

December 2023/January 2024

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
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This month...



Caregiving During the Holidays



Potato Salad



Homemaker New Member Auction

FCS Today

CAREGIVING DURING THE HOLIDAYS

Source: Amy Kostelic, UK Extension specialist in Family Life

Providing care for someone can be both rewarding and challenging. However, the responsibilities and obligations that come with the holidays can create added stress. The following suggestions may help make the holidays easier on you, the person you are caring for and your extended family and friends.

1. Make a plan. Planning includes little things like shopping for holiday presents and food well before the actual holiday to spread out time, money and stress and booking homecare or respite if needed with an agency in advance to ensure you have help.

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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Disabilities accommodated with prior notification.

CAREGIVING

During the

HOLIDAYS

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2. Prepare your visitors. Bring the realities of caregiving to the attention of your guests and uninvolved family members who may not know a person's condition has changed. You may do this in a holiday greeting or by writing a brief note describing the person's needs. Honest communication about the realities of the caregiving situation allows people to react, adjust and respond. Let people know in advance about the need to adapt traditional roles and holiday experiences. For example, it may be less stressful for the person for whom you are caring to spend the holidays in their home, where they are comfortable, rather than traveling to another location or a new location.

3. Adapt the environment and traditions as needed. Depending on a person's ability, large crowds, background noise, bright lights, etc. may be stressful. Multiple conversations may be challenging for someone with a hearing impairment or dementia, for example. Find quiet spaces and places for people to sit and visit. To help avoid added anxiety, assess ways to adapt the holiday experience (time spent away from home, number of people, noise levels, food due to dietary restrictions, less time-intense festivities, simplified traditions, etc.), which may include changing some holiday traditions and gatherings.

4. Make an effort to get help. Sharing the truth about the caregiving situation, including your stress and energy levels, can help reduce the risk of feeling stressed and isolated as a caregiver. Honest communication helps others understand what you need. Being forthcoming and asking for help can also give others a greater appreciation for what you do. The holidays are often a busy time. Give someone permission to run errands for you, such as picking up groceries or Christmas cards, or have them stay with your loved one so you can run errands. Share your wish list of needs. In addition to respite, for example, you may need help with home repairs. Most people will be happy to lend you a helping hand if you ask.

5. Make sure you schedule some time for yourself. Do something you enjoy while giving yourself a break from caring for others and preparing for the holidays. Doing something as simple as going for a walk, chatting with a friend or having a cup of coffee can greatly improve your mood.

For more information on caregiving or holiday survival tips, contact, the Scott County Cooperative Extension Service.



Upcoming Dates to Remember

December 2023/January 2024

DECEMBER 2023

7th: Adult Advanced Quilt Class @ 6:00 PM

12th: Italy Trip Info. Night @ 6:00 PM

14th: Rug Hookers @ 10:00 AM

14th: FCS Book Club @ 1:00 PM

16th: Elkhorn Creek Quilt Guild Brunch

Dec. 25th - Jan 1st OFFICE CLOSED

JANUARY 2024

4th: Rug Hookers @ 10:00 AM

4th: Adult Advanced Quilt Class @ 6:00 PM

9th: Scrapbooking Class @ 10:00 AM

11th: Rug Hookers @ 10:00 AM

11th: FCS Book Club @ 1:00 PM

13th: Sit-N-Sew @ 9:00 AM

16th: New Member Auction @ 6:00 PM

18th: Needlework Club @ 1:00 PM

22nd: Leader Lesson @ 5:00 PM

23rd: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

25th: Rug Hookers @ 10:00 AM



Red Potato Salad with Creamy Pesto Dressing

2 pounds new potatoes	½ cup prepared pesto	1 medium tomato, diced
2 large eggs	½ lemon, juice and zest	1 medium red onion, diced
¾ cup nonfat Greek yogurt, plain	Salt and pepper to taste	

Wash potatoes, **chop** into 1 inch cubes. In a saucepan, **boil** potatoes in salted water until just tender, about 10-15 minutes. **Drain** and **cool**. Place eggs in a small saucepan. **Cover** eggs by 1 inch cold water. Bring eggs to boil over high heat. **Remove** saucepan from burner and **cover**. Let eggs **stand** in the water for 12 minutes. **Drain**, run under cool water and **peel**. **Slice** eggs and set aside. In a small bowl, **whisk** yogurt, pesto,

lemon juice and zest. **Season** with salt and pepper. In a large bowl, **combine** potatoes, eggs, diced tomato and onion. Gently **stir in** yogurt mixture. **Chill** several hours and **serve**.

Yield: 6, ½ cup servings

Nutritional Analysis: 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.



THIS
MONTH'S
Recipe

December Health
Bulletins

Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

LAST
CHANCE

SCOTT COUNTY

An equal opportunity organization

How can we
serve you?

Take a ten-minute
survey to help us develop
programs addressing
needs in our community.



go.uky.edu/serveKY

KENTUCKY  KENTUCKY STATE
COOPERATIVE EXTENSION

WE WANT
YOUR
FEEDBACK

Homemaker Leader Lesson Ideas

Please share your ideas for
new Homemaker Leader
Lessons for 2024 -2025 by
emailing alivia.faris@uky.edu
by February 1st
Please include the words
“Homemaker Lesson Idea” in
your email heading.

Homemaker Council Meeting January 11th at 10:00 AM



Service Project

AMEN House
Towel Tally

75 Towels

36 Hand Towels

21 Wash Cloths

Drop your towel donations off at the
Scott County Extension Office today!

REMINDER

This newsletter is combined
for December 2023 and
January 2024. There will not
be a separate newsletter
mailed out in January.

Reminder

When Scott County Public
Schools are Closed Due to
inclement Weather Scott County
FCS Programs are also Canceled.

-Stay Safe Everyone -

Scrapbooking Class

At the Scott County
Extension Office
January 9th at 10:00 AM

MUST register to
participate.

To register call:
(502)863-0984



Let's go to Italy!

We are taking an international
trip to Italy July of 2025!

We will be having a
meeting at the Scott
County Extension Office
on December 12th at
6:00 PM to share more
information.

To register and/or sign up for more information use
the QR Code below:





Scott County Homemakers: *New Member Auction*

at the Scott County Extension Office
January 16th beginning at 6:00 PM



Details:

- Each club is responsible for providing information on new members and those who recruited the new member. You can send this information to Alivia at alivia.faris@uky.edu or drop it off at the Scott County Extension Office
- We are asking each club to provide 3 items, two smaller items and a larger item (higher value, a basket of items, etc.)
- New Members will be provided \$100 of "Homemaker Bucks" and recruiters will receive \$50 of "Homemaker Bucks" (per recruit) to use during the auction.
"Homemaker Bucks" do not have monetary value outside of this auction.
- If you would like to help setting up or cleaning up after the auction please let Alivia know at alivia.faris@uky.edu.

