
KENTUCKY COOPERATIVE EXTENSION



CRITTENDEN COUNTY HOME AND FAMILY

DECEMBER/JANUARY



Every year, many of us rush through the holidays, attempting to make perfect memories while wearing ourselves out and forgetting to take time to spend with our loved ones. Every year, I say I am going to relax more. I promise myself that instead of focusing on the perfect spot for each ornament, I will focus on loved ones. Yet, I always get

wrapped up in the rush of the Holidays. Well, my dad decided he was going to remind me to focus on family the other day when he had to be resuscitated in the hospital parking lot. I would have preferred a gentler reminder than the frantic phone call at 3 am. My dad is doing much better now, but I hope that the reminder not to take a moment with loved ones for granted does not go away. I like to pass along lessons and reminders I receive in hopes that others can learn in a less stressful way. So, take this as your reminder to worry a little less if the ribbon matches the bow perfectly, if the dressing is a little dry, or if you are getting the perfect gift for everyone. While I am a bit particular about my wrapping, I realize that I never cherish a gift because of the wrapping but because of the love in which it was given. This holiday season take time to relax and spend so low stress time with your loved ones. Read "Making A New Holiday Tradition" for ideas on things to do with your family and friends during this time of the year.

Rebecca L. Woodall



MAKING A NEW HOLIDAY TRADITION

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing in meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.
- Write a letter to someone serving our country.
- Serve food at a local shelter or soup kitchen.
- Donate clothes or toys, or create hygiene kits for a holiday drive.
- Host a potluck and invite three families.
- Plan a seasonal treasure hunt (see treasure hunt information releases for Christmas and Halloween).
- Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.
- Put on a talent show.
- Give massages or foot rubs.
- Put together an adult's night out.

There are many ways to make the holidays special, so start a new tradition in your family this year.

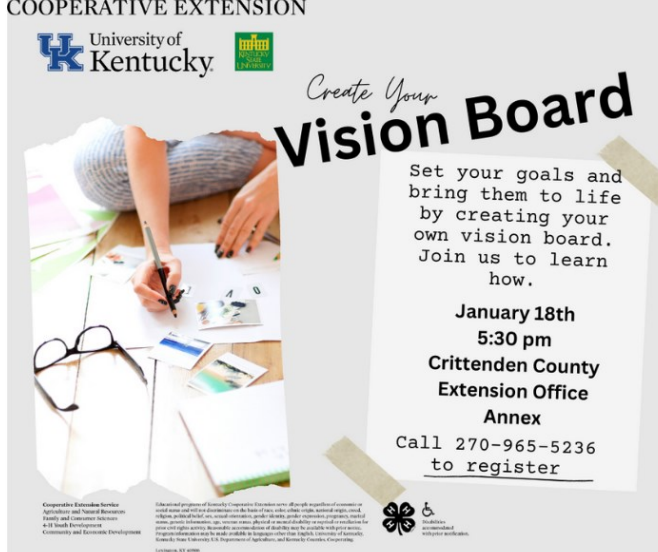
Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

KYSU EXTENSION CONNECTIONS DATE

EXCITING PROGRAMS COMING SOON

We have several exciting things coming in January. I am including a tentative January calendar but will send out a final one mid December.

COOPERATIVE EXTENSION



Create Your Vision Board

Set your goals and bring them to life by creating your own vision board. Join us to learn how.

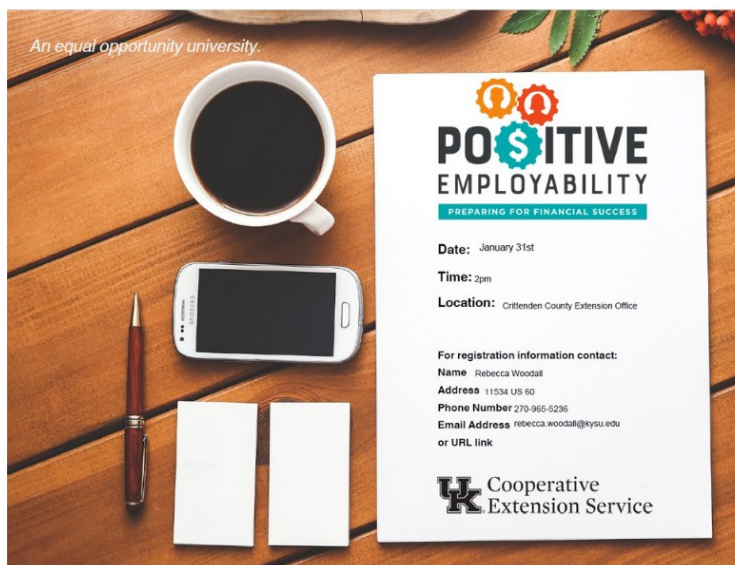
**January 18th
5:30 pm
Crittenden County Extension Office Annex**

Call 270-965-5236 to register

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

DECEMBER UPCOMING EVENTS

- 02**
5pm
Christmas Parade- watch for 4H and Forever Friends in the Christmas Parade
- 07**
5:30-7:30pm
Crittenden County Office Complex Open House. Homemakers providing refreshments
- 08**
9:30 am
Area Homemakers Advisory Council Meeting in Caldwell County
- 11**
6-8pm
Food Prep with Full Body Fitness. Join Serena Dickerson in the annex to learn the importance and basics of food prep



An equal opportunity university.

POSITIVE EMPLOYABILITY

PREPARING FOR FINANCIAL SUCCESS

Date: January 31st
Time: 2pm
Location: Crittenden County Extension Office

For registration information contact:
Name: Rebecca Woodall
Address: 11534 US 60
Phone Number: 270-965-5236
Email Address: rebecca.woodall@kysu.edu or URL link

UK Cooperative Extension Service



MEAL PREP CLASS

Monday, December 11
6-8pm
Crittenden County Extension Annex

Basic of meal prep class.

To Register Call
270-965-5236 or 270-704-1871

- In this class you will learn:
- 1 The essentials to start meal prepping.
 - 2 Tips for how to plan your menu.
 - 3 Shopping tips to save time and money.
 - 4 How to make the meal prep process easy and fun.
 - 5 Popular and easy cooking techniques to make meal prep a breeze.
 - 6 Easy to follow recipes that you can use to get started.



When you meal prep, you learn more about nutrition and how to treat food for what it is: energy and nutrients. You learn to eat only when you're hungry instead of making unwise decisions in a rush.

MEAL PREP

COOPERATIVE EXTENSION
 University of Kentucky

Laugh & Learn Playdate

STARTING JANUARY 5TH

Crittenden County Public Library

Every FIRST FRIDAY 11am-12PM

Come & join us after Story hour for a Laugh and Learn Playdate. Pre-School aged children will enjoy stories music and gross motor activities

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

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 equal or equivalent to prohibited rights activity. Reasonable accommodations 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 Centers for Cooperating.

JANUARY UPCOMING EVENTS

05 Laugh and Learn at the Crittenden County Public Library. Every first Friday of the month beginning January 5th
 11-12 am

09 Kinship Care Support Group for anyone raising a child who is not their own.
 11 am & 5pm

16 Food for Thought. Join us to brainstorm program ideas for FCS and Homemakers
 9am

22 Barn Quilts- Join the entire Extension Office
 9am-3pm

COOPERATIVE EXTENSION
 University of Kentucky

TIME WELL SPENT

PRODUCTIVITY SKILLS FOR SUCCESS

PRODUCTIVITY VS. PROCRASTINATION

JANUARY 23RD
 AT 5:30
 EXTENSION OFFICE
 1534 US 60 MARION, KY

IN TIME WELL SPENT, PRODUCTIVITY VS. PROCRASTINATION, PARTICIPANTS WILL EXPLORE COMMON REASONS FOR PROCRASTINATION, AS WELL AS HOW TO IDENTIFY AND COMBAT PROCRASTINATION TENDENCIES. PARTICIPANTS WILL ANALYZE OTHER WORK HABITS THAT MAY SLOW PRODUCTIVITY EFFORTS, SUCH AS PRODUCTIVE PROCRASTINATION, AND LEARN TO REDIRECT THESE EFFORTS.

CALL 270-965-5236 TO REGISTER

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KENTUCKY COOPERATIVE EXTENSION

KINSHIP CARE SUPPORT GROUP

Are you raising a grandchild, niece or nephew or another child who is not your own? Join others in similar situations to learn how to so help them thrive and learn resources to support the whole family. Offered morning and evening to best fit your schedule.

JANUARY 9 11 & 5:30PM
CRITTENDEN COUNTY EXTENSION OFFICE
 1534 US 60
 Marion, KY 42064

To Register Call 270-965-5236

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Passport Crew News

November/December 2023

Upcoming Opportunities

Tuesday Dec 5
KY Opry Christmas,
pre registration required,
leave annex at 12, dine at
Mama D's afterwards

October Recap



A few of us ventured to Paducah last week for local/regional history, an artsy taste, and to see wine being made. Every one of our guides were knowledgeable and passionate. I had such an amazing time making even more connections to deepen my own knowledge of our area.



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The Crew is on a roll!

We have been so busy the last couple of weeks. Together we have accumulated well over 100 points and better yet we gained a new member-at- large.

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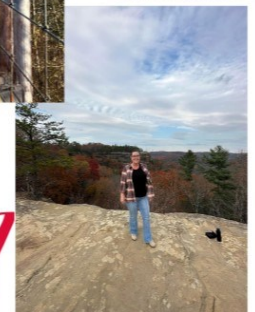
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- 1: Labyrinth at Wellington Park in Lexington.
- 2: The weather did not cooperate for a group picture at Butcher Hollar but we stood in front of this beauty at a museum
- 3: Built by the mines as Mines #5 Company store in 1918, later ran by Loretta's brother.
- 4: the longest plastic pedestrian bridge in the world
- 5: Nada Tunnel- Gateway to the Red River Gorge, built by lumber company in 1910
- 6: US 23 Country Music Highway Museum
- 7: Natural Bridge, only one of us made it to the bridge but oddly enough she couldn't cross the plastic bridge.

Brandipotter576@gmail.com

KY Passport Crew-Crittenden Co. (on Facebook)