



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



# LYON COUNTY HOMEMAKERS

JANUARY  
 2025

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**Hello Homemakers,**

**Burrrr! It's cold and as I write we are preparing for what could potentially be another ice storm event. I hope you have been through your winter checklist and are prepared for the ugly weather we may see in the coming days and months. While you are staying home and staying safe, it is a good time to pull out a book, work on that unfinished craft project (or start two or three more if you are me), or try that new recipe you have been thinking about. This time of year can be hard on us mentally as we can begin to feel isolated. Make sure to call a friend or check in on Facebook to see what your family and friends are doing while they are home. Don't forget about those furry friends! They need a warm and safe place to be during this weather. They can also be a source of laughter and fun on the long winter days. Whatever you do to keep yourself motivated, may it be a great way to set the stage for a wonderful 2025. Happy New Year to you!**

**-Angie**



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# February Leader Lesson

Everyone is welcome to attend the leader lesson at the Lyon County Extension Office. If the topic interests you, come join us for these fun and educational sessions.

This lesson will give ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge, traditions, and create lasting memories.

**WHEN: JANUARY 27, 2025**  
**WHERE: LYON COUNTY EXTENSION OFFICE**  
**WHAT TIME: 10:00 AM**



## Volunteer Opportunity

Get ready for Pretend Store 2025!

HELP make gift bags and boxes for the elves to wrap the kiddos gifts at next year's Pretend Store. Time spent working on this project counts toward your volunteer hours! Supplies provided. Please call the office at 270-388-2341 to let us know if you plan to help on either of these days.

**January 14, 2025**  
**1:00 PM to 3:00 PM**

**January 30, 2025**  
**10:00 AM to 1:00 PM**

## Winter Weather Policy

With winter approaching quickly, please be reminded that any scheduled programming at the Lyon County Extension Office will be canceled if the Lyon County Schools are canceled. Please check WPSD Snowman 6 or the Lyon County Family and Consumer Sciences Facebook page for further information in the event of severe weather.

Thank you to those of you who helped with the Sew Powerful Purse Project. 40 bags were mailed just before Christmas to bless girls in Ghana in the coming months.





# Crafting With Christy

February 3, 2025

1:00 PM

Love is in the air! Cost: \$10

MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.



Please call 270-388-2341 to let us know if you will be coming to help.

**QUILTS FOR  
COURAGE WORK DAY**  
JANUARY 15, 2024  
9:00 AM TO 3:00 PM

BRING A SACK LUNCH. IF YOU DON'T SEW  
WE STILL NEED YOU TO IRON, SORT, OR BE  
A RUNNER. WE NEED EVERYONE'S HELP!



The Spring Seminar and Cultural Arts event is set for March 14, 2025 at the Christian County Extension Office. Mark your calendars now and plan on getting those beautiful craft products finished!

## Senior Citizen's Nutrition Class



**JOIN ME JANUARY 21, 2025 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**



# Quilting WITHOUT A PATTERN



Quilting without a pattern is not as hard as you think. Join me to make this beautiful star quilt with no pattern in sight. You will learn many tips and techniques along the way. Supply list will be provided when you call to sign-up. Space is limited.



**TIME**  
9:00-3:00 PM

**DATE**  
January 24, 2025

**TO REGISTER CALL**  
**270-388-2341**



LYON COUNTY FCS EXTENSION PRESENTS

## BEGINNER ADULT SEWING SERIES

HAVE YOU BEEN WANTING TO LEARN TO SEW, BUT NOT SURE WHERE TO START? THIS IS THE CLASS FOR YOU!

Bring your sewing machine if you have one or use mine if you don't. All Supplies will be provided

1:00 PM - 4:30 PM  
Each Sunday

**SPACE IS LIMITED**

FEBRUARY 2, 2025  
FEBRUARY 9, 2025  
FEBRUARY 16, 2025

Book your seat by calling 270-388-2341

## One Pot Wonders

### COOKING WORKSHOPS

Join me for a 3-session cooking series to help you get the most out of your time in the kitchen. Each class will offer lessons on a different topic and will have taste testing of each demonstrated recipe.

### CLASSES ARE FREE

Space is limited. Please call the office at 270-388-2341 to register.



All classes will be at the Lyon County Extension Office and will begin at 6:00 PM.

- February 20, 2025 - One Pot Meals
- February 27, 2025 - Crock Pot Meals
- March 6, 2025 - Pressure Cooker Meals



## Art Deco Cakes

FEBRUARY 6, 2025  
5:00 PM  
LYON COUNTY EXTENSION OFFICE

Learn a fun baking technique that is much easier than you think! Participants will make their own cake design to take home.

To sign up for class, please call 270-388-2341. Spaces are limited so don't wait.

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4-H and Conservation

Community and Extension Development

2025





# ADULT

# HEALTH BULLETIN



**JANUARY 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>

Lyon County Extension Office  
231 Main Street  
Eddyville, KY 42038  
270-388-2341

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Disabilities accommodated with prior notification.



Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

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your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

**REFERENCE:**

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

**ADULT  
HEALTH BULLETIN**

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