

LaRue County Family & Consumer Sciences

NEWSLETTER

 Cooperative
Extension Service
LaRue County
P.O. Box 210, 807 Old Elizabethtown Rd.
Hodgenville, KY 42748-0210
(270) 358-3401 - larue.ca.uky.edu



Gift your time this holiday season —

As the holidays approach, you may be stressing over finding the perfect gift for each person on your list. Gift buying can be even more stressful and complicated if money is tight. Consider your time as an inexpensive, meaningful way to check off your list this year.

Time is one of the most valuable things we can give, yet when it is time for gift giving, it is something that we tend to overlook and undervalue. Not only will gifting your time save you some money, but it can help create memories that will be more valuable and precious than any store-bought gift.

Here are some ways to give time to friends and family.

Offer to help someone complete a task or project. You may save them money in the process.

Use your talents to make a thoughtful, handmade gift. These gifts can range from crocheted items to picture frames to food depending on your interests, talents and abilities.

Consider a “stuff” swap instead of a gift exchange. We all have books we have read, toys our kids no longer play with or clothes that don’t fit. Instead of having a gift exchange, consider swapping items you no longer need with your friends and family.

Gift an experience rather than a physical item.

There are many low and no cost experiences you can give someone including trips to a historical landmark, museum or park. These types of gifts can give your loved ones something to look forward to.

Regardless, enjoy the season and make time to prioritize what matters most to you.



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Lexington, KY 40506



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Coming up!

- **Quilt Club** – December 10th at 10am (alt. location) & January 14 at 10 am (Ext. Office)
- **Extension Leadership Awards Banquet** – Monday, January 26 at 6:30 pm – \$10 charge that can be paid at the door. RSVP at the Extension Office.
- **December 12** at 12:00 – Cooking Through the Calendar “*Lasagna Soup*”
- **December 17 & January 21** at 9:00am – Laugh & Learn Playdate Program
- **January 12** at 10am – Nifty Needles/Open Sewing at the Extension Office

Office Closed for the Holidays - December 24 - January 2

The Extension Office will reopen for business on Monday, January 5, 2026

Bobby McDowell Award of Excellence

We are now accepting nominations for the Bobby McDowell Award of Excellence - honoring outstanding service, leadership, and community impact in LaRue County.

If you know an individual, family, business, or organization making a meaningful difference through Extension programs or community involvement - nominate them! Forms are available at the Extension Office and online at bit.ly/4o8bxvh.



Did you know?

The LaRue County Family & Consumer Sciences Newsletter received regional and national recognition in October at the National Extension Association for Family & Consumer Sciences in Grand Rapids, Michigan? The awards received were 2nd place in Communications for Newsletters Award from the Southern Region of NEAFCS and 2nd place from the National level of NEAFCS! Building strong families. Building Kentucky. It starts with us. #UKFCSExt



Martin-Gatton
College of Agriculture,
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**FAMILY AND
CONSUMER
SCIENCES**

COOPERATIVE
EXTENSION
SERVICE



Marla Stillwell

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homemaker NEWS & NOTES

↳ **South Fork Homemakers** – meets monthly on the **3rd Tuesday** at 10:30am with a potluck lunch at the Extension Office



↳ **Friends & Family Homemakers** – meets monthly on the **1st Thursday** at 1:00pm at the Extension Office (In December, they will meet at 12:00 noon for a holiday potluck lunch!)



↳ **Homemakers in Progress (HIP)** – Exciting news!

Another homemaker has formed and we invite you to join us! This is a group joining forces with Hardin County Homemakers and is looking for anyone interested in learning more about gardening, green/DIY cleaning, sewing, cooking from your pantry, homemade crafts and gifts AND MORE! Their meeting schedule is listed below:

- December 9 at the LaRue County Extension Office at 5:30pm (*Ribbons & Regift*)
- January 13 at the Hardin County Extension Office (*Lesson TBD*)

↳ **Homemaker Council** – Monday, December 1 at 10am

↳ **Ribbons & Regift** – December 4 – December Lesson Leader Training

↳ **Third Thursday with the Homemakers at the Senior Center** – Come out and join the Homemakers at the Senior Center each **3rd Thursday** at 10:00am for activities and lunch! (Lunches must be pre-registered for by contacting the Senior Center at 270-358-4235)

↳ **January Lesson – Selecting Sheets – MAILOUT**

↳ **Extension Leadership Banquet Catering Fundraiser – January 26 at 6:30pm** – Check with your respective homemaker club to see how you can help



Join LaRue County Extension Homemakers on Facebook!

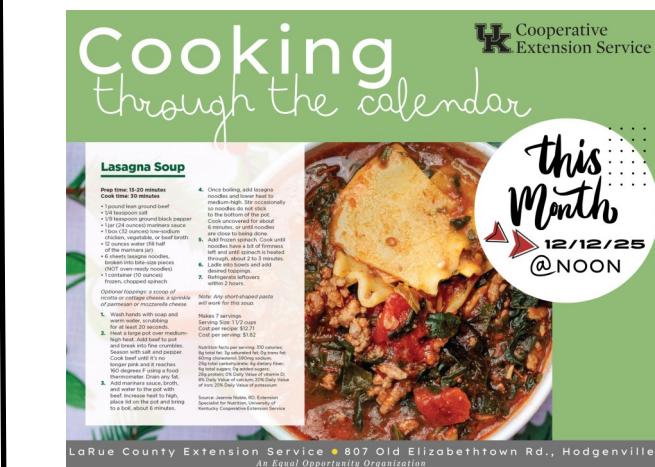
Extension Leadership & Awards Banquet

This annual banquet is catered by the LaRue County Extension Homemakers. The meal cost is \$10, that can be paid at the door. Call the Extension Office to reserve your spot by 1/16/26, 270-358-3401.



Cooking through the Calendar

Join us on Friday, December 12 for our monthly Cooking through the Calendar program at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.



UPDATE: This will be the last Cooking Through the Calendar program as we will be transitioning to a new program in the new year. Stay tuned for more details!



Piggy Bank Contest



MONEYWISE
VALUING PEOPLE. VALUING MONEY.
Cooperative Extension Service

Kentucky Saves Week:
April 6-10, 2026

Kentucky Saves:
KentuckySaves.org

MoneyWi\$e:
<https://fcs.mcgafe.uky.edu/moneywise>

LaRue County Cooperative Extension Office
807 Old Elizabethtown Rd
Hodgenville, KY
42748
(270) 358-3401



WHAT: The 2026 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: 10/01/2025 and ends on: 12/05/2025

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks shared via social media. Winners also will receive a certificate.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

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

THIS MONTH'S TOPIC: USE A VISION BOARD TO REALIZE YOUR GOALS

Are you looking to jump-start your motivation to work toward a goal? Try creating a vision board. A vision board is a collage of images and words that depict your goals in ways that are meant to inspire or motivate you to achieve them.

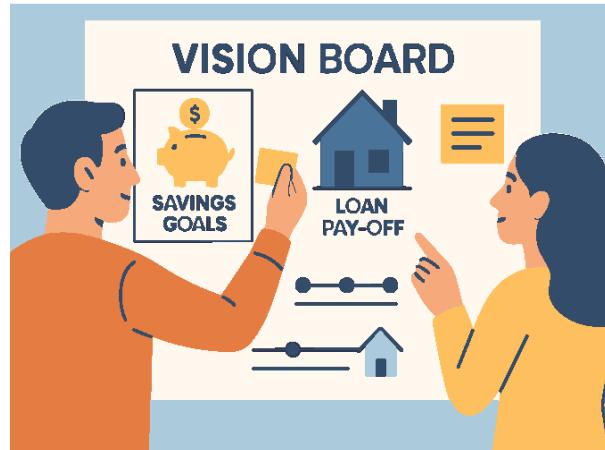
ENVISION YOUR FUTURE

Researchers agree that writing down goals increases our chances of success. Similarly, creating a vision board brings goals to life in a visual way, upping the likelihood of turning them into reality. Vision boards often contain positive images and words that represent desired outcomes. A vision board can help motivate us to take action steps toward achieving our dreams.

MAKE YOUR GOALS SMART

Vision boards and goal setting go hand-in-hand. Goals provide purpose and give us something to strive toward. Also, having a specific plan can help us persist through setbacks. Goals can be short-term (less than one year), medium-term (one to five years), or long-term (more than five years).

Goals should be exciting and tangible (i.e., something specific that is worth working



toward). General goals such as "financial security" may be difficult to plan or to track progress. Creating SMART goals will help you set milestones you can reach.

Specific: Strong goals should be clear and precise. It should answer who, what, when, where, why. *What are the specific details once you break down the goal?*

Measurable: Know exactly "how much" you need to reach your goal. This allows you to track your progress. For example, saving for a vacation? *What is the total cost of the trip, and how much money should you set aside each month to reach this amount?*

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YOUR GOAL SHOULD BE ATTAINABLE AND REALISTIC, EVEN IF IT IS CHALLENGING

SMART



Achievable: Your goal should be attainable and realistic, even if it is challenging. *Is it possible to reach this goal within your budget?*

Relevant: A goal should be important to you, and it should support or complement other priorities in your life. *Is it worth putting in the effort and hard work?*

Time-Bound: Have a clear deadline (i.e., a finish line) for accomplishing a goal. *When do you need to reach this goal?*

Once you have created at least one SMART goal, you are ready to design a vision board.

CREATE A VISION BOARD

Your board should be a visual display of the goal you want to achieve. Each item you place in the collage should represent something that will help you go from dream to reality. You can use computer software to create a digital vision board, or you can use paper materials to cut-and-paste your collage. Consider using items such as photographs, images from websites or magazines, inspirational quotes, poems, stickers, graphics, or draw or write your own.

In addition, you could write out and include a goal statement. If needed, a quick internet search may offer examples of vision boards.

Your collage should be positive and personal to you. Display the board prominently where it can be a regular reminder of the SMART goal(s) you want to achieve. Hang a paper vision board where you will see it daily, or set a digital vision board as the wallpaper on your computer or phone. Envisioning your future each day can help you make choices that match your goals without even thinking about it.

EXPAND YOUR "VISION"

You can apply these principles to your life in other ways besides financial goals. You could create a vision board for self-improvement in areas such as leadership, career/skill building, family life, and more. There are many other aspects of your life you can "envision" and improve.

REFERENCES

Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health*, 11(1), 52-65. <https://doi.org/10.1080/15401383.2015.1092901>

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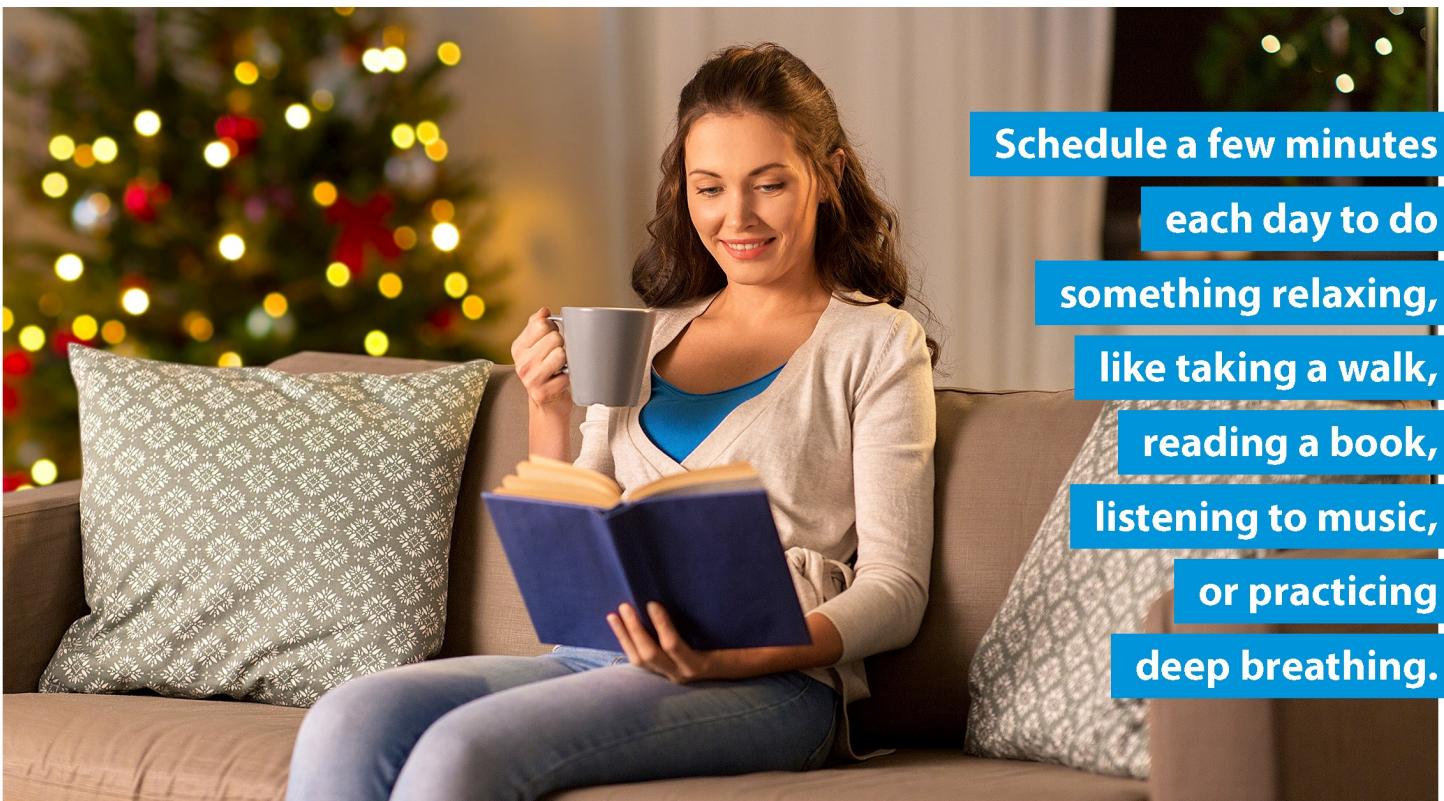
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Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing.

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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>

Written by: Katherine Jury, Extension Specialist for Family Health

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





Pinecone Hedgehogs



Materials

- Pinecones
- Brown and beige felt
- Googly eyes
- Scissors
- Hot glue gun (with adult supervision)

Directions

- Prepare the felt to make the face: cut a small oval shape from the beige felt. Cut two small ear shapes from the brown felt.
- Assemble the face: glue the googly eyes onto the beige oval. Attach the brown ears to the top of the oval.
- Attach the face to the pinecone: Glue the completed face onto the pointed end of the pinecone



Conversation starters



The Dinner Table Project
Unplug Communicate Encourage

WOULD
YOU
RATHER?

SHARE YOUR BEDROOM WITH A PET
SKUNK OR A PET PORCUPINE?

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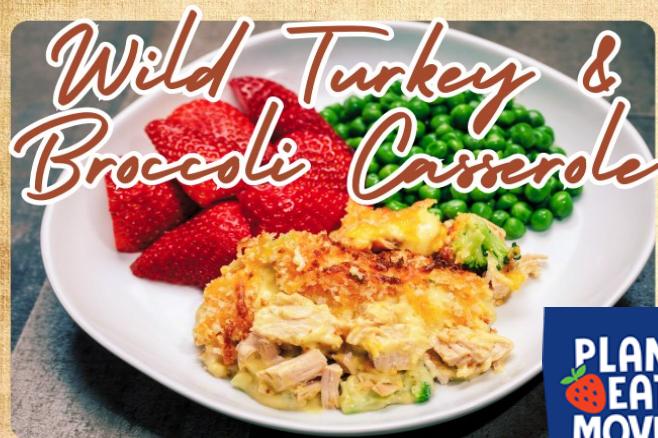
Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

LaRue County
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RETURN SERVICE REQUESTED



Ingredients

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- $\frac{1}{2}$ cup grated cheddar cheese
- $\frac{1}{2}$ cup panko breadcrumbs
- 1 tablespoon melted butter

Directions

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 $\frac{1}{2}$ to 3 $\frac{1}{2}$ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

SERVINGS: 8 SERVING SIZE: 1 SLICE