

# FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
DECEMBER 2024 NEWSLETTER



## You Are Not Alone: Coping With Grief Triggers During the Holidays

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging Specialist

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

*(Continued on pg. 2)*

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***(Continued from pg. 1, You are not alone: coping with grief triggers during the holiday)***


Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- **Prepare and plan.** Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.
- **Permit yourself to feel the emotions.** It is OK to allow yourself to laugh and cry.
- **Reflect on your memories.** Tell stories, write or find ways to communicate that are most comfortable to you.
- **Create a tradition.** Use the date for a special remembrance or celebration.
- **Reach out for support.** Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.
- **Volunteer your time to a cause.** Connect to a specific cause or organization meaningful to you and/or your loved one.


Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you-we all grieve, and you are not alone.





Healthy Choices  
FOR EVERY BODY


Join us the 1st  
Thursday of every  
month



## Adult Cooking Club

Franklin County Extension Office  
101 Lakeview Court, Frankfort, KY  
**5:30 - 7:30pm**

RSVP Required  
pamela.holbrook@uky.edu  
or call 502-695-9035



## FAMILIES IN THE KITCHEN

**3rd Wednesday of each Month**

starting October 16, 2024 at 5:30pm

For families with children  
between the ages of 4 to 8

Register by contacting  
Pamela Holbrook at  
pamela.holbrook@uky.edu  
or 502-695-9035



**Franklin County Extension**  
101 Lakeview Court  
Frankfort, KY





Carla A. Carter

## From the Fingertips of Your FCS Agent

We made it! I don't know about you, but I am so ready for a break! As much as I love being around people and engaging with community partners, I like to take this month to pause and reflect on the year. We have had a very busy year and I hope that you have enjoyed the programs that have been put on. I am excited about the new ones to come. As I Thank You to all my Homemakers, you are cordially invited to welcome our new, special interest club "Kit-Together for a Cause." More information is below.

I wanted to thank everyone who helped make the Children's Holiday Store a success.

Special shout out to our homemaker president, Elizabeth Collins. Your tireless and unselfish acts do not go unnoticed. We were able to serve 103 families, 167 children and had 60 community volunteers. That is outstanding work! All monies raised go back to our community.

Last month, I had the pleasure of attending my first Quilts of Valor ceremony at the VFW Post 4075. The Capital City Quilts of Valor (CCQOV) is a local group serving Franklin and surrounding counties. This program has provided 19 quilts to veterans touched by war. To date, the CCQOV has presented 120 quilts to veterans and their families since its inception in 2022.

I hope everyone has a restful holiday season. I am learning some new techniques and hope to share with you after the new year. Oh, and did I tell you we will be having another special interest homemaker group, Line Dancing that will meet on Tuesdays and Thursdays at the Extension office. Until next month..

**Thank You  
Homemakers**  
For all you do!

As a reminder, Carla has invited you to a special event on 12/16/2024 at 12 PM where we will craft a calendar for 2025 and a money holder. This event will serve as a "Thank You" for all that you do as Homemakers and as a demonstration for the new Homemaker Club, "Kit-Together for a Cause" starting 1/13/2025. A light lunch will be provided.  
Please RSVP by December 11th.  
Thank you!

502-695-9035

**The 2025 Recipe & Cook Wild calendars are now available!  
Visit the Franklin County Extension Office to pick up your free copy.**







# Compassionate and seamless care to live safely in the community.

Bluegrass Dementia Care provides comprehensive care coordination to improve the quality of life for people living with dementia and their caregivers.

## Bluegrass Dementia Care provides:

- A comprehensive assessment by a Nurse Practitioner
- A Care Navigator for personalized care and support
- Person-centered care planning
- Ongoing monitoring, care coordination, and medication management
- Referrals to community-based services and caregiver support groups
- Caregiver education, skills training, and dementia diagnosis information
- Coordination of respite care
- 24/7 support

## Bluegrass Dementia Care criteria:

- Diagnosis of mild, moderate, or severe dementia
- Enrollment in both Medicare Parts A & B, with Medicare as the primary payer

*Bluegrass Care Navigators is participating in The Guiding an Improved Dementia Experience Model (GUIDE) and Bluegrass Dementia Care is provided through that program.*

*Exclusions include enrollment in Medicare Advantage or other Medicare health plans, Medicare hospice benefit, long-term nursing home residency, alignment with another GUIDE Model Participant, and non-residency in the Bluegrass Dementia Care service area.*

**WE'RE HERE TO HELP:**

[bgcarenav.org/dementia-care](https://bgcarenav.org/dementia-care) | 877.439.0262

**BLUEGRASS**  
care  
navigators 

Expert. Connected. Care.



# ADULT

# HEALTH BULLETIN



**DECEMBER 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
502-695-9035  
franklin.ca.uky.edu

## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page



**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

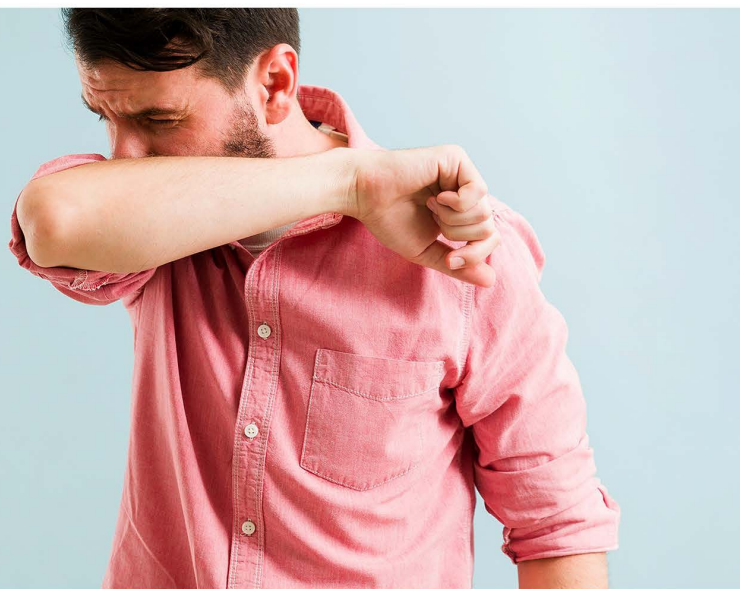
**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



**→ Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT  
HEALTH BULLETIN**

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

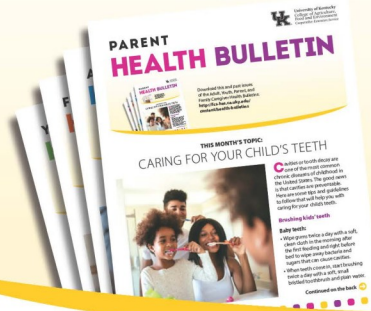






# PARENT

# HEALTH BULLETIN



**DECEMBER 2024**

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## THIS MONTH'S TOPIC

# PREVENT ILLNESS THIS HOLIDAY SEASON



**T**he holiday season is a busy time of year — there are many places to go, things to do, people to see, and fun to be had. Help keep yourself and your family feeling well this season by teaching good hand-washing habits and helping your kids stick to them.

There are six steps to hand-washing. Wash your hands alongside your child to demonstrate and talk through all the steps:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.
3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

**Continued on the next page** ➔



## 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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





**Washing hands  
with soap and water  
is the best way  
to get rid of germs  
in most situations.**

### ➔ Continued from the previous page

5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Kids often need reminders of when to wash their hands as well. Encourage your family to wash their hands at these times:

- Before and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

Do you feel like a broken record reminding your family how and when to wash? The following

tips can make hand-washing seem more fun, and become a staple part of your family's daily routine:

- Use a small kitchen or sand timer to help kids visualize how long to wash their hands
- Let your kids pick out the scent or color of soap
- Sing aloud when washing — let them pick the song (any song at least 20 seconds)
- If finding the right water temperature is a problem, use a marker to show where to turn the faucet
- Post a joke or comic on the bathroom mirror for your kids to find and read while they wash.
- Place reminder stickers around the house — on the pet food container, on the top of the garbage can, on the tissue box, etc. — to remind family members when to wash their hands

#### REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>

**PARENT  
HEALTH BULLETIN**

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**Stock images:**  
Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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

## THIS MONTH'S TOPIC:

### BEING A RESPONSIBLE CONSUMER OF INFORMATION

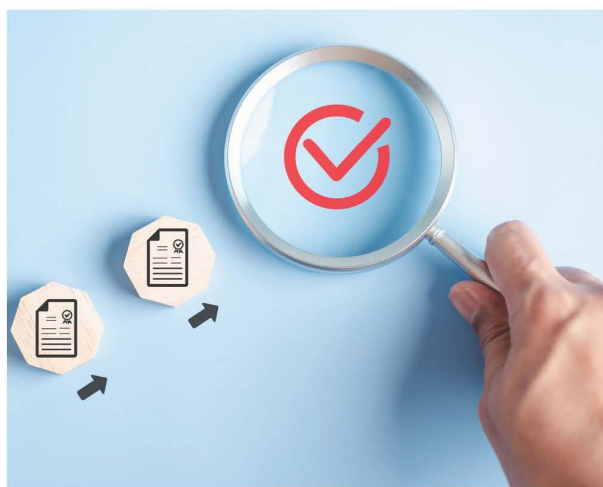
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

#### GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

#### STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.

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Community and Economic Development

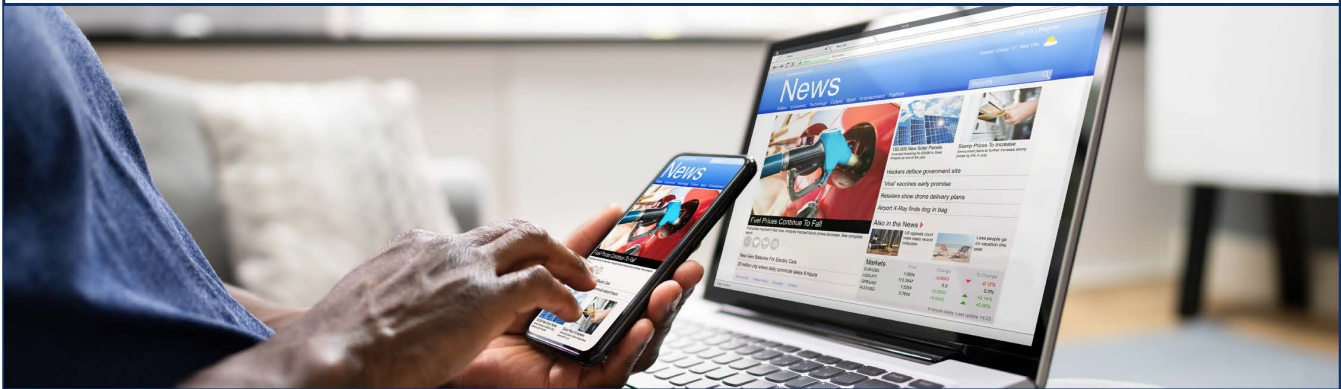
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Disabilities  
accommodated  
with prior notification.

## “IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

### BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

### RESOURCES

*American Psychological Association.* <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

*News Literacy Project.* <https://newslit.org/>

*The Role of Consumer Protection Agencies.* [https://fcs-hes.ca.uky.edu/files/moneywise\\_june\\_2024.pdf](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

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# UPCOMING *events*

# CHRISTMAS

14



DEC

## MARKET

9AM-3PM



**GIFTS | FOOD | SANTA 11AM - 1PM**

**CAPITAL CITY ACTIVITY CENTER**

**202 MEDICAL HEIGHTS DR., FRANKFORT, KY 40601**

**502-223-5794 | [WWW.FRANKFORTKYSENIORS.ORG](http://WWW.FRANKFORTKYSENIORS.ORG)**

**VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794**

**[MEMBERS@FCCOA.COM](mailto:MEMBERS@FCCOA.COM) OR [MJENKINS@FCCOA.COM](mailto:MJENKINS@FCCOA.COM)**

**BOOTH RENTAL: CALL/EMAIL FOR APPLICATION/PRICING INFORMATION**

**PLEASE CONSIDER DONATING A NONPERISHABLE FOOD ITEM TO HELP  
RESTOCK HELPING HANDS FOOD PANTRY**



*Join Us in Our Mission*

Remember ★ Honor ★ Teach



★ **December 14, 2024** ★

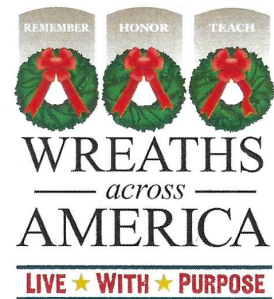
## National Wreaths Across America Day



**Help Frankfort Composite Civil Air Patrol Squadron honor local heroes!**

Sponsor a wreath today to be placed on a veteran's grave this December at Lebanon National Cemetery.

Scan the QR code to make a donation online or visit [www.wreathscrossamerica.org/KY0130P](http://www.wreathscrossamerica.org/KY0130P)



#LiveWithPurpose





**HOME ALONE (1990)**

DECEMBER

**22**

AT 2pm

Frankfort Police Department

# CHRISTMAS MOVIE



Join the Frankfort Police Department for a Holiday Classic at the Grand Theater!

Get your tickets on Eventbrite.





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

# FRANKLIN COUNTY HOMEMAKERS

# KIT-TOGETHER FOR A CAUSE STARTING 1/13/2025

JOIN US THE 2ND MONDAY OF EACH MONTH  
BETWEEN 3-7 PM.

THE OVERALL GOAL OF THIS NEW  
HOMEMAKERS SPECIAL INTEREST GROUP IS TO  
PROVIDE A FUN ENVIRONMENT FOR CRAFTING  
WHILE RAISING AWARENESS AND FUNDS FOR  
LOCAL ORGANIZATIONS THAT DO IMPORTANT  
WORK IN THE COMMUNITY.

101 LAKEVIEW COURT  
502-695-9035



**Cooperative  
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with prior notification.



**MARTIN TOURS, INC.  
224 LOGAN AVE.  
STANFORD, KY 40484  
1-866-346-8687**

**TOUR: BROWN COUNTY, INDIANA**

**GROUP: FORT HARROD HOMEMAKERS  
Debbie Pierce 859-873-9165**

**DATE: APRIL 21-22, 2025**

**COST: \$369.00 Per Person Double Occupancy  
\$359.00 Per Person Triple Occupancy  
\$349.00 Per Person Quad Occupancy  
\$50.00 Per Person Non-Refundable Deposit  
Balance due March 1, 2025.**

**PRICE INCLUDES:** Transportation by motor coach; Dinner and lodging at Brown County Inn. Shopping in Nashville, Indiana. Visit the Brown Co State Park.

**MONDAY, APRIL 21, 2025**

**8:00 AM - 11:00 AM** Leave Lexington – Arrive **Nashville, Indiana**  
**11:15AM - 12:15PM** Lunch (on your own).  
**12:30PM - 4:30 PM** Shopping in the unique village of Nashville, Indiana.  
**4:45PM** Check in at the **Brown Co. Inn.**  
**6:00PM** **Dinner (included) at Brown Co. Inn.**

**TUESDAY, APRIL 22, 2025**

**7:00AM – 8:00AM** Breakfast (on your own).  
**8:00AM – 11:00AM** **Visit the Brown Co. State Park.**  
**11:00AM – 12:00PM** Lunch (on your own) at the park.  
**12:00PM – 3:00PM** Leave Nashville, IN. – arrive Lexington.

**THANKS FOR TRAVELING WITH MARTIN TOURS!!!!**

## Easy Flourless Chocolate Cake

Preheat oven to 350 degrees.

Grease an 8-inch round cake pan and line with parchment paper.

8 oz dark chocolate

1 cup unsalted butter

1 cup sugar

4 large eggs

1 tsp vanilla extract

Pinch of salt

Optional: Espresso powder or cocoa powder

Frosting: 1/2 cup heavy whipping cream and 4 oz. dark chocolate

In a double boiler, mix the dark chocolate (70% cocoa in the chocolate is best) with the butter.

Beat together the sugar in eggs - 2-3 minutes, until slightly thickened.

Once the chocolate mixture has cooled, whisk it into sugar/egg mixture. Add vanilla and a pinch of salt.

Pour into the prepared cake pan and bake for 25-30 minutes. Do not overbake. Remove when the center is slightly set but still slightly soft to the touch. A toothpick inserted into the center will come out with a few moist crumbs.

Cool in pan for 10 minutes. Carefully remove from pan onto a wire cooling rack and allow to completely cool before icing.

Frosting: Heat 1/2 cup heavy whipping cream until almost boiling, then pour over 4 ounces of chopped dark chocolate. Allow to sit for a few minutes, then whisk until smooth. Allow to cool a bit longer, then pour over the cake, allowing it to drizzle down the sides.

If desired, dust with a fine layer of espresso or cocoa powder. Optional: Garnish with strawberries or raspberries. Serve as is or add lightly sweetened whipped cream or vanilla ice cream.

Be sure to follow our Facebook page  
for all the up-to-date  
information and articles.



@FranklinCountyKyCooperativeExtension

*Carla A. Carter*

Carla A. Carter  
County Extension Agent for  
Family and Consumer Sciences

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