

December

Breathitt County Extension

Monthly Newsletter

photo courtesy: Ashleigh Miller

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

Published on Nov. 14, 2024

Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

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.

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.

Contact your local Breathitt County Extension office for more resources, tips and information.

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

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Lexington, KY 40506





The 2024-2025 Winter Outlook

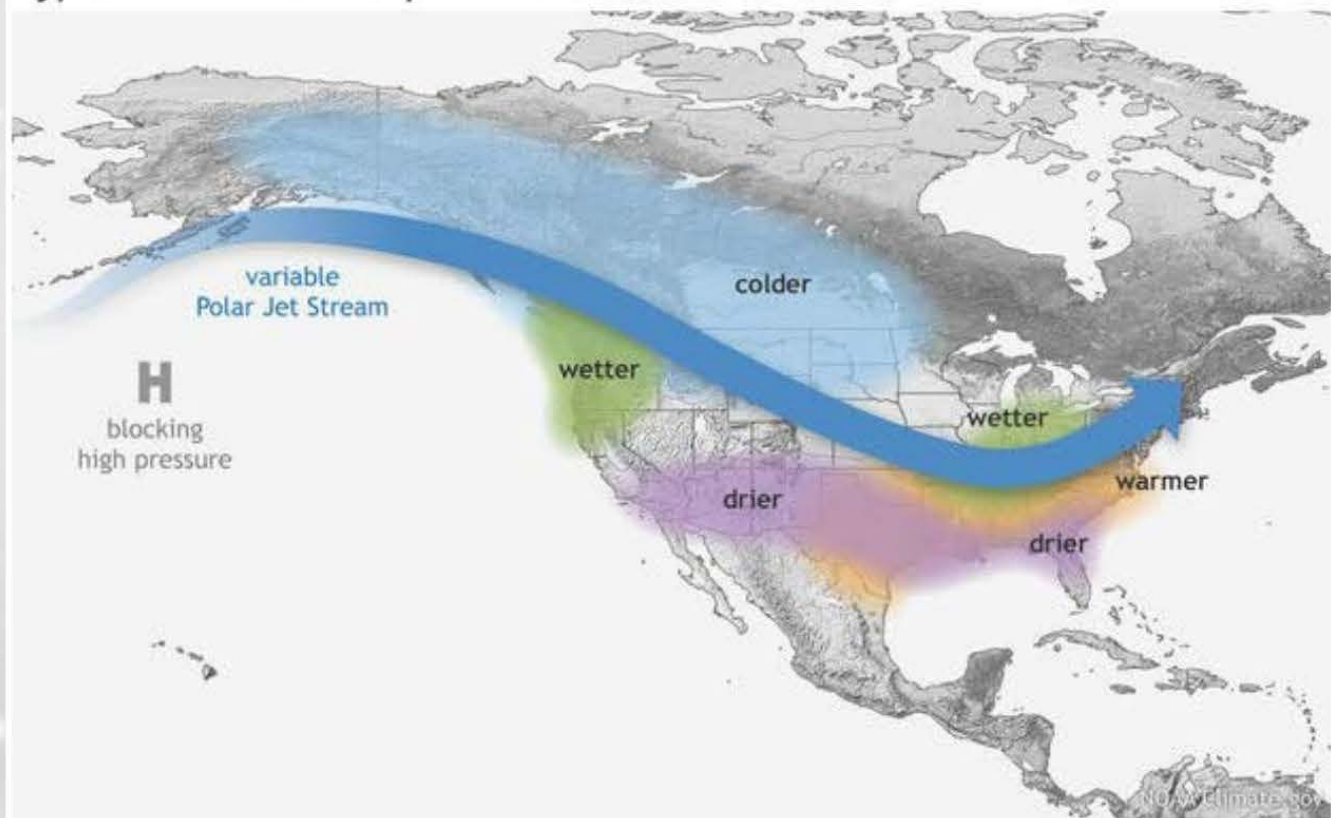
Derrick Snyder – National Weather Service, Paducah, KY



La Niña conditions are favored to emerge and persist during the winter months, with a 75% chance of La Niña by November to January. La Niña, which is defined by much cooler ocean temperatures in the central and eastern tropical Pacific Ocean, will likely affect temperature and precipitation through the winter season. A typical La Niña pattern will bring disturbances through the Ohio Valley more frequently than usual, but whether this means Kentucky will see more snow than usual remains unclear. During the last few winters, the most impactful winter storms have occurred when a sudden, sharp transition from above normal to below normal temperatures is forecast, so that will be one item to pay close attention to during the day-to-day forecast.

The long-range winter outlook slightly favors increased chances for warmer than normal conditions across the Commonwealth. The outlook favors equal chances for above, below, or near normal seasonal precipitation (including all rain, snow, and ice) across much of Kentucky, with the exception of far northern Kentucky, where above normal precipitation is slightly favored. Much of the fall months have been marked by persist drier and warmer than normal conditions across the state, with persistent areas of widespread drought. The winter precipitation outlook suggests some drought improvement is possible through the winter.

Typical winter La Niña pattern

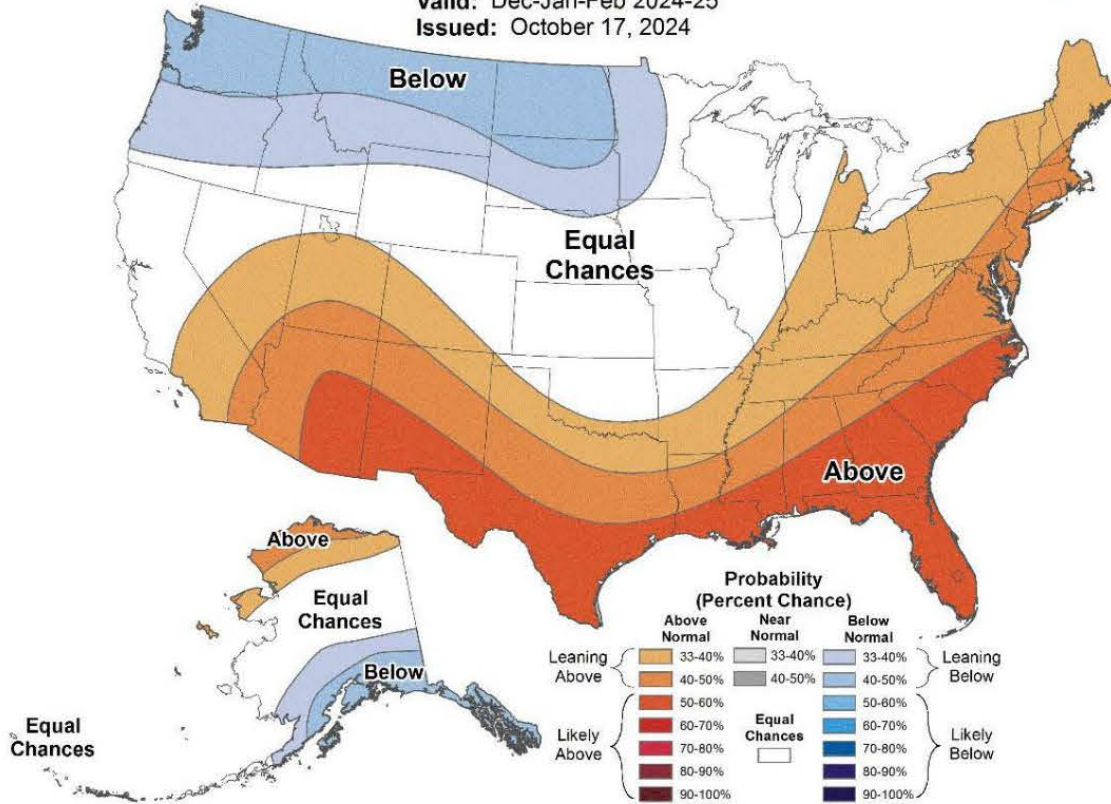




Seasonal Temperature Outlook



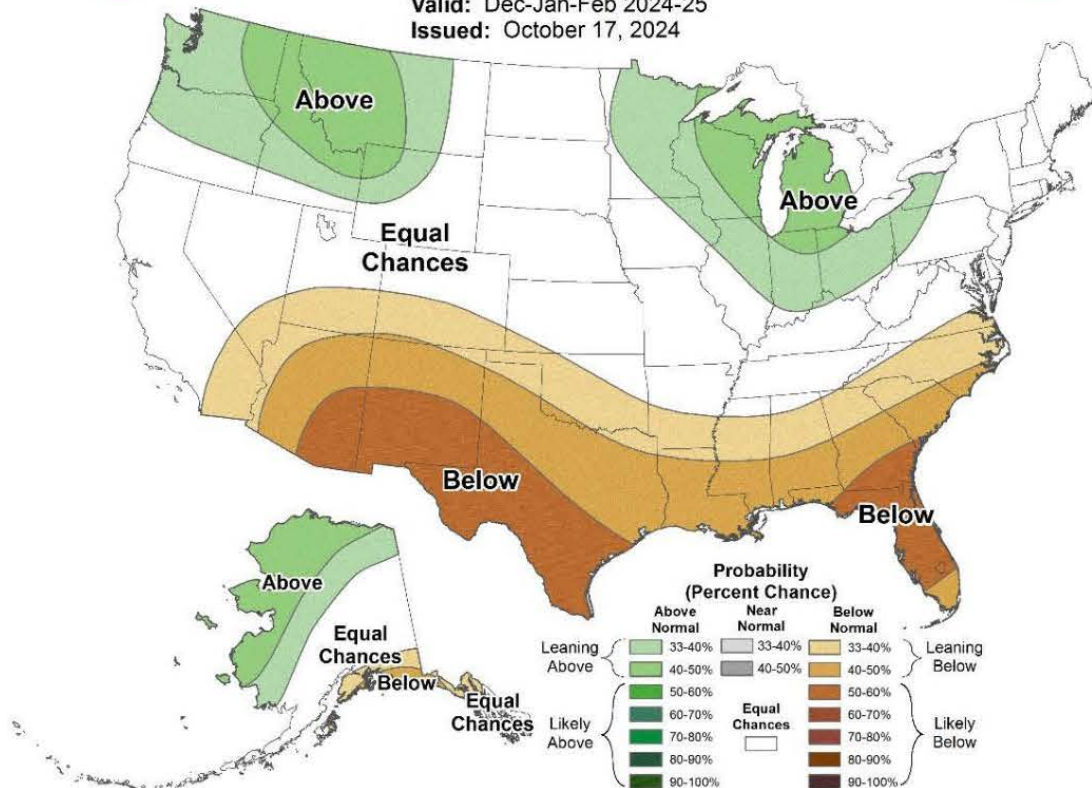
Valid: Dec-Jan-Feb 2024-25
Issued: October 17, 2024



Seasonal Precipitation Outlook



Valid: Dec-Jan-Feb 2024-25
Issued: October 17, 2024



FOOD BOX DISTRIBUTION

**DECEMBER 18TH, 2024
PICK UP DAY**

MUST SIGN UP ON MONDAY DECEMBER 16TH

BY CALLING 666-8812 OR 666-8813

PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER

***NEW RULES: CAN ONLY SIGN UP YOURSELF
(ONE FAMILY)
MUST SHOW ID PROOF**



**This program is sponsored by the Breathitt County
Extension Office and God's Pantry.**



LETTERS TO SANTA

Stop by and drop off your letters to Santa Claus in his special North Pole mailbox located outside of the Breathitt County Extension Office.

We will deliver your Letter to the North Pole.

Santa's answer and a special treat will be mailed back to you.

DECEMBER 2ND- 20TH, 2024

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Christmas Program on the Go

PICK-UP ON
TUESDAY, DECEMBER 17TH 2024

AGES 8-18

CHILDREN WILL BE PROVIDED HOLIDAY THEMED MATERIALS THAT WILL ALLOW THEM TO MAKE THEIR OWN SUGAR COOKIES AT HOME

SPOTS ARE LIMITED

CALL THE BREATHITT COUNTY EXTENSION OFFICE AT 606-666-8812 TO REGISTER

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BREATHITT COUNTY 4-H ESPORTS CLUB



**DECEMBER 10TH, 2024
3:30 P.M.**

**BREATHITT COUNTY
EXTENSION OFFICE**

**AGES
8-18**

**FOR MORE
INFORMATION CALL
606-666-8812**

4-H AFTER SCHOOL CLUB

DECEMBER 16TH, 2024

3:30 P.M. - 4:30 P.M.

**BREATHITT COUNTY
EXTENSION OFFICE**

AGES 9 - 18

 **Martin-Gatton**
College of Agriculture,
Food and Environment

**YOUTH WILL FOCUS ON LEADERSHIP SKILLS,
AND WILL LEARN FROM ALL SEVEN OF THE
CORE CONTENT AREAS OF 4-H.**

**PLEASE CALL THE
EXTENSION OFFICE AT
606-666-8812 TO REGISTER**

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

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Lexington, KY 40506



The Tractor Supply Company (TSC) stores are once again joining 4-H in support of local youth with the TSC Paper Clover Promotion, a national in-store fundraising effort to benefit state and local 4-H programming. Beginning November 29th-December 15th shoppers at Tractor Supply will have the opportunity to once again support 4-H in Breathitt County by purchasing paper clovers for just \$1 at checkout. All funds raised through this local TSC Paper Clover Campaign will be donated to 4-H.

**HELP SUPPORT YOUR
LOCAL 4-H CLUBS**

--- BY ADDING **\$1** AT CHECKOUT ---



**FIND A STORE NEAR YOU
AT TRACTOR SUPPLY.COM**

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Holiday Workshop

BREATHITT CO EXTENSION

**SATURDAY
DECEMBER 7TH**

10:00AM - 11:00AM

**JOIN US FOR CRAFTS FOR ALL AGES
IN PARTNERSHIP WITH DOWNTOWN CHRISTMAS
AND WOMAN'S CLUB**

**EVENT IS FREE
FOR MORE INFO CALL 666-8812**



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Disabilities
accommodated
with prior notification.



Sit & Sew

Join us for a come-and-go class where you can gather with friends to sew, work on other projects, or just sit and visit.

DECEMBER 17TH

5PM

Breathitt Co. Extension
606-666-8812
call for questions



UK Cooperative Extension Service

COOKING THROUGH THE *Calendar*

January 8th, 2025
10:00am

at the Breathitt County
Extension Office

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Breathitt County Extension Office
1155 Main Street
Jackson, KY 41339
(606) 666-8812



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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Disabilities accommodated with prior notification.



Survive & Thrive Disaster Preparedness Series

December Topic: **Winter Weather Preparedness for Home & Family**

**PERRY COUNTY
DECEMBER 3 @ 10:00 AM**

Register for one of these events by calling the Extension Office where you wish to attend:

**LETCHER COUNTY
DECEMBER 5 @ 10:00 AM**

Perry Co. – 606.436.2044
Letcher Co. – 606.633.2362
Lee Co. – 606.464.2759

**LEE COUNTY
DECEMBER 6 @ 10:00 AM**

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CARBON CREDITS FOR WOODLAND OWNERS



Jordan M. Shockley, Ph.D.
Associate Extension Professor –
University of Kentucky

- Topics to be covered:**
- *What is driving carbon markets
 - *Structure of carbon markets
 - *Current carbon programs
 - *How much I will get paid
 - *Concerns from an economist

Please call your local extension office to register:
**Breathitt
Knott
Lee
Morgan
Owsley
Perry
Wolfe**



Jacob J. Muller, Ph.D.
Assistant Professor of
Hardwood Silviculture and
Forest Operations Extension

- Topics to be covered:**
- *Why we are concerned about carbon
 - *How carbon is stored in our woodlands
 - *What wood landowners can do to increase their carbon-storing potential
 - *And working with a forester



SCAN QR CODE ABOVE TO REGISTER OR CALL 606-666-8812.

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QUICKSAND AREA HOMEMAKERS

OFFICER Training

DECEMBER 19, 2024

10 A.M.

PERRY COUNTY EXTENSION OFFICE

933 PERRY PARK ROAD

HAZARD, KY 41701



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 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Breathitt Extension Office
@ 12:00pm
OR
Wolfe Extension Office
@ 5:00pm

Special Speaker:
Dr. Gregg Renfrow

Breakfast and Italian Sausage Workshop

Meal provided

Come along and learn in our exclusive workshop.

FEB

6th

2025

Please pre-register by QR code or call your local Extension Office

Wolfe

Breathitt



Disability accommodations available with prior notification.



Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

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. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$7.18
Cost per serving: \$0.60



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



**Breathitt County Extension
Service**

**1155 Main Street (PO Box 612)
Jackson, KY 41339**

RETURN SERVICE REQUESTED

