

Taylor County FCS

Extension Newsletter

December 2022

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Patricia Z. Henderson

Sincerely,

Taylor County Contact

Agent for FCS



Children's and Youth Novels on Mental Health

During the coldest months of the year, we are often inside more. Parents may be looking for activities to do with their children or for their children to do alone. One great activity for any time, but especially the colder months of the year, is reading! Books (possible holiday gift ideas) can be a great way to educate tweens and teens about how important it is to take care of their mental health. Here are some great novels you can read with or offer to a child to read about mental health.

Books for children for ages 8 to 12:

- *Dear Student* by Elly Swartz
- *AWOL* by Marla Lesage
- *Honestly Elliott* by Gillian McDunn
- *Iveliz Explains It All* by Andrea Beatriz Arango
- *Moonflower* by Kacen Callender
- *Rain Rising* by Courtne Comrie
- *Summer of June* by Jamie Sumner
- *Smaller Sister* by Maggie Edkins Willis
- *It Looks Like Us* by Alison Ames
- *Long Story Short* by Serena Kaylor
- *Nowhere Girl* by Magali Le Huche
- *Operation Final Notice* by Matthew Landis
- *Queen of the Tiles* by Hanna Alkaf
- *Scout's Honor* by Lily Anderson
- *Slip* by Marika McCoola
- *This Is Why They Hate Us* by Aaron H. Aceves
- *The Silence That Binds Us* by Joanna Ho
- *The Words We Keep* by Erin Stewart
- *Zia Erases the World* by Bree Barton

Books for children for ages 12 and up:

- *And They Lived...* by Steven Salvatore
- *Exactly Where You Need to Be* by Amelia Diane Coombs
- *How to Live Without You* by Sarah Everett
- *Improve: How I Discovered Improv and Conquered Social Anxiety* by Alex Graudins



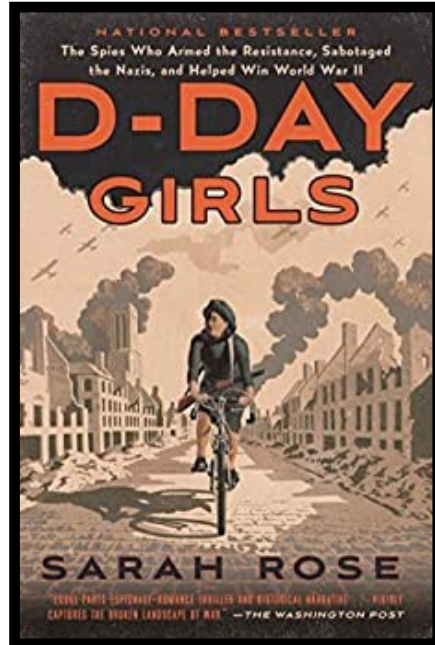
D-Day Girls: The Spies that Armed the Resistance, Sabotaged the Nazis, and Helped Win WWII by Sarah Rose (2019)

The story of the women recruited by Britain's elite spy agency to sabotage the Nazis, shore up the resistance, and pave the way for Allied victory in World War II.

During World War II, the British placed French-speaking female spies inside France as part of the Resistance Effort. These women did important work preparing for a forthcoming operation to be called D-Day.

I was looking forward to reading this book. But, with a lot of military jargon... I got bored! So, I didn't finish the book. I started on another that I enjoyed more! I'm just giving you my opinion. Get the book from the library...you might like it!

Debbie Wilcoxson Cultural Arts and Heritage Chair and member of Modern Day



HOMEMAKER MEMBERSHIP DRIVE

REMINDER TO PAY YOUR DUES!

DUES ARE \$10

You can pay your dues at the
Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY
or to your favorite Homemaker!

Campbellsville University
School of Music

Christmas Tapestry

Friday, December 2
10 AM and 7 PM
Ransdell Chapel

Tickets are FREE
Call or Email
270-789-5237 or music@campbellsville.edu

Campbellsville
UNIVERSITY
www.campbellsville.edu/music

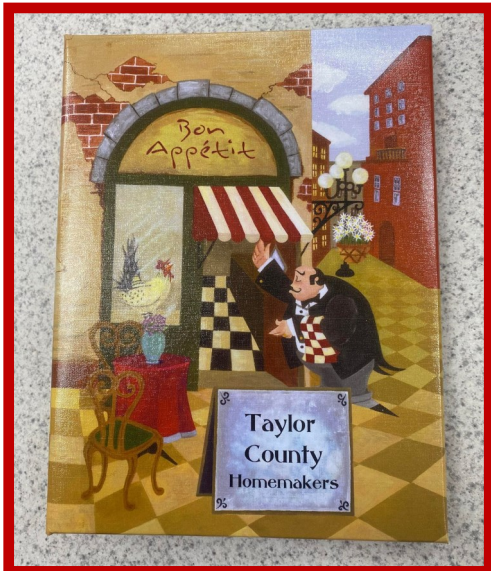
 *Passport Opportunity* 
*Join in this musical tapestry to help
get you in the Christmas spirit!*

MERRY
CHRISTMAS
and Happy New Year

The Extension Office will be closed December 26-
January 2, for the holidays! We would like to wish
you all a Merry Christmas and a Happy New Year!
See you back in the office on January 3, 2023!

Homemaker Cookbooks

We still have Homemaker Cookbooks available at the Extension Office for purchase. The cookbooks sell for \$15 each. These would make the perfect Christmas gift! Stop by to get your copy now!



Join us as we make more blankets to donate to the Taylor Regional Cancer Center!

No sewing required!

December 14, 2022

1:00 - 3:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718



Save the Date!

Leader Lesson
January 26
10:00 AM

Join us in exploring
Brazilian history,
culture, and cuisine!



Calling All Quilters!

Join us for a Meet & Greet
as we begin a
new quilting group!

December 6

2:00 - 4:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY
(270) 465-4511

*You are cordially invited to attend the
Sugarplum Fairy Christmas Tea*

*December 15, 2022 at 6:00 p.m.
at the Taylor County Extension Office.*

*There will be fantastic food, terrific teas
and enchanting entertainment!*

Tickets are \$15.

*Tickets must be picked up by
December 9, 2022.*





**Shake Up Your
Holiday Tradition**
Give Blood

Taylor County Homemakers Blood Drive

**December 16, 2022
9:00 AM - 1:00 PM**

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY 42718

Enter In the rear entrance

For an appointment, please visit RedCrossBlood.org
Or call 1-800-RED CROSS (1-800-733-2767).

Other questions can be answered by calling the Taylor County Extension
Office at (270) 465-4511

Give Something that Means Something®

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Taylor County
1143 South Columbia Avenue
Campbellsville, KY 42718

NONPROFIT ORG
US POSTAGE PAID
CAMPBELLSVILLE, KY
PERMIT 1067

Green Bean and Ham Soup

4 cups fresh green beans, trimmed and cut into 1-inch pieces	3 whole carrots, peeled and sliced	¼ teaspoon black pepper
3 cups russet potatoes, unpeeled and cubed	1 pound fully cooked ham, cut into bite-sized pieces	1 teaspoon garlic powder
2 small onions, thinly sliced	9 cups water	1 cup half and half
	1 teaspoon salt	2 tablespoons corn starch
		¼ cup cold water

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; **cover** and bring to a **boil**. **Reduce** heat to medium and **simmer**, uncovered, about 45 minutes or until the vegetables are tender. **Remove** the pot from the heat and **add** the salt, black pepper, garlic powder and half and half. **Return** to heat and bring to a **simmer** again. **Combine** corn starch and

the ¼ cup cold water in a small bowl. When simmer begins, **combine** the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

Yield: 12, 1 cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g sugar, 10 g protein



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

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



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>

Taylor County
Extension Office
1143 South Columbia Avenue
Campbellsville, KY
42718
(270) 465-4511

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

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123RF.com

