

NEWSLETTER



Cooperative Extension Service
Knott County
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Happy New Year!

Welcome to January! As we begin 2026, winter has settled into Knott County, bringing colder days, cozy evenings, and a perfect opportunity to slow down and spend time with family, friends, and our community. Winter is a season for warmth, reflection, and learning new skills that help make our homes and gatherings healthier and more enjoyable.

I am excited to introduce myself as the new Family & Consumer Sciences (FCS) Agent for Knott County. I am truly honored to step into this role and look forward to getting to know our community. I am excited to work alongside you to offer educational programs that support families, strengthen life skills, and bring people together throughout the year.

This January, we are kicking off the year with a Game Day Appetizer Workshop. During this interactive session, participants will learn how to craft a variety of healthy appetizers that are sure to score a touchdown at your next gathering. Whether you're hosting friends or enjoying a quiet game night at home, this workshop will offer practical tips, tasty recipes, and fun hands-on learning.

I look forward to a great year ahead filled with learning, connection, and community. Stay warm, enjoy the winter season, and I hope to see you at an upcoming program!



Stacy Trent

Stacy Trent
County Extension Agent for
Family & Consumer Sciences
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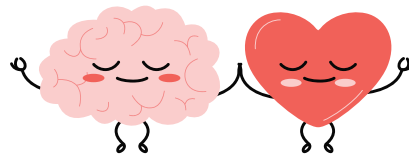
Mindfulness: A Practical Approach To Well-being

*SOURCE: DR. NATESE DOCKERY, CLINICAL ASSISTANT PROFESSOR AND
EXTENSION SPECIALIST FOR MENTAL HEALTH AND WELL-BEING*

Mindfulness is a practice that involves being present in the moment and aware of your thoughts, feelings, and surroundings. Mindfulness offers several benefits, including increased emotional regulation and overall well-being.

There are various mindfulness practices, such as grounding techniques, guided imagery, and mindfulness meditation. Mindfulness meditation focuses on being present and attentive to your breath without judgment.

A helpful introductory mindfulness exercise is the 5-4-3-2-1 technique. This grounding technique involves identifying five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste.



To practice the 5-4-3-2-1 technique:

- 1. Find a quiet space where you won't be disturbed.**
 - 2. Close your eyes and take a few deep breaths.**
 - 3. Begin to focus on your senses.**
- Identify five things you can see. These might be objects in your room, the colors of the sky, or the patterns on your clothes.**
 - Name four things you can hear. This could be the sound of your breath, the ticking of a clock, or a bird chirping outside.**
 - Identify three things you can feel. Notice the sensations on your skin, the weight of your body in your chair, or the warmth of the sun on your face.**
 - Name two things you can smell. This might be the scent of your favorite perfume, the smell of food cooking, or the fresh air coming in through the window.**
 - Identify one thing you can taste. This could be the taste of your food, the dryness of your mouth, or the coolness of a drink.**

Take your time with each step and focus on being fully present in the moment. The 5-4-3-2-1 technique can be a helpful tool for grounding yourself and reducing stress. You can practice it for a few minutes each day or whenever you need a break from the hustle and bustle of your life.

KNOTT COUNTY

Family & Consumer Sciences

JANUARY

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Let our New Year's resolution be to live in the present moment." – Anonymous						
		HAPPY New Year		1	2	3
4	5	6 Softshell Homemakers @ 10am (Extension Office) Knot Your Average Homemakers @ 6pm (Extension Office)	7	8 Office Closed Game Day Appetizer Workshop @ 5:30 pm Knott Co. Extension Office	9 Office Closed	10
11	12	13 Hindman Homemakers @ Noon (Extension Office) Keenagers Homemakers @ 11:30 am (Car Creek HS)	14	15	16	17
18	19	20 Knotty Krafters @ Noon (Extension Office) Creekside Homemakers @ 6pm (Carrie Comm. Center)	21	22	23	24
25	26 Office Closed	27 High Noon Book Club @ Noon (Extension Office) Diamond Art Club @ 2pm (Extension Office) The Dinner Bell Book Club @ 6pm (Extension Office)	28	29 Diabetes Connections @ 10 am (Extension Office)	30	31

JANUARY 2026

FCS HAPPENINGS

Game Day Appetizer Workshop

Knott Co Extension Office

Join us for an interactive session, you'll learn to craft a variety of healthy appetizers that are sure to score a touchdown at your next gathering.



January 8th @ 5:30 pm

Call to register
@ 606-785-5329

Diabetes Connections

Knott Co Extension Office

Come and learn how to make quick pickles. The class size is limited so call our office (606)785-5329 to reserve your seat.



JANUARY 29th @ 10am

JANUARY 2026

FCS HAPPENINGS

Book Clubs

JANUARY 27th ~ Knott Co Extension Office

*High Noon Club @ Noon

*The Dinner Bell Book Club @ 6 pm

*Discuss The Book ~ "The Great Alone"

*We will have an old-fashion meal.

(Sign-up what you plan to bring on the Facebook group)

Diamond Art Club

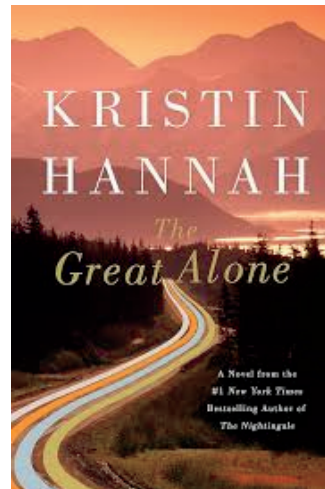


JANUARY 26th @ 2 pm
Knott Co Extension Office

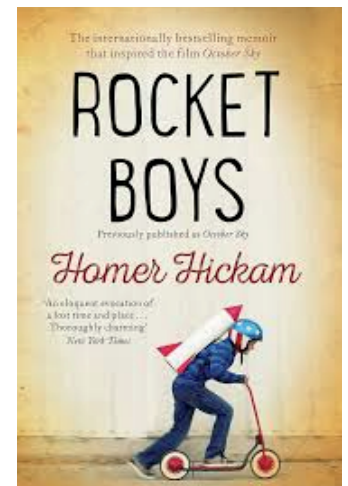
*Bring a friend and your
current project to work on
during club meeting



February Book



January Book



GAME DAY APPETIZERS

Join us for an interactive session, you'll learn to craft a variety of healthy appetizers that are sure to score a touchdown at your next gathering.

Location: Knott Co. Extension

Date: January 8th @ 5:30pm

CALL TO REGISTER @ 606-785-5329



HOMEMAKER HAPPENINGS



Knott County Homemakers Club Meetings

***Softshell Homemakers-** Contact Mildred Ritchie for more information.

JANUARY 6th @ 10 am, Knott Co. Extension Office

***Knott Your Average Homemakers** ~ Contact Stacy Trent, FCS Agent or Ashley Reynolds, program assistant for more information.

JANUARY 6th @ 6 pm, Knott Co Extension Office

***Hindman Homemakers** ~ Contact Bernice Fletcher or Nadine Waddell for more information.

JANUARY 13th @ Noon (12 pm), Knott Co Extension Office

***Keenagers Homemakers** ~ Contact Alma Back / Etta Jo Gayheart for more information

JANUARY 13th @ 11:30 am, Old Car Creek High School

***Knotty Krafters** ~ Contact Gail Reynolds for more information.

JANUARY 20th @ Noon (12pm), Knott Co. Extension Office

***Creekside Crafters Homemakers** ~ Contact Shana Craft for more information.

JANUARY 20th @ 6 pm, Carrie Community Center

***Jones Fork Homemakers** ~ Contact Stacy Trent, FCS Agent or Ashley Reynolds, program assistant for more information.

Mail Out Club



FCS PROGRAM UPDATES



Summer Sausage/Charcuterie Workshop

The Summer Sausage/Charcuterie Workshop provided participants with hands-on learning and practical food safety knowledge. Participants learned the four key steps of food safety—clean, separate, cook, and chill—while exploring how to create a variety of charcuterie boards for different occasions. The program also focused on summer sausage, including preparation methods and safety considerations. Participants had the opportunity to make their own summer sausage to take home and enjoy during the holiday season.

Holiday Roadshow

Participants gathered for the annual Holiday Roadshow, where Quicksand Area agents showcased a variety of holiday creations and festive recipes. Attendees enjoyed sampling each recipe while learning tips and techniques for seasonal entertaining. Everyone went home with a booklet containing step-by-step instructions for all featured creations and recipes, making it easy to recreate the holiday fun at home.



Homemaker Ornament Workshop

A group of Knott County Homemakers traveled to Paintsville for a festive Ornament Workshop at Kenna's Creative Canvas. Participants enjoyed creating stained glass ornaments, choosing from a variety of designs ranging from snowmen to poinsettias. The workshop provided a fun, hands-on opportunity for creativity, fellowship, and holiday inspiration, with each Homemaker taking home one-of-a-kind ornament to enjoy or share this season.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2026

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

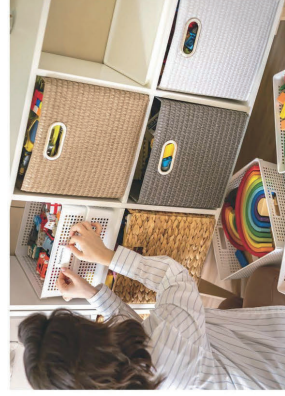
THIS MONTH'S TOPIC: SAVING MONEY WHILE ORGANIZING

A new year can bring inspiration, encourage goal setting, and motivate you to "get organized." Being organized and in control of our "stuff" can promote productivity and reduce anxiety. Although getting and staying organized takes effort, it does not need to take much money to achieve. There are many ways to create order on a budget.

Declutter BEFORE "organizing." We can't – and *shouldn't* try to – organize clutter. Clutter is the "stuff" that does not belong anywhere. It is the stuff we don't really like or use, so we never end up giving it a proper place in our space. Therefore, before you buy those cute containers you see online, make sure you're "containing" things you actually use or want to keep. You'll need fewer organizing products when you have less stuff.

Sort swiftly and graciously give away.

Decluttering is easier when you sort like items – this way you can see how many of each thing you have. (Do you really need three can openers?) You may choose to go drawer by drawer, room by room, or gather all like items in one spot. Toss broken and worn-out items and donate the rest to a local charity. If you are set on selling



your unwanted items, keep in mind that something is only worth what another person will pay for it.

Work with your space. Deciding *where* to keep your things does not cost anything. Establish "zones" for things in places where you would naturally look for them. Keep the phrase **"visible and accessible"** in mind.

This does not mean all your things need to be kept out on the counter. Rather, when you are searching in your closets, cabinets, or drawers, will you be able to see and find things? And will you be able to easily reach things? Will special containers or organizing products help or hinder?

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University of Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disability
accommodated
with prior notification.

ITEMS LOOK LESS LIKE CLUTTER WHEN THEY ARE ON A TRAY OR IN A BASKET



Think "inside the box." Before you invest in color-coordinated crates or space-specific storage to organize your belongings, try repurposing bins and other containers you may already have. Cereal or tissue boxes and jars are great for sorting and storing. Or use a favorite plate or bowl to hold frequently used items. (*Hint: Items look less like clutter when they are on a tray or in a basket.*) Try to use your "homemade" containers first to see if you like the way a space functions.

Choose the same kind of container or label.

If you decide to purchase special organizing products, try to select multi-purpose containers that can be used in various spaces. Having containers that match and come in different sizes creates a cohesive look. Your storage needs may change over time, so containers that offer flexibility will maintain their usefulness. To make containers of all styles, colors, and sizes look neat and uniform, mark them with matching labels. This is an easy, low-cost way to coordinate the containers you already have.

Invite a friend to help. Sure, hiring a "professional organizer" can get the job done for a price, but a close friend can also give you honest advice about what to keep and what to part with. Swap roles and help your friend when they are ready to declutter.

Clutter has a "cost." Going forward, remember to consider the "cost" of bringing an item into your home or keeping something "just in case." Most everything we own takes time to clean or maintain. Too many items taking up limited space creates physical and mental obstacles that prevent us from having or doing more meaningful things. Additionally, having clutter makes it hard to find things when we need them. Sometimes we might buy more of an item because we can't locate what we already own. That is why being organized can save you time and money.

Written by Jaemie Badgett, Senior Extension Associate

Edited by: Kerri Ashurst, Ph.D. and Nichole Huff, Ph.D. | Designed by: Kelli Thompson, M.A. | Images by: Adobe Stock

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

ADULT HEALTH BULLETIN



JANUARY 2026

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Knott County
Extension Office
149 Parks Br Rd P.O. Box 462
Hindman, KY
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(606) 785-5329

THIS MONTH'S TOPIC

STAYING SAFE AROUND ANIMALS: WHAT TO KNOW ABOUT RABIES



Rabies is a serious disease that affects the brain and nerves system of people and animals. It is caused by a virus and almost always leads to death if not treated in time. The good news is that rabies can be prevented. Knowing how it spreads and what to do after an animal bite can help protect you, your family, and your pets.

How rabies spreads

Rabies spreads through the spit of infected animals or scratches. It can also spread if saliva from an infected animal gets into a cut, open wound, or the eyes, nose, or mouth. In Kentucky,

Continued on the next page ➔

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Disabilities
accommodated
with prior notification.

Rabies is deadly, but it is also preventable.

Protect yourself and others by avoiding wild animals, vaccinating pets, and getting medical care after any bite.

→ Continued from the previous page

rabies is commonly found in animals like raccoons, skunks, and bats. Pets such as dogs and cats can also get rabies if they are not given a preventative shot and come into contact with wild animals.

Signs of rabies

Animals with rabies often act strangely. They may be more aggressive, drool a lot, or seem confused. Some may lose their fear of people, while others may be unusually shy or quiet.

In humans, the first signs can feel like the flu — fever, headache, and tiredness. Later, more serious symptoms can appear, such as confusion, trouble swallowing, or paralysis (being unable to move parts of the body). Once these symptoms begin, rabies is almost always deadly.

How to prevent rabies

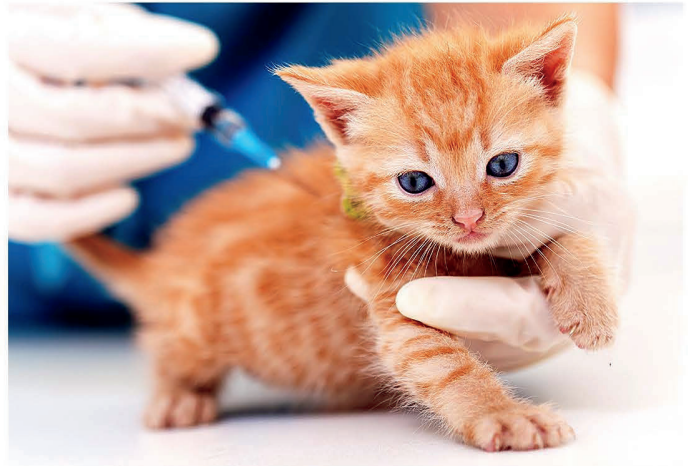
Rabies is preventable by taking simple steps:

- **Give a preventative shot to your pets.** Make sure your dogs, cats, and ferrets get their rabies shots as required by law.
- **Avoid wild animals.** Never try to feed, touch, or play with wild animals, even if they seem friendly or hurt.
- **Keep wild animals away from your home.** Close garbage cans tightly and keep pet food inside. Seal any openings where bats or other animals might get in.
- **Report bites.** Tell your parents, a teacher, or another adult right away if you are bitten or scratched by any animal.
- **Teach others.** Help your family and friends understand how to stay safe around animals.

What to do if you are bitten

If an animal bites or scratches you:

- Wash the wound well with soap and water for at least 15 minutes.
- Seek medical help right away.



- Try to remember what the animal looked like so you can tell the doctor or local health department.

Doctors can give a special treatment after exposure to stop the virus before it causes illness. This treatment works very well if started soon after the bite.

Working together to stop rabies

Everyone plays a part in preventing rabies. Pet owners, veterinarians, animal control, and health departments all help to keep communities safe. Reporting animal bites and keeping pets vaccinated are key steps in stopping the spread of the disease. Rabies is deadly, but it is also preventable. Protect yourself and others by avoiding wild animals, vaccinating pets, and getting medical care after any bite.

REFERENCES:

- US Centers for Disease Control and Prevention (2025, June 24). About Rabies. <https://www.cdc.gov/rabies/about>
- Illinois Department of Public Health (2025). Rabies. <https://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/diseases/rabies.html>

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Stock images: Adobe Stock





COOL DOWN

Winter Word Search

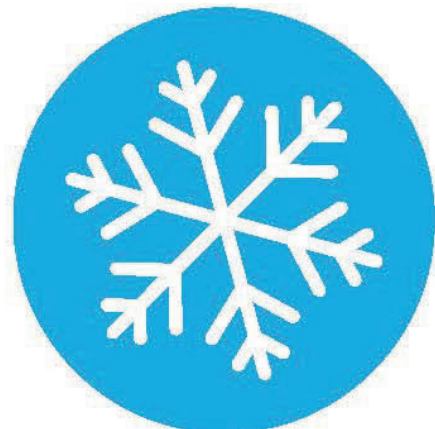
In this winter word search, look for four winter themed words: SNOW, PLOW, BLOW & TOW. These will be found multiple times. You may notice other words, but only circle the four indicated. There should be 34 in total.

S O S O B O G L G S O W O P W O L P F E R G
P N W O L O L B L O W S L L B R O W K L E W
L T O E O T W T O O T O N O R F O B O R E D
O H B W E F R O W T B W O T E D P L O W P E
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G N W R G P R B R O W K L W P O T G P R B L
O S R P L O W O N S N O R E L W O L B R O W

How many times did you find each word:

SNOW _____ PLOW _____

BLOW _____ TOW _____





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Knott County
PO Box 462
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RETURN SERVICE REQUESTED



Chicken and Brussels Sprouts One Pan Meal

2 skinless, boneless
chicken breasts
(about 1 pound)
1 tablespoon olive oil
Salt and pepper to taste

12-14 Brussels sprouts,
trimmed and quartered
1 cup sliced fresh
mushrooms
1 red bell pepper, diced,
about 1 cup

1 medium yellow onion,
diced, about 1 cup
2 cloves garlic, minced
½ cup half-and-half
¼ teaspoon nutmeg
¾ cup Parmesan cheese

Preheat oven to 425 degrees F.
Cut chicken into bite-sized pieces.
Heat oil in a heavy, oven-safe skillet
or pan over medium heat. **Add** chicken
and sauté 3-4 minutes. Lightly **season**
with salt and pepper. **Add** vegetables
and **stir** gently to combine. **Cook**
3-5 minutes until vegetables are tender.
Remove from heat. If skillet or pan
is not oven-safe, transfer mixture to a
baking dish. In a small bowl, **combine**
half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over
chicken and vegetables. **Sprinkle** with
Parmesan cheese. **Bake** 25-30 minutes
until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:

220 calories, 9 g fat, 3.5 g saturated fat,
0 g trans fat, 70 mg cholesterol,
340 mg sodium, 11 g carbohydrate,
3 g fiber, 4 g sugars, 23 g protein.