

FCS NEWS & NOTES

MAIN TOPIC Self-care

The holiday season is often thought of as a time of celebration and rest, but for many people, the holidays cause a lot of stress. The stress can come from worrying about money, travel, work, childcare, or dealing with the absence of someone you love. The results of holiday stress can negatively affect relationships at work and in our family. To deal with the stress of the holiday season, we should find ways to better care for ourselves by engaging in self-care.

Self-care is a broad term involving attitudes, knowledge, and activities to improve or maintain our well-being. Self-care generally applies to reducing stress, but it is important to support our physical well-being as well as our relationships. On the other hand, well-being involves living out our mental and physical health to achieve our dreams, passions, and goals, and

to keep or form new relationships. Focusing on self-care involves the use of coping skills, which are a set of activities or skills to reduce stress. Coping skills and activities can vary, but often include drawing, painting, sewing, hunting or fishing, taking walks, or using box breathing.



When thinking about stress and self-care, we should consider events or situations that create stress and those coping activities that reduce stress. A simple way to evaluate your stress is to make a list and rank the things that cause stress from least to greatest. That way, you can find your most problematic stressors. Once you've made those lists, do the same for your coping skills. Rank them from least to greatest in terms of what gives you the most relief from stress. Lastly, if your feelings of stress are not improving or are worsening, text or call 988 to speak with a crisis counselor and receive support.

Reference: National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

Source: Paul Norrod, DrPH RN,
Extension specialist for rural health and safety

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

HEALTHY RECIPE

10-Minute Bean Soup

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/4 cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (14-ounce) can of low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- 1/2 cup grated Parmesan cheese

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes, and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix lemon juice and Parmesan cheese just before serving. (Optional) Garnish with finely chopped fresh basil or dried basil.

Servings: 4

Serving Size: 1/4 of recipe


Nutrition facts per serving: 400 calories; 8g total fat; 2.5g saturated fat; 0g trans-fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron.


Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



BIG BLUE BOOK CLUB

While you might have missed the first session of Big Blue Book Club, there is still time to join in the fun. Just go to ukfcs.net/BigBlueBookClub and click on the cover of the current book, Praisesong for the Kitchen Ghosts by Crystal Wilkinson, to register. Once your registration is complete, you will receive the zoom link, so make sure to copy it or write it down before closing your browser. We hope to read with you!

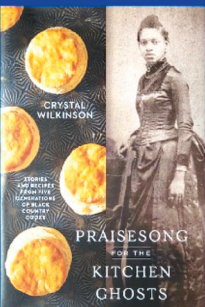




SAVE THE DATE

November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



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Do you know all the ways you can find out what is going on with FCS Extension? We provide research-based content through our social media channels that will strengthen you, your family, and your community. You can watch a video, listen to a podcast, or read a publication, all on your own schedule. Find our podcast at ukfcs.net/TalkingFACS or visit our website fcs.mgcafe.uky.edu and click on any of the social channel links to follow us. Did you know we even have short exercise videos that you can do in your own home that will help you build strength, flexibility, and cardio-vascular health?

UPCOMING EVENTS

October 28: Book Club meeting at 1 PM at the Extension Office. October's book is *The Thirteenth Tale* by Diane Setterfield.

November 1: Homemakers are gathering at the Extension Office at 10 AM for the quilt raffle and 50/50 drawing. Stay for a **Tea Party and Felting Class** following the drawings (10:30 AM). Please bring a finger food. Please RSVP at (270) 338-3124 and let us know which felt project you would like to create, a felt pumpkin or felt Santa ornament.



November 2: Daylight Savings Time Ends

****November 4:** Selecting Sheets Homemaker Lesson at 10 AM and 5:30 PM via Zoom. Please contact the Extension Office if you would like the Zoom links emailed to you. Jill Harris, Todd County FCS Agent will be teaching this lesson. She will be demonstrating how to fold sheets, have a set with you if you would like to follow along.

November 4: Stitched Together at 5 PM at the Extension Office.

November 13: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

November 14: Deadline to pay your Homemaker dues! Dues are \$10 per member. Make your check payable to Muhlenberg County Homemakers. Be sure to turn in your Enrollment Form along with your dues.

November 19: Deadline for poinsettia orders! Muhlenberg County 4-Hers are once again selling poinsettias. Poinsettias are available in red, white, and pink and sell for \$10 each. Orders must be turned in no later than November 19. Money is due when orders are placed. **Poinsettias will be ready for pickup at the Extension Office on Saturday, December 6 from 10 AM to 1 PM.** Stop by the Extension Office or visit a 4-H member to place your order.

****November 20:** Homemaker Council meeting at 9 AM at the Extension Office.

November 21: Tot Time for youth ages 5 and under at 10 AM at the Extension Office.

November 25: Book Club meeting at 1 PM at the Extension Office.

December 2: Stitched Together at 5 PM at the Extension Office.

December 8: Barn Quilt Paint Party from 9 AM to 3 PM at the Extension Office. See enclosed flyer for complete details. **Please note: You must pay no later than November 7 to sign up.**

December 9: Christmas around the World from 3 to 4:30 PM at the Extension Office. Please RSVP at (270) 338-3124.

December 11: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

December 19: Tot Time for youth ages 5 and under at 10 AM at the Extension Office.

****January 6:** Yoga-ta Try This! Homemaker Lesson at 10 AM and 12 PM via Zoom. Please contact the Extension Office if you would like the Zoom links emailed to you. Ashley Board, Caldwell County FCS Agent will be teaching this lesson.

****These events are for paid Homemaker members.**

ATTENTION MAILBOX MEMBERS

Handouts for the *Selecting Sheets* lesson are included with this newsletter for mailbox members.

THOUGHT FOR THE DAY

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

THANK YOU!

Muhlenberg County Homemakers donated a total of 183 pairs of infant and toddler socks to the Pathway of Hope in September!

A total of 332 tickets were sold for this year's BBQ & Beans Supper! That's \$3,320 raised so far. Stay tuned for a full report on all funds raised for the Ovarian Cancer Research Fund after the November 1 Quilt Raffle and 50/50 Drawing.

Contact Us



(270) 338-3124



Facebook Pages:

**Muhlenberg
County
Cooperative
Extension**

**Muhlenberg
County
Homemakers**

MUHLENBERG COUNTY HOMEMAKERS
ARE SPONSORING

CHRISTMAS AROUND THE WORLD

DECEMBER 9, 2025
3:00-4:30 PM
UK EXTENSION OFFICE



Join us for a jolly good time learning
about the Christmas traditions of
several countries around the globe.

Light refreshments will be provided.

Bring a friend! You don't have to be
a member of Homemakers in order
to participate.

Please contact the Extension Office
at (270) 338-3124 to let us know you
are coming so that we can make
sure to have plenty of refreshments!

Cooperative
Extension Service



BARN QUILT PAINT PARTY

MONDAY,
DECEMBER 8, 2025
9AM-3PM
MUHLENBERG COUNTY
EXTENSION OFFICE

PRICES INCLUDE

- All supplies (boards, brushes, paint, etc.)
Paint colors can be decided day of event.
- Boards primed and ready to paint
- Lunch
Please advise if you have special dietary needs.

SIGN SIZE OPTIONS

2'X2' - \$130
3'X3' - \$190
4'X4' - \$270

MUST REGISTER WITH FULL PAYMENT BY NOVEMBER 8.

(Checks payable to Liz's Barn Quilts.)
Sorry, **NO** refunds on missed event.
Alternate arrangements will be available.

**PLEASE BRING YOUR OWN DRINK, A HAIR
DRYER AND .94" FROG TAPE.**

SIGN UP AT THE MUHLENBERG COUNTY EXTENSION OFFICE WITH PAYMENT. SPACE IS LIMITED.



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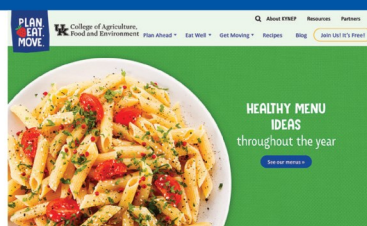
Instagram.com/UKFCSExt



UKFCSExt.podbean.com



YouTube.com/UKFCSExtension



Feeling better happens one small step
at a time.

We know because that's what we've done - and we're here to
show you how you can do it too. A little better, a little more and
soon you'll be eating well, planning good meals, and moving
more. Most of all, you'll be feeling good. So come look at some
of our snack tips and maybe even take a free class for free tips.
You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county
to learn about free classes in your community!
Visit PlanEatMove.com/free-classes to learn more.