

Marion County FCS Extension Newsletter

Important Dates:

January 16th - Cooking through
Calendar @ 4:30pm (Split Pea Soup)

January 20th - Closed for MLK
Holiday

January 22nd - Homemaker Leader
Lesson @ 10:30am (Osteoporosis)

January 24th - Walk Your Way
Challenge @ 12:30pm

January 28th - Homemaker Leader
Lesson @ 10:30am (Cooking with
Grands by Dayna Fentress)

January 30th - Jarcuterie Class @
4:30pm



Happy New Year!! I hope everyone enjoyed their holidays. I love the holidays, but I like seeing them over and getting back to the “normal” day to day routines. Many people make New Year’s resolutions for themselves. Did you? I try not to make resolutions, but goals for myself. I really try to steer clear of the “basic” resolutions of trying to lose weight. However, I have made a goal for myself that in 2025 I am going to do a better job of taking care of myself by trying to exercise more and to eat better. Does this mean that I will exercise every day, probably not. But I am going to strive to do more than I was, which is not very much. Does this mean I am never going to eat anything that isn’t good for me, no chance. I am, though, going to be more conscious about the foods I am eating and hopefully less processed foods. I feel like if I set goals for myself then in a week from now when I am in a slump, I can’t say I have broken my resolution. I will just re-evaluate and start working toward my goal one more.

Beginning on January 24th I will be having a Walk Your Way Challenge class. This class is for anyone who wants to start walking for exercise but needs to keep motivated. Maybe this class will help me with my goal. It is a 12-week program and each week you will receive newsletters with tips and information to keep you moving. Please come if you are interested, bring a friend, or share with a friend.

Rachel Mattingly
Family & Consumer Science Agent

**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

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Lexington, KY 40506

January is Mental Wellness Month

January is Mental Wellness Month, a perfect time to focus on your mental health and well-being. It's like giving your mind a fresh start, just like you might give your home a deep clean after the holidays. You may be wondering, "but what is mental wellness?" Mental wellness is a state of well-being in which individuals are functioning as their best version, they are able to realize their strengths, build on their weaknesses, can cope with stress, and have an overall balance between their emotional, physical, spiritual, and mental selves. There are several activities that individuals can participate in to ensure they are taking care of their mental wellness.

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. Maybe you've always wanted to learn to play an instrument, paint, or write. Or, if you used to love a particular activity, give it another shot. Sometimes, revisiting old hobbies can bring back a sense of joy and fulfillment.
2. Learn and 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 will 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.

Resources:

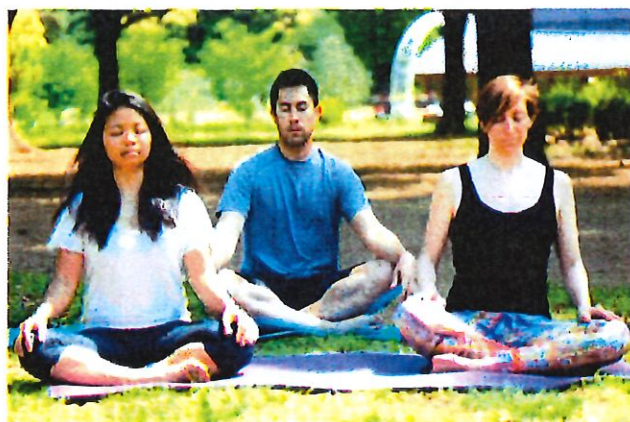
<https://www.voasw.org/blog/what-is-mental-wellness-how-to-improve-it/>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://globalwellnessinstitute.org/what-is-wellness/mental-wellness/>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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





UK Cooperative
Extension Service

COOKING THROUGH THE
Calendar

January 16
4:30 p.m.

Marion County Extension
Office

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Rachel Mattingly at Marion County Extension Office
416 Fairgrounds Road
Lebanon, KY 40033
(270) 692-2421



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

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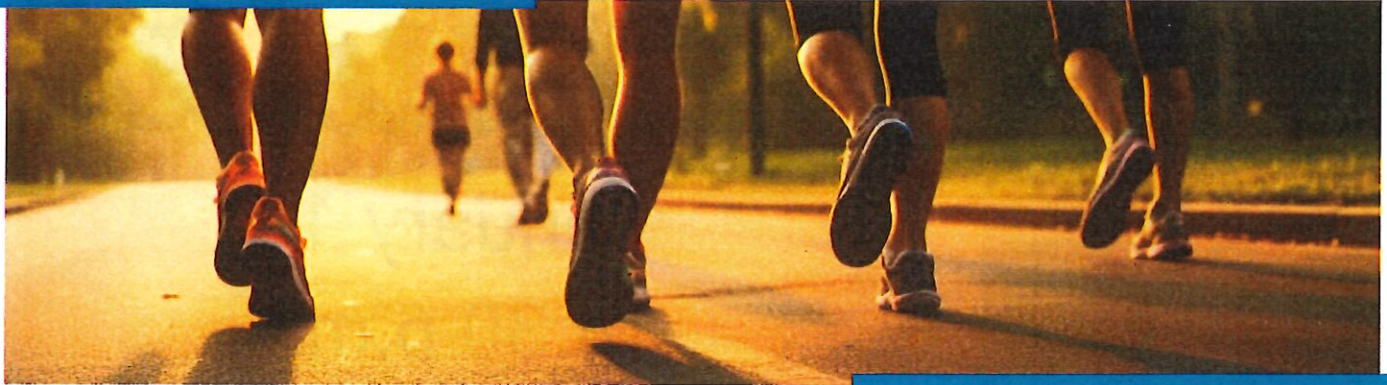
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Disabilities accommodated with prior notification.

WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service



Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start?
Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start and at a pace that is comfortable for YOU.

This program includes:

- A schedule and log to keep you on track, and
- Weekly newsletters with tips and information to keep you moving.

Come and Join Us!

January 24, 2025 at 12:30 PM
Marion County Extension Office
416 Fairgrounds Rd
Lebanon KY 40033

There will be a drawing
at the end of the
program for the person
who has the most
steps/miles

Contact Rachel Mattingly at 270-692-2421 or rachel.mattingly@uky.edu for more information

In partnership with Lebanon Health and Fitness

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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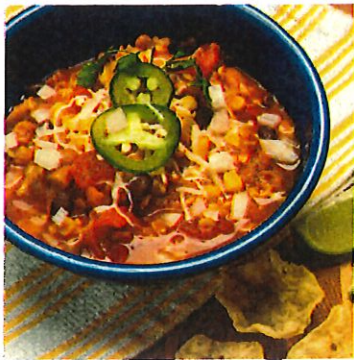
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Vegetarian Taco Soup

Servings: 14 Serving Size: 1 cup



Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt added corn, drained
- 1 can (15 ounces) no-salt added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredient and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Source: Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Tips

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

220 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

KEHA News and Notes

Merchandise - The KEHA website for marketing items and merchandise has been updated to reflect items currently in inventory and new items that have been added. Also, the shipping has been updated to reflect current costs. View photos, access the merchandise order form, and find contact information for 2nd Vice President Martha Colley at <https://keha.ca.uky.edu/marketing-items>.

Reports - The KEHA website has been updated with report information shared at the 2024 Fall Board Meeting. This includes Educational Chair reports, Area President reports and more. Read about KEHA impacts across the state and consider new ideas to implement locally. Visit <https://keha.ca.uky.edu/content/impacts>.

KEHA Choir Open for New Members - Do you love to sing? Consider joining KEHA's choir! The choir rehearses and performs during KEHA State Meeting (registration required). Choir members get a rehearsal CD and music to practice prior to the event. For questions, contact Wendy Hood at her NEW email address: wendy8hood@gmail.com. To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330.

Nominate a Candidate for KEHA State Board - Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chairman positions will be open for election in spring of 2025:

- Secretary
- Management and Safety Chair
- 4-H Youth Development Chair

These positions will be elected for three-year terms from July 1, 2025, to June 30, 2028. Additional details regarding elections will be shared in January 2025. Qualifications for nominees are listed on page 12 of the Handbook.

Parliamentarian Position - The incoming KEHA President will appoint a KEHA Parliamentarian after review and approval by the Executive committee, as directed by the state bylaws. The parliamentarian shall serve the same tenure as the President. According to the Standing Rules, the parliamentarian must have general knowledge of Roberts Rules of Order Newly Revised, will attend meetings such as state board meetings and Executive Committee meetings. Those interested should write to President-Elect Henrietta Sheffel at hsheffel@gmail.com to express interest and include qualifications.

Contests, Scholarships, and Grants - March 1 is the deadline for most KEHA contests, scholarships, and grants. Please see the KEHA Manual Appendix pages 2-3 for a summary of contests and awards, complete with references for more information. KEHA development grant proposals and min-grant applications can be found in the KEHA Manual pages 104-111. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

2025 KEHA State Meeting Room Block Open - Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

State Meeting Registration Refund Policy - The Finance Committee has determined some clarifications to the State Meeting refund policy.

- The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.
- Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.
- Registration may be transferred to another individual rather than canceling.
- Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025. Registration forms will be available in the State Newsletter that comes out in February.

Peanut Butter Oatmeal Bites



Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

Directions:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Winter S Words

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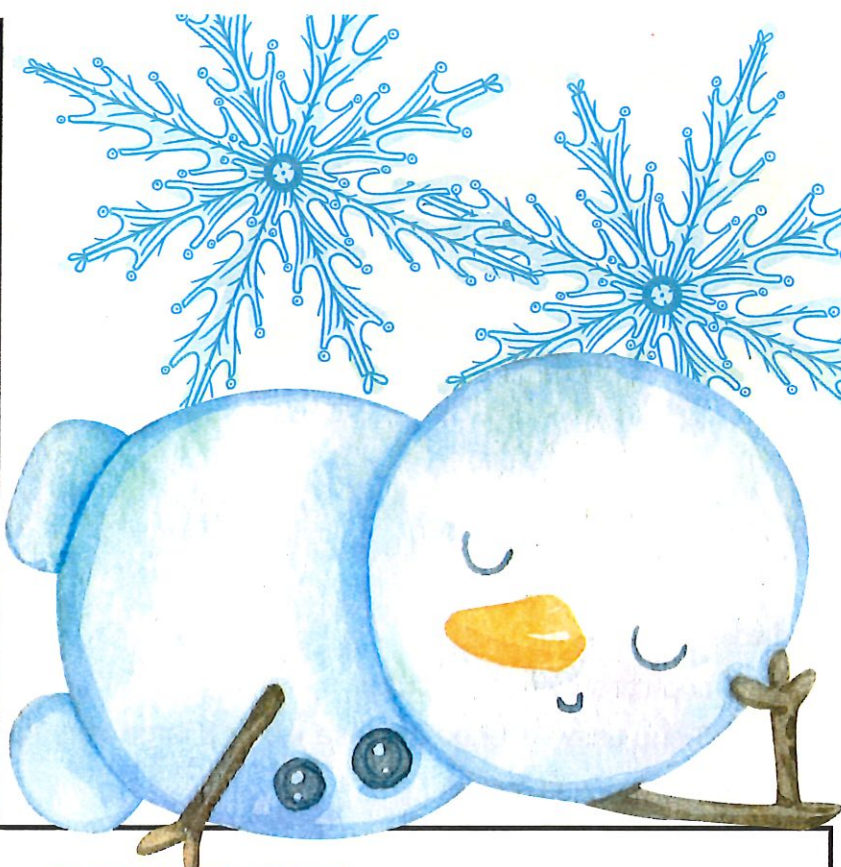
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WINTER

Word Search Puzzle

I	C	E	S	K	A	T	E	S	S	M	C	S	Z	R	S	B	B	Y	
G	H	W	N	D	J	F	S	U	K	R	M	Y	C	G	T	H	A	U	
M	R	Z	K	X	G	J	Y	U	I	H	Q	S	W	E	A	T	E	R	
F	I	R	E	P	L	A	C	E	I	K	H	V	E	I	O	N	B	S	
E	S	T	K	K	I	F	S	K	N	O	J	L	K	O	H	V	H	N	
B	T	H	T	O	X	O	Z	N	G	R	S	A	W	R	V	S	O	O	
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A	S	I	B	A	I	S	H	K	U	R	D	A	S	R	X	E	B	A	
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Y	Y	A	Q	U	L	J	E	O	Y	Z	W	S	H	O	V	E	L	W	
C	X	Y	S	K	K	Y	Q	G	I	J	E	Y	O	Y	S	M	H	K	
W	F	S	L	K	R	H	N	L	Q	L	H	R	O	N	V	L	B	E	E
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| BLIZZARD | HANUKKAH | PARKA |
| CHILLY | HOLIDAYS | SHOVEL |
| CHRISTMAS | HOT COCOA | SKIING |
| COAT | ICE SKATES | SLEDDING |
| DECEMBER | ICICLES | SLEET |
| EARMUFFS | JANUARY | SLUSH |
| FEBRUARY | MITTENS | SNOWMAN |
| FIREPLACE | NEW YEAR | SWEATER |



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 1

[NAME] County Extension Office | 222 Street Road | City, KY | Zip | (859) xxx-xxxx

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

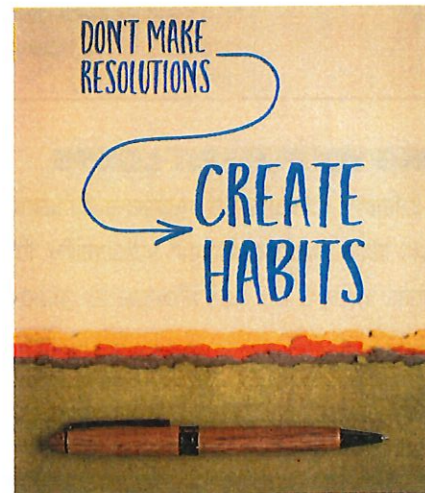
Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.



Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

ADULT

HEALTH BULLETIN



JANUARY 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>

NAME County
 Extension Office
 000 Street Road
 City, KY
 Zip
 (000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

Continued on the next page →

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Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



FAMILY CAREGIVER HEALTH BULLETIN



JANUARY 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

PHYSICAL AND MENTAL BENEFITS OF COLD WEATHER ACTIVITY



While staying safe in the cold, snow, and ice is a priority, don't let winter keep you from the outdoors if you are able. Both mental and physical health can be negatively affected by the shortened, cold days. It is not uncommon to feel sluggish or less productive. Use winter to your advantage and get invigorated.

Spending time outdoors is essential for well-being and can positively affect mental and physical well-being, including reducing stress and enhancing sleep. Research supports the idea that spending at least 120 minutes a week in nature has positive benefits on health and well-being (White, et al., 2019). Time in nature can include being physically active or just relaxing and taking in the sounds, sights, and smells.

Spending time outdoors during the winter can be a little more challenging, especially as we age, however. As we get older, we lose body heat faster than when we were

Continued on the next page →

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Lexington, KY 40506



Disabilities accommodated with prior notification.

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younger, making us more susceptible to cold weather. As a result, it is important to know the risks and benefits of spending time outside.

Dress warm and feel the sunshine.

When you are dressed warmly and can feel the sun on your face, your body is triggered to create vitamin D, which is good for your bones, muscles, immune system, and mood. To get sunshine in the winter, dress appropriately for cold weather and venture out for a picnic on your porch, build a snowman, photograph the snowflakes, walk around the neighborhood if sidewalks are clear of snow and ice, or take a winter hike and soak in the winter birds and other wildlife.

Stay physically active.

Daily physical activity can improve physical and mental well-being. Depending on where you live or visit, winter outdoor activities may include walking, shoveling, snowball fights, and cross-country skiing. Winter exercise needs extra planning and preparation.

- **Talk to a health-care provider about your health and outdoor activity.** Cold temperatures make it more difficult for the heart to pump blood throughout the body which may result in heart strain. Blood vessels can narrow in cold weather and prevent muscles from getting the oxygen they need to function properly. As a result, cold weather can make you vulnerable to muscle strain and injury.
- **Learn the signs of hypothermia.** Hypothermia occurs when the body's temperature loses heat more rapidly than heat is produced. When the body's core temperature drops below 95 degrees, it may cause a medical emergency. According to the Mayo Clinic, some signs of hypothermia include shivering, weak pulse, slurred speech, confusion, low energy, and shallow breathing.
- **Avoid frostnip and frostbite.** Exposure to severe cold and direct contact with ice, cold liquids, and frozen metals can lead to skin and tissue freezing. The early stage of frostbite is called frostnip, which causes cold and numbness. As frostbite gets worse, skin can change color, tingle, sting or feel prickly, throb, and become waxy-looking or hard.

Frostbite can occur on covered or uncovered skin, especially on the fingers, toes, ears, nose, and cheeks. To prevent frostbite, cover your extremities, stay hydrated, recognize the symptoms, and go indoors immediately. If your frostbite is more than mild, the Mayo Clinic recommends seeking medical attention to help prevent permanent damage.

- **Prevent falls.** The chances of falling increase when the ground freezes and becomes icy and slick. The best way to stay safe in icy conditions is to stay inside. If you must go out, take your time, wear proper footwear, use handrails, and walk like a penguin, which means taking smaller waddle-like steps that help maintain your center of gravity.

Be smart!

While going outside in winter can be good for you, watch the weather. If the conditions are too extreme, stay indoors! If you choose to go out on a nice winter day, pick the warmest part of the day to be outside when the sun is at its peak. Dress warmly, avoid cotton, and wear layers made of wool, fleece, or other fabrics that help keep you warm while wicking away moisture. When exercising outdoors, layers allow you to stay comfortable and not overheat. Keep your head and hands and feet covered so you do not lose heat. Wear proper footwear for the conditions. Protect your skin, lips, and eyes. Lastly, stay hydrated.

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FAMILY CAREGIVER
HEALTH BULLETIN

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