbeing that is in this newsletter. As well, look at the upcoming dates and plan to attend some programs if you don't usually participate. Being active and social is a key component to being happy and content!

Homemaker news: Please think about new lesson ideas that you would enjoy. Enclosed is a form that you can fill out to return to the office. Feel free to drop these by the office, or even in the mail slot by the back door. If you would prefer to call us and give us a list, that is okay too. We want to hear your ideas! I need these by January 7th! Don't forget that January is our mailout lesson on Self-Defense, so there will not be a Leader Lesson for January. In addition, I want to thank everyone for turning in your Homemaker Enrollment Forms. Betty Sanford was drawn to receive the goodie bag for turning in her form! Congratulations, Betty! Also, thank you once again for everything you do as homemakers and for your continued support. I look forward to seeing what we can achieve together in the coming year.

NANCY DOYLE

SIMPSON COUNTY EXTENSION AGENT FOR  
FAMILY & CONSUMER SCIENCES EDUCATION

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.



# Cooking through the Calendar

FCS Agent, Nancy Doyle, will hold monthly recipe demonstrations and tastings during 2025. Everyone is welcome to come!

**First Friday Monthly - 11 am**

**Simpson County Extension Office**

**January - Split Pea Soup (January 3)**

**February - Cauliflower Bites (February 7)**



## Thought of the Month:

"Lookin' for adventure and whatever comes our way"  
Born to be Wild  
~Steppenwolf 1968

## Simpson County Homemakers Holiday Party



Simpson County Homemakers held their Annual Homemaker Holiday Party December 3rd at the Franklin Church of Christ. A fun time was had by all and all of Simpson County clubs were well represented. Special thanks to Betty Ruth Ditmore, Nell Jordan, Karen McCollum & Connie Wilson for the beautiful decorations.

## Roll Call:

January rings in the new year.

What adventure do you hope to find this year?





# Homemaker Leader Trainings

Leader Trainings are held each month and are open for any Homemaker to attend.

**January Lesson: Self Defense  
Mail Out Lesson**

**February Lesson: Tips to Manage Stress Eating  
February 5, 10:00 a.m.  
Simpson County Extension Office**

**March Lesson: How to Let Go of Junk &  
Transferring Treasured Possessions  
March 5, 10:00 a.m.  
Simpson County Extension Office**

**April Lesson: House Plant Propagation &  
House Plant Exchange  
April 2, 10:00 a.m.  
Simpson County Extension Office**

**May Lesson: Travel Safety & Emergency Kit  
May 7, 10:00 a.m.  
Simpson County Extension Office**

**June Lesson: Jewelry Making  
June 4, 10:00 a.m.  
Simpson County Extension Office**

## Public Notification

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S105, Agriculture Science Building, North Lexington, Kentucky 40546.





**SOUTH CENTRAL LITERACY COUNCIL**  
 &  
**UK COOPERATIVE EXTENSION**  
 PRESENTS:

# EVERYDAY TECH SKILLS FOR DAILY LIFE

A three week program designed to empower you with essential technology skills for everyday use. May bring phone, tablet, or laptop. Preferably no MAC Books.



**Must call to reserve your spot, class sizes limited & will be determined on a first come, first served basis.**



**270-586-4484**

**Week 1: Effective Phone Navigation (iPhone & Android)**

**January 22, 2025 11:00am- 12:30pm**

Simpson County Extension Office  
 Develop foundational smartphone skills to confidently navigate, customize, and manage daily tasks.

**Week 2: Internet Safety and Scam Recognition**

**January 29, 2025 11:00am- 12:30pm**

Simpson County Extension Office  
 Build awareness of online risks and acquire strategies to protect personal information and navigate the digital world securely.

**Week 3: Smart and Safe Tech for Everyday Life**

**February 5, 2025 11:00am- 12:30pm**

Simpson County Extension Office  
 Explore tools like digital coupons and store apps to save money, increase convenience, and use technology more effectively in daily life.

**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.



# Dates to Remember

**January 1** - Extension Office Closed for New Years Day

**January 3**- Cooking through the Calendar  
11:00 am

**January 9**- Area Homemaker Council in Warren County, 9:30 am

**January 16** -County Homemaker Council,  
10:00 am

**January 20**-Extension Office Closed for Martin Luther King Jr. Day

**January 22** - Digital Literacy Session 1:  
Effective Phone Navigation 11:00 am - 12:30 pm, SCEO

**January 29** -Digital Literacy Session 2:  
Internet Safety & Scam Recognition  
11:00 am - 12:30 pm, SCEO

**February 5**- Homemaker Leader Lesson  
10:00 am, SCEO

**February 5**-Digital Literacy Session 3:  
Smart & Safe Tech for Everyday Life  
11:00 am - 12:30 pm, SCEO

**February 6**- CEC Leadership Banquet  
SKYCTC, 6:00 pm

**February 7**- Cooking Through the Calendar  
11:00 am

**February 14** - Happy Valentine's Day!

## January is Mental Wellness Month

A perfect time to focus on your mental health and well-being.

Here are some fun ways to boost your mental wellness:

1. **Try something new:** Pick up a hobby you've always wanted to try or rediscover an old one.
2. **Learn & Grow:** Engage in activities to better yourself such as reading self-help books, seeking therapy services, and engaging with a health and wellness coach.
3. **Find your peace:** Try participating in activities that calm your mind and enhance your mental health such as meditation or yoga.
4. **Connect with others:** Volunteering or spending time with friends and family are shown to enhance your mental health.

So this January, let's make it a month of feeling great!

By incorporating these activities into your routine, you can improve your mental wellness and overall well-being.

Remember it's important to be patient with yourself and to find what works best for you.

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Metal Health and Well-Being.

## Homemaker Meetings

All At Large and New Members are invited to attend the meeting day of your choice.

Franklin-  
President Marie Pitts  
Meets 2nd Monday Monthly, 6:00 pm  
Simpson County Ext Office

Sages of All Ages-  
President Katelyn Jernigan  
Meets 2nd Monday Monthly, 6:00 pm  
Ag Building of Jim Roberts Park

Roundpond-  
President Jo Giddens  
Meets 2nd Tuesday Monthly, 1:30 pm  
Simpson County Extension Office

Harristown-  
President Melba Mitchell  
Meets 3rd Thursday Monthly, 6:00 pm  
Elevated Missionary Baptist Church





## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### Keeping your Houseplants Happy during Wintertime

Even though your houseplants do not have to deal with the cold like your garden does, you should still change how you care for them this season, ensuring they stay healthy and continue to grow well. Following these tips, your leafy friends will bring lushness and natural beauty into your home, even in winter.



#### Decrease watering

- In general, less light means less water. Plants need less water in the winter because they don't get as much sunlight, compared to spring and summer. To test soil moisture, push your finger into the potting soil at least one inch deep. If the soil is dry, water thoroughly. It is better to water plants well less often than water just a little bit every day. In the winter, it is possible that you will only need to water once every two to three weeks.

#### Pay attention to the Sun

- If possible, move your plants closer to the windows. If they're on the ground, put them on a plant stand. Every week or two, rotate the pots to ensure all sides of the plants get some sunlight.

#### It's okay if a few leaves fall off

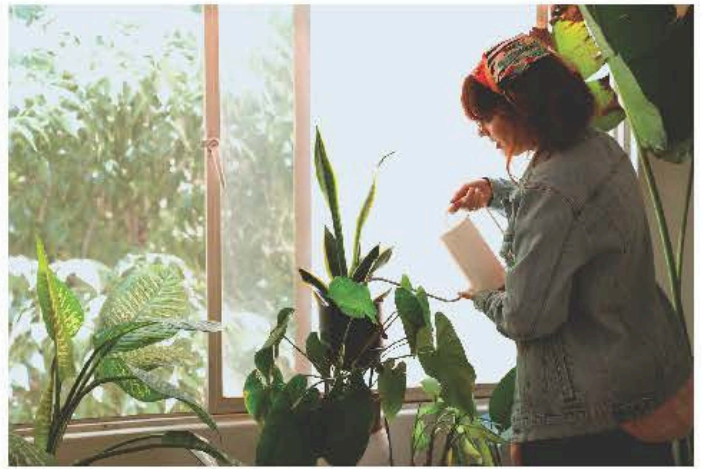
- Plants outside over the summer will probably lose some leaves when they come back inside. This is normal because they are getting used to the lower light levels inside. It's normal for plants that stay inside all year to lose a few leaves as winter approaches. This is just their way of getting ready for less light.

#### Avoid temperature extremes

- Keep plants away from cold drafts, radiators and hot air vents. Sudden hot or cold drafts can kill plants, stress them out, or dry them out.

## Put the fertilizer on hold

- Winter is a time for most houseplants to rest. They don't need fertilizer because they usually aren't actively growing. In the fall, stop fertilizing and start back up again in the spring when plants get more sunlight and start growing again.



## Scan for pests

- If you are bringing plants inside for the winter, be sure to check the leaves, stems and soil surface for pests. Wipe leaves down with a wet cloth or remove pests by hand before bringing the plants inside. Small bugs that feed on sap, like aphids and scales, tend to show up more in the winter. Another common winter pest is the spider mite which likes warm, dry places to live. When watering, flip the leaves over and look at the undersides and along the stems. If you find bugs, use your fingers or damp cloth to remove them. Neem oil and insecticidal soap may be options for managing houseplant pests. With any product, be sure to read the entire label for application instructions and precautions.

## Increase the humidity

- In the winter, the air inside our heated homes is often drier. Most houseplants, especially those from tropical areas, do best when the humidity is between 40 and 50%. However, in the winter, most homes have humidity levels between 10 and 20%. Putting plants close together is an easy way to make the air around them more humid. Plants can also be put on trays with pebbles and water to make the air more humid. To keep the roots from rotting, pot bottoms should be above the water. As the water evaporates, it makes the air around your houseplants more humid. Keep plants away from vents with blowing air.

Source: Rachel Rudolph, Horticulture Assistant Professor, University of Kentucky

Megan Treadway

Area Extension Agent for Family and Consumer Sciences

400 East Main Avenue, Bowling Green, KY 42101

(270) 282-0982

megan.treadway@kysu.edu

[KYSU.EDU/AG](http://KYSU.EDU/AG) | [@KYSUAG](https://www.instagram.com/KYSUAG)

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. Kentucky State University, University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



## Winter Word Search

COAT  
GLOVES  
SLED  
COLD  
ICICLE  
FLURRY  
SNOWMAN  
SCARF  
WINTER



I	M	P	I	J	P	Z	S	F	R
W	Q	P	C	C	X	V	L	T	E
K	C	O	L	D	I	N	E	J	T
M	A	V	E	X	A	C	D	L	N
T	C	V	J	M	Y	J	L	D	I
F	L	F	W	Z	P	W	K	E	W
G	R	O	F	L	U	R	R	Y	A
D	N	A	S	E	V	O	L	G	D
S	O	C	C	U	O	M	Q	W	A
K	U	S	L	S	K	U	F	M	S

## Blueberry French Toast Bake



### Blueberry French Toast Bake

<b>¼ cup</b> whole wheat flour	<b>3</b> eggs	<b>1 cup</b> fresh blueberries
<b>¼ cup</b> all-purpose flour	<b>6</b> egg whites	<b>½ cup</b> chopped almonds
<b>1½ cups</b> skim milk	<b>1 loaf</b> (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
<b>1 tablespoon</b> sugar	<b>3 ounces</b> fat free cream cheese, cut into ½ inch cubes	
<b>½ teaspoon</b> vanilla		
<b>¼ teaspoon</b> salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

## Add Physical Activity at Home

USE WHAT YOU HAVE.

YOU DON'T NEED EXPENSIVE FITNESS EQUIPMENT AT HOME TO GET A TOTAL BODY WORKOUT.

CONSIDER THESE EXAMPLES:

- USE CANS OF SOUP OR WATER BOTTLES AS HAND WEIGHTS.
- GO FROM A SITTING TO A STANDING POSITION OUT OF A DINING ROOM CHAIR TWO TO THREE TIMES IN A ROW INSTEAD OF JUST ONCE.
- WALK UP AND DOWN A HALLWAY OR LARGE OPEN SPACE.