

# FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
FEBRUARY 2025 NEWSLETTER

 **Martin-Gatton**  
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Food and Environment

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## Ways to save on winter heating costs

Source: Alex Elswick, Extension Associate for Family Resource Management

With the winter we have had thus far, chances are you've seen at least one or two high heating bills. While home heating costs can put a strain on your wallet during the winter, you can do certain things to save money on these expenses while still keeping your home warm.

Sunlight, even in the winter, is a great way to add natural, free warmth to your home. Open your blinds and curtains during the day, particularly on south-facing walls as they get the most exposure to the sun. As the sun sets, close them to help trap in the warmth.

Leaks in your windows and doors can allow warm air to escape and cold air to come inside. Check your home for air leaks, and fill gaps and cracks with caulk or insulation.

Air can also escape through your chimney. When you are not using it for warmth, close your fireplace's damper to keep in warmth. Use area rugs on tile, wood or laminate floors to help trap in heat.

*(Continued on pg. 2)*

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Turn your thermostat down when you leave the house for work or other extended periods of time. This keeps you from

paying for heat you are not using. When you return, set the thermostat to the lowest comfortable setting. For every degree you lower the thermostat, you can save about 3 percent on your heating costs. Wear layers of clothing inside, and add extra blankets to your bed or to help you stay warmer at a lower temperature.

## Basic Budget Bite\$



## Canned and frozen fruits and veggies

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.



<b>1 1/4 cups</b> whole-wheat flour	Zest of one orange	<b>1 teaspoon</b> vanilla extract
<b>1/3 cup</b> cocoa powder	Juice of one orange	<b>1 cup</b> finely chopped
<b>1 1/2 teaspoons</b> baking powder	(about 4 tablespoons)	cooked beets (see back
<b>1/2 teaspoon</b> salt	<b>2 large</b> eggs, at room	of card for cooking
<b>1/2 cup</b> sugar	temperature	instructions)
<b>4 tablespoons</b> unsalted butter,	<b>1/2 cup</b> unsweetened	<b>1/2 cup</b> semisweet
softened	applesauce	chocolate chips

**Preheat** oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

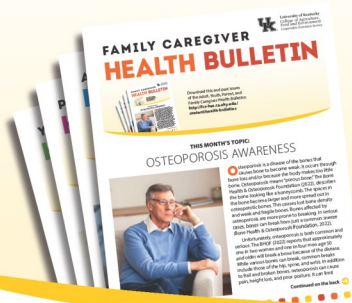
**Yield:** 12 muffins  
**Serving size:** 1 muffin

**Nutrition analysis:** 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.





# FAMILY CAREGIVER HEALTH BULLETIN



**FEBRUARY 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>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
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franklin.ca.uky.edu

## THIS MONTH'S TOPIC

# IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



**C**aring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

Continued on the next page →



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Disabilities accommodated with prior notification.

## → Continued from the previous page

- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

### What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

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*Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.*

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because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness.

- **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

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## FAMILY CAREGIVER HEALTH BULLETIN

**Written by:** Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# Don't get caught out in the cold, create a vehicle emergency kit

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.



**Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:**

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper

- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

**During the winter months, always keep your gas tank full.**

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
  - Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.
- Keep your vehicle(s) and home safer this winter season with these helpful tips.





# UPCOMING events



**FRANKLIN COUNTY  
HOMEMAKERS**

## KIT-TOGETHER FOR A CAUSE

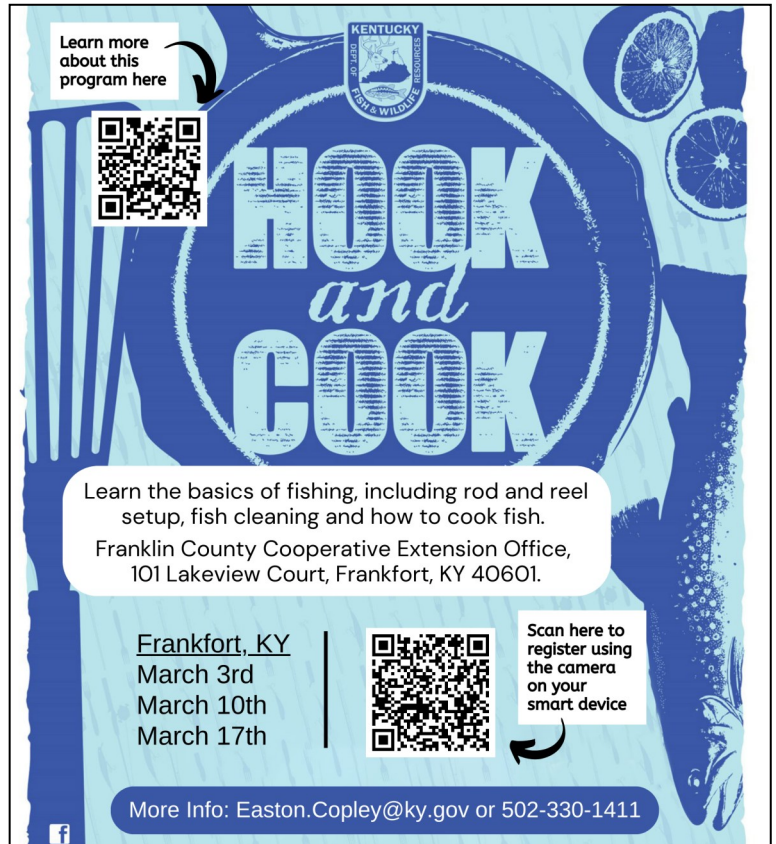
### STARTING 1/13/2025

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

**INK**



Learn more about this program here




# HOOK and COOK

Learn the basics of fishing, including rod and reel setup, fish cleaning and how to cook fish.

Franklin County Cooperative Extension Office,  
101 Lakeview Court, Frankfort, KY 40601.

Frankfort, KY  
March 3rd  
March 10th  
March 17th



Scan here to register using the camera on your smart device

More Info: [Easton.Copley@ky.gov](mailto:Easton.Copley@ky.gov) or 502-330-1411



**UK** Martin-Gatton  
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## HERB GARDEN MASTERY

### From Planting to Plate

## MARCH 13, 2025

### 5:30PM

FRANKLIN COUNTY EXTENSION OFFICE  
101 LAKEVIEW COURT  
FRANKFORT, KY 40601

**RSVP 502-695-9035 or [pamela.holbrook@uky.edu](mailto:pamela.holbrook@uky.edu)**

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For more details visit our website  
<https://franklin.ca.uky.edu/field-day>



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



@FranklinCountyKyCooperativeExtension

*Carla A. Carter*

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County Extension Agent for  
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Disabilities  
accommodated  
with prior notification.