

Clark County Extension Office, 1400 Fortune Drive, Winchester KY 40391  
Phone: 859-744-4682 Website: [clark.ca.uky.edu](http://clark.ca.uky.edu)

## Family & Consumer Sciences Newsletter

### A Word from the Agent...

There's a chill in the air, and it's beginning to look a lot like Christmas! I hope you are able to spend quality time with family and friends during the holiday season. As we know, the holidays can be a tough season for many so don't forget to reach out to those who may need a little extra care and support.

Preparations are already underway for 2026. I'm excited to see what the new year has in store! As always, if I can be of service to you, please don't hesitate to let me know.

Happy Holidays!



Shonda Johnston, Agent  
Family & Consumer Sciences  
Phone: (859)744-4682  
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The Clark County Extension Office will close on the following Dates:  
December 24, 2025 - January 2, 2026  
and  
January 19, 2026

*Reminder: Please check our website for emergency office closings during the winter months.*



### Did You Know...

- Saint Nicholas was a Christian bishop born around 280 A.D. in Patara, an area in modern-day Turkey. He was renowned for his kindness and secretly giving gifts to the poor. A famous story describes him providing dowries for three impoverished sisters by tossing bags of gold coins through their window, which landed in their stockings hung by the fire.
- Clement Clarke Moore and his 1822 poem, "An Account of a Visit from St. Nicholas" (better known as "Twas the Night Before Christmas"), was foundational in shaping the modern image of Santa Claus, including his arrival by sleigh.



ADULT

# HEALTH BULLETIN



DECEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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859-744-4682

## THIS MONTH'S TOPIC

# DEALING WITH HOLIDAY STRESS AND ANXIETY



The holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

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Disabilities  
accommodated  
with prior notification.



Schedule a few minutes  
each day to do  
something relaxing,  
like taking a walk,  
reading a book,  
listening to music,  
or practicing  
deep breathing.

## Continued from the previous page

gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

### REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

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**Edited by:** Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

**Designed by:** Rusty Manseau, Senior Graphic Artist

**Stock images:** Adobe Stock



# Happy New Year

# 2026

EATING BLACK-EYED PEAS AND COLLARD GREENS ON NEW YEAR'S DAY IS A SOUTHERN TRADITION SYMBOLIZING LUCK AND PROSPERITY. ACCORDING TO LORE, THE PEAS REPRESENT COINS AND GREENS SYMBOLIZE PAPER MONEY FOR WEALTH IN THE COMING YEAR.

HERE IS A QUICK RECIPE FOR THOSE GREENS YOU NEED TO MAKE TO KICK OFF THE NEW YEAR WITH LUCK!



## Kickin' Greens

2 tablespoons olive oil

8 slices turkey bacon, cut into bite-sized pieces

1 large onion, chopped

6 cloves garlic, minced

2 pounds fresh greens (collards, turnip or mustard)

3 cups low sodium chicken broth

½ teaspoon black pepper

¼ teaspoon red pepper flakes, or to taste

Heat olive oil in a large stockpot over medium high heat. **Cook** turkey bacon in hot oil until crisp. **Add** onion and garlic. **Cook** until onion is tender, **stirring** occasionally. **Add** greens and **stir** until greens start to wilt. **Add** chicken broth, black pepper and red pepper flakes. **Cover**, reduce heat to

low and **simmer** 25-30 minutes, or until greens are tender.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 110 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 9 g carbohydrate, 5 g fiber, 2 g sugars, 7 g protein.



# Hand Beaded Jewelry Class

Come join us for a fun, hands-on workshop where you'll learn to make basic jewelry with beads - totally handmade by YOU!

All supplies provided.

January 17, 2026  
1:00pm

Clark County Extension Office  
1400 Fortune Drive Winchester, KY 40391

Limited Spots Available!

Email [linda.winburn@uky.edu](mailto:linda.winburn@uky.edu) or call  
859-744-4682 to get registered!

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accommodated  
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# NEW YEAR NEW SKILLS QUILTED TABLERUNNER

Did you make a resolution to learn a new skill? Well come on out to the extension office as Master Clothing Volunteer Eve Adams teaches some basic quilting skills, as you make a beginner-friendly table runner!

## JANUARY 22, 2026

| 5:30pm - 8:30pm |

1400 Fortune Drive Winchester KY 40391

Must have  
basic sewing  
machine  
knowledge

Bring sewing  
machine or can  
be provided upon  
request

Bring basic  
sewing supplies  
(needle, thread,  
scissors, etc)

Fabric provided  
(can bring own)



Register by emailing  
[linda.winburn@uky.edu](mailto:linda.winburn@uky.edu) or calling the  
office 859-744-4682 - space limited!

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2026

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: SAVING MONEY WHILE ORGANIZING

A new year can bring inspiration, encourage goal setting, and motivate you to “get organized.” Being organized and in control of our “stuff” can promote productivity and reduce anxiety. Although getting and staying organized takes effort, it does not need to take much money to achieve. There are many ways to create order on a budget.

**Declutter BEFORE “organizing.”** We can’t – and *shouldn’t* try to – organize clutter. Clutter is the “stuff” that does not belong anywhere. It is the stuff we don’t really like or use, so we never end up giving it a proper place in our space. Therefore, before you buy those cute containers you see online, make sure you’re “containing” things you actually use or want to keep. You’ll need fewer organizing products when you have less stuff.

### Sort swiftly and graciously give away.

Decluttering is easier when you sort like items – this way you can see how many of each thing you have. (Do you really need *three* can openers?) You may choose to go drawer by drawer, room by room, or gather all like items in one spot. Toss broken and worn-out items and donate the rest to a local charity. If you are set on selling



your unwanted items, keep in mind that something is only worth what another person will pay for it.

**Work with your space.** Deciding *where* to keep your things does not cost anything. Establish “zones” for things in places where you would naturally look for them. Keep the phrase “**visible and accessible**” in mind. This does not mean all your things need to be kept out on the counter. Rather, when you are searching in your closets, cabinets, or drawers, will you be able to see and find things? And will you be able to easily reach things? Will special containers or organizing products help or hinder?

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## ITEMS LOOK LESS LIKE CLUTTER WHEN THEY ARE ON A TRAY OR IN A BASKET



**Think “inside the box.”** Before you invest in color-coordinated crates or space-specific storage to organize your belongings, try repurposing bins and other containers you may already have. Cereal or tissue boxes and jars are great for sorting and storing. Or use a favorite plate or bowl to hold frequently used items. (*Hint: Items look less like clutter when they are on a tray or in a basket.*) Try to use your “homemade” containers first to see if you like the way a space functions.

**Choose the same kind of container or label.** If you decide to purchase special organizing products, try to select multi-purpose containers that can be used in various spaces. Having containers that match and come in different sizes creates a cohesive look. Your storage needs may change over time, so containers that offer flexibility will maintain their usefulness. To make containers of all styles, colors, and sizes look neat and uniform, mark them with matching labels. This is an easy, low-cost way to coordinate the containers you already have.

**Invite a friend to help.** Sure, hiring a “professional organizer” can get the job done for a price, but a close friend can also give you honest advice about what to keep and what to part with. Swap roles and help your friend when they are ready to declutter.

**Clutter has a “cost.”** Going forward, remember to consider the “cost” of bringing an item into your home or keeping something “just in case.” Most everything we own takes time to clean or maintain. Too many items taking up limited space creates physical and mental obstacles that prevent us from having or doing more meaningful things. Additionally, having clutter makes it hard to find things when we need them. Sometimes we might buy more of an item because we can’t locate what we already own. That is why being organized can save you time and money.

Written by Jeanne Badgett, Senior Extension Associate

Edited by: Kerri Ashurst, Ph.D. and Nichole Huff, Ph.D. | Designed by: Kelli Thompson, M.A. | Images by: Adobe Stock

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# Basic Basket Class

COME LEARN THE BASICS OF BASKET  
MAKING - AS YOU MAKE AND TAKE  
HOME YOUR VERY OWN BASKET

CLASS TAUGHT BY JOY GRAHAM

WHEN:  
SATURDAY FEBRUARY 21, 2026  
9AM-2PM

WHERE:  
CLARK COUNTY EXTENSION OFFICE  
1400 FORTUNE DRIVE  
WINCHESTER KY 40391

HURRY -  
SPACE IS  
LIMITED

COST:  
\$20 PER PERSON  
  
ALL SUPPLIES  
INCLUDED



REGISTER BY EMAILING  
[LINDA.WINBURN@UKY.EDU](mailto:LINDA.WINBURN@UKY.EDU) OR CALLING  
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Stop by the office  
and pick up a  
free  
2026 Recipe Calendar!



LIVE  
Healthy