

FAMILY & CONSUMER SCIENCE NEWSLETTER

DECEMBER
2024



**CHRISTMAS
CRAFTS**

MONDAY, DECEMBER 9TH

6:30pm-8:00pm -- Casey County Extension Ed Building

Join us as we celebrate the holiday season making creative Christmas crafts!

Bring your favorite
Holiday Treat to
share!

Reminders

The Casey County Extension Office will be closed December 25th thru January 1st.

We will be open for our regular hours starting January 2nd, 2025.

Do you have an idea for a program?

Give us a call 606-787-7384 or stop by our office located at 1517 S. Wallace Wilkinson Blvd.

We would love to hear from you on ways we can better reach our community.

Crockpot "Dump" Meals

Thursday, December 12th @6:00pm

at the Casey County Extension Ed Building
1517 S. Wallace Wilkinson Blvd. Liberty, KY 42539

Each participant will prepare ingredients for a meal to make at home while tasting the finished meal.

Participants will also receive a collection of crockpot and freezer-ready recipes along with equipment to help prepare their meals and chance to WIN a crockpot*!

**Please call
606-787-7384 to register!**



*Not exact crockpot pictured.



\$10 per person
Participants **MUST** sign
up and pay prior to
attending.



**Have a Merry
Christmas & a
Happy New Year!**

Sleep Well Appalachia



Are you living with insomnia?

- Do you have trouble falling asleep, staying asleep, or returning to sleep after waking early in the morning?
- If you have had any of these difficulties 3+ nights per week for 3 months or longer, you may be experiencing insomnia disorder.

Who can participate?

You may be eligible if:

- You are experiencing insomnia
- You are 18 years or older
- You live in an Appalachian Kentucky county
- You can connect to the internet for sessions on a phone, tablet, or computer

Contact Information:

UK Clinic for Emotional Health
343 Waller Ave., Suite 205
Lexington, KY 40504
(859) 562-1571
ceh@uky.edu

We can help!

- Cognitive Behavioral Therapy for Insomnia (CBT-I) is a first-line treatment for insomnia disorder that involves no medication.
- Researchers at the University of Kentucky are offering 6 weeks of CBT-I at no-cost as part of a research study aimed at understanding if telehealth-based CBT-I is a good fit for people living in Appalachian Kentucky.
- The study involves 6 weeks of insomnia treatment, meeting with a member of our team prior to and after treatment to discuss your sleep and other areas of health, and completing some questionnaires. All sessions are conducted remotely via telehealth.



Scan the QR Code or visit the website below to get started:

www.sleepwellkentucky.com

The Dinner Table Project

Table Talks

HAPPY HOLIDAYS!

Although the beginning of the season is full of holiday cheer, the dreary winter weather can make people feel slightly “off”. It’s important for you and your teen to take time to focus on your mental health, set goals for the new year, and practice self-care.

Remember that self-care is not selfish!

Mental Health Check-In:

- How am I feeling? (physically and mentally)
- How long have I spent on my phone today?
- What can I celebrate today?
- What is taking up most of my headspace?
- What can I do that will bring me joy?



Self-care Ideas:

- Take a break from electronics
- Journal
- Take a nature walk
- Practice meditation and deep breathing
- Explore creative outlets
- Exercise

How to Teach Goal Setting to Teenagers:

- Model what goal setting looks like in your life
- Make a plan
- Let teens lead the way
- It's OK if the goal changes
- Always celebrate when a goal is achieved

Use this QR code to see more self-care activities for teens!



EASY MEATLOAF



Servings: 8 Serving Size: 1/8 Loaf

Ingredients:

- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 sleeve saltine crackers, crushed
- 1 medium onion, chopped
- 2 cups salsa

Directions:

- Preheat oven to 350 degrees F.
- In a large bowl, mix the beef, eggs, crackers, onion and 1 cup of salsa.
- Press into greased 2-quart casserole dish or 10-inch iron skillet.
- Top with remaining salsa.
- Bake for 1 hour.

PLAN.
EAT.
MOVE.

KIP DATA

According to the 2021 Kentucky Incentives for Prevention (KIP) Survey, students who said they had a trusted adult in their life were much less likely to report serious psychological distress and suicidal behavior. A trusted adult can be anyone a child or teen knows they can rely on enough to talk to about what is happening in their life. You don't have to be their parent to be a trusted adult. Be someone who "talks, not tells": Youth identify trusted adults by their willingness to listen and engage, rather than lecture and give orders. Have open conversations about mental health, social media, bullying etc.



Use this QR code for more tips on how to be a trusted adult!



CONVERSATION STARTERS:

- What makes you feel good about yourself?
- What is something that you feel passionately about?
- How do you like to "chill" or de-stress?
- How can students in your school better connect and build trust with one another?
- What is an interest or skill you have now that you would like to carry into your future career?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS