



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers



Kentucky Extension
Homemakers Association

Boyle County Extension
99 Corporate Drive
Danville, KY 40422-9690
(859) 236-4484
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January 2023



Agent's Note

Happy New Year!! I hope this newsletter finds you well. The holidays were a lovely time to spend with family, catch up on tasks at home, and relax. Now we are at the start of a brand new calendar year. How will you make 2023 “your year”? What are your goals? What are your plans? I’m looking forward to new programming and expanding on old favorites. Stay tuned for upcoming programs and events you might be interested in.

Upcoming Events

- Boyle County Council Meeting- January 23rd at 1pm at the Boyle County Extension Office
- Lunch and Learn- January 6th at 12pm at the BCEO
- Beginner Crochet Classes on Mondays at 10am at the BCEO
- Beginner Sewing Classes on Wednesdays from 10:30am-1pm starting January 25th at the BCEO. Space is limited. Call 236-4484 to sign up. Cost \$30.
- Pop-Up Potluck at the Boyle County Public Library January 12th from 6pm-7pm. January theme is Healthy Meals. Bring your favorite healthy meal to share.
- Rug Hooking Club January 9th at 1pm at the BCEO
- Bingocize! Tuesdays and Thursdays at 1pm at the BCEO starting January 31st.
- Recipe Club- receive recipes each month by mail or email along with helpful tips on healthy eating and more. Call 236-4484 to be added to the mailing list.
- Leader Lesson: “Intuitive Eating” on January 30th at 10am at the BCEO

Announcements

E-Newsletter- Many of you have mentioned that you aren't receiving your newsletter in a timely fashion. Due to repeated issues with the USPS we will be migrating to an e-newsletter. You will be receiving your monthly newsletter via email. Paper copies of the newsletter will be available for pick up at the Extension Office. If you would like to continue receiving your newsletter by snail mail, please call 236-4484 to be put on the snail mail list or to update your email address on file.

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please click the link to register: <https://ukfcs.net/BBBC23Book1>

Building strong families. Building Kentucky. It starts with us. #UKFCSExt
#BigBlueBookClub



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2022

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

THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.

LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.



UNDERSTANDING YOUR "ESTATE"

After your death, the full contents of your estate must be distributed. This includes all the items you cherished within it (and even some you didn't cherish) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes everything you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. Everything.

ADULT HEALTH BULLETIN



DECEMBER 2022

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)

Boyle County Cooperative
Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC:

THE WINTER BLUES



Do you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

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BIG BLUE BOOK CLUB

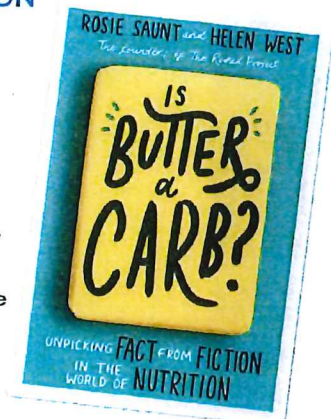


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IS BUTTER A CARB?

UNPICKING FACT FROM FICTION
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

Attend a **FREE** watch party at the Boyle County Extension Office and participate in book discussion after each zoom!!

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

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BOYLE COUNTY FCS PROGRAMS

RECIPE CLUB

Sign up to receive recipes monthly

**CALL 236-4484 TO SIGN UP
RECIPES SENT BY MAIL OR EMAIL**

Each month you will receive several recipes. Make a recipe and post a photo with the hashtag #RecipeClub to receive bonus recipes and kitchen supplies.

<https://www.facebook.com/BoyleCoFCSExt>

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546

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LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

COME JOIN THE FUN!

We meet every week!

WHEN: Tuesdays and Thursdays starting January 31st 2023

WHERE: Boyle County Extension Office
99 Corporate Drive,
Danville, KY

TIME: 1:00 PM



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Beginner Crochet

Would you like to learn how to crochet?
Join us for this **FREE** beginner crochet class!!

FEATURED INSTRUCTOR: KENDRA PEEK HARRIS



MONDAYS @ 10AM

**@ THE BOYLE COUNTY
EXTENSION OFFICE
99 CORPORATE DRIVE, DANVILLE, KY**

**Call 236-4484
to Register**

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