

## MCLEAN COUNTY COOPERATIVE EXTENSION

### Important Dates: Family and Consumer Sciences Newsletter

- January 1: Closed HAPPY NEW YEARS!!
- January 4: 6:00 PM Habit Shift Mindset Class
- January 5: 9:30 AM Habit Shift Mindset Class
- January 8: 1:00 PM Movement and Bingo
- January 9: 10:30 AM Cooking with the Calander (Savory Winter Pork Stew)
- January 9: 12:00 PM BGG Meeting
- January 11: 1:00 PM Movement and Bingo
- January 11: 1:30 PM Friendship
- January 15: Closed Martin Luther King Jr. Day
- January 18: 1:00PM Homemaker Council Meeting
- January 18: 1:00 PM Movement and Bingo
- January 22: 1:00 PM Movement and Bingo
- January 25: 1:00 PM Movement and Bingo
- January 29: 1:00 PM Movement and Bingo



## AGENT'S CORNER



*Kelly Bland*

McLean County Extension Agent  
for  
Family and Consumer Sciences

Happy New Year! It's the time of year we start fresh with a new slate in front of us. Some of us may even set New Years' resolutions! I will confess that I do not. I tend to break them within the first week of starting them. However, this year, I am trying something different after attending a training in the fall at one of my conferences. It's called a Habit Shift, and I'm offering the class here for you all! In the training, I learned the science behind how we form habits (good and bad) and the process of breaking them. I am really excited about this training and am hoping you will join me. (More information is on the next page and on our Facebook page.) If this isn't something you're interested in, but know someone who is, please pass the information along! Be on the lookout for some new classes this spring. Tai Chi, Candle Painting, Basketweaving, etc. Until then, see you in 2024!

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# Habit Shift Mindset

*One degree shift toward changing your habits*

It's the time of year when we all set goals for ourselves to make some personal changes and work on our habits. This immersive and interactive program provides scientific knowledge of how habits form and ways we can learn and apply practical, relevant, and personalized strategies to replace our habits for lasting behavior change.

Who is this program for? Any adult who wishes to learn how to change their habits that can help foster healthier and a happier life.

#### Topics Discussed:

- Science of Habits
- Habit Loop
- Science-based Strategies for Changing Habits
- Personal Workbook for Reflection and Plan

2 Classes will be available at the  
**McLean County Extension Office:**  
Thursday, January 4th at 6:00 p.m.  
Friday, January 5th at 9:30 a.m.

Classes are free. Please call  
(270) 273-3690 to register.

**KENTUCKY**   
**COOPERATIVE EXTENSION**  
THE MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
AND COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

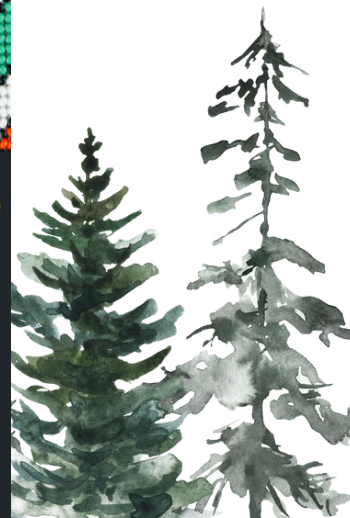


## MCLEAN COUNTY HOMEMAKERS CULTURAL ARTS

KEHA Cultural Arts entries are due to the McLean County Extension Office by Friday, March 15th at Noon

Entries will be judged and the top entry from each category will advance to the Green River Area Cultural Arts competition in April.

For more information, please contact the McLean County Extension Office at (270) 273-3690.



# Savory Winter Pork Stew

## Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork
8. and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
9. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
10. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
11. Refrigerate leftovers within 2 hours.

**Source: Source: Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service**  
**Nutrition facts per serving: 190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium**

## Substitutions:

**You can use pork tenderloin instead of pork loin!**

A promotional poster for a cooking class. The background features fresh vegetables like potatoes, cucumbers, and lettuce on a wooden surface. A fork and knife are placed on the left. The text reads: "Let's Get Cooking! FREE" in large, bold letters. Below that, it says "Cooking with the Calendar" and "Tuesday, January 9th | 10:30 a.m. At the McLean County Extension Office 335 West 7th Street, Calhoun". It also includes the text: "Try some new recipes, learn some nutrition tips, and cook your way through our NEP Calendar." and "Class is FREE!". At the bottom, it says "Call (270) 273-3690 by Friday, January 5th to register." and includes logos for Martin Gattton College of Agriculture, Food and Environment and the University of Kentucky.

**Let's Get Cooking! FREE**  
**Cooking with the Calendar**  
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At the McLean County Extension Office  
335 West 7th Street, Calhoun  
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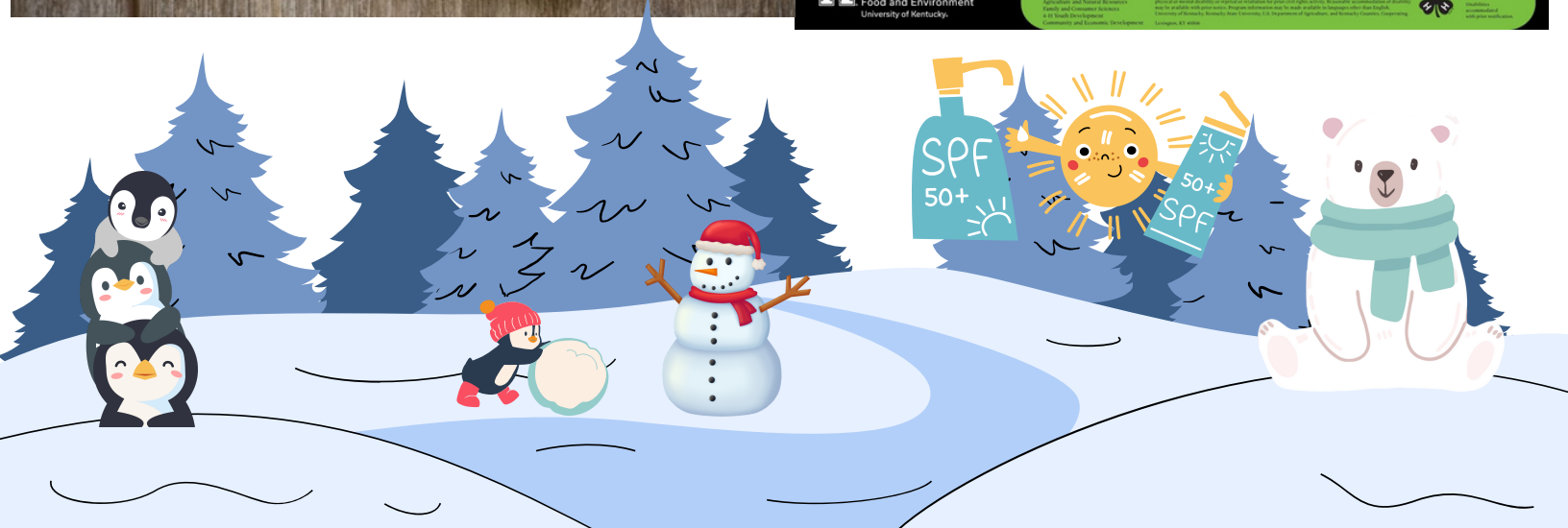
Disabilities  
accommodated  
with prior notification.



# Movement and Save the date!

**Mondays and Thursdays for 6 weeks:**  
**January 8th, 11th, 18th, 22nd, 25th, and 29th**  
 (No meeting on Monday, January 15th in observance of Martin Luther King Day)  
**February 1st, 5th, 8th, 12th, and 15th**  
**1:00 p.m.**

Call the McLean County Extension Office at  
 (270) 273-3690 for more information or to register.



## 10 Reasons Why You Should Wear Sunscreen in the Winter

1. Snow and ice increase sun rays, use SPF 30+ sunscreen for protection.
2. Winter wind and low moisture dry out skin, leading to wrinkles. Sunscreen helps restore moisture.
3. Ozone layer thins in winter, exposing skin to intense UV rays despite lower temperatures.
4. Sunscreen prevents aging by protecting collagen and elastin. Daily use can slow the aging process.
5. Indoor lights contribute to skin damage; sunscreen defends against all light waves.
6. Winter weather weakens sunscreen; reapply regularly for optimal protection.
7. UVA rays in winter can cause melanoma; skin cancer risk persists.
8. Cumulative sun exposure increases skin cancer risk; protect against UVA/UVB rays.
9. Closer to the sun in winter; use sunscreen for more intense rays despite cooler temperatures.
10. Sunscreen expires after 12 months; use it in winter for effective protection.

**\*\*Visit U.S. Dermatology Partners to Learn More about using Sunscreen in the Winter.\*\***

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Disabilities accommodated with prior notification.

# ADULT HEALTH BULLETIN



JANUARY 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>

## THIS MONTH'S TOPIC: ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page 



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# *Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.*

## ➔ Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

#### REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

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**ADULT**  
**HEALTH BULLETIN**

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**Stock images:** Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2024

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

## THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

### SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

### CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

### OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.

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## WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

### PLUG SPENDING LEAKS

**Track purchases.** Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

**Examine receipts.** If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

**Analyze auto-drafts.** List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

**Say “No” to Easy Pay.** Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

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