

# Hopkins County Extension

## Family and Consumer Sciences

HOPKINS COUNTY  
COOPERATIVE  
EXTENSION SERVICES  
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### HAPPY DECEMBER,

As we wrap up this calendar year, I hope you are looking forward to a New Year and new adventures. As mentioned last month some of the Pennyrile Family and Consumer Sciences Extension Agents are starting a Podcast. The name of the podcast is Life Simplified. It will officially launch in January!

Our goal is to not only give you research-based information but to give you practical tips for applying that research to your life to help you balance out the daily stressors that come with life. We'll focus on Mental Health, Physical Health, Resource Management, and Relationships.

We are excited about the opportunity to start this new project and I hope you will take some time to listen.

Have a great Holiday Season!

Amanda Dame



Following us online is an easy way to keep up with [Hopkins County Extension Family and Consumer Science](#)

### What's in this issue:

Holiday online shopping savvy

Upcoming Events & Classes

Homemaker Happenings

Piecemakers

December 10th from 8:00-3:00

December 13th from 2:00-8:00

Needles & Yarn

December 14th from 12:00-2:00

Happy Homemakers

December 7th from 1:00-3:00

Health Bulletin

The Winter Blues

Our office will be closed  
Monday, December 26th,  
2022 and reopen Tuesday,  
January 3rd, 2023.



*Amanda Dame*

AMANDA DAME

County Extension Agent for  
Family and Consumer Sciences





# ***HOLIDAY ONLINE SHOPPING SAVVY***

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://> web address. The "s" after "http" shows that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.

For more ways to protect your financial well-being, contact the Hopkins County Extension office.

SOURCE: KELLY MAY, SENIOR EXTENSION ASSOCIATE

# UPCOMING EVENTS

FOR ALL EVENTS AND CLASSES YOU MUST CALL THE  
EXTENSION OFFICE AT 270-821-3650 TO SIGN UP

## YOU ARE INVITED TO THE *Groundbreaking Ceremony*

FRIDAY, DECEMBER 2, 2022 | 10:00 A.M.

Join us as we break ground on the new  
Hopkins County Cooperative Extension Office  
at 55 Mahr Park Drive, Madisonville, KY 42431



## *Cooking through the Calendar*

WITH MELISSA WEBB  
Join us on Facebook Live at  
**HOPKINS COUNTY NUTRITION  
EDUCATION PROGRAM** 

on Wednesday at 12:00 P.M. CT  
**DECEMBER 14**

2023 FOOD + NUTRITION RECIPE  
CALENDARS ARE AVAILABLE NOW  
AT THE OFFICE



Kentucky Extension  
Master Gardener

## 2023 PENNYROYAL MASTER GARDENER CALENDARS AVAILABLE NOW!

# Crochet Club

## BEGINNER, REFRESHER, & ADVANCED

THERE WILL BE NO DECEMBER CROCHET CLASS. CLASS  
WILL RESUME, JANUARY 17TH 5:30-6:30  
AT THE HOPKINS COUNTY EXTENSION OFFICE

## Farmers Market Holidays

Support Local Farmers and Artisans. Shop for Fresh Baked Goods, Locally-Sourced Fresh Meat, Handcrafted Gifts Decors, Seasonal Fruits, Herbs, Gourmet Pickles, Crafts, jellies, Spices & Seasonings and Much More!



*Christmas Events*  
Saturday, December 3rd  
10a.m. - 2p.m.

Come See Us At:  
Mahr Park Arboretum,  
Danny Peyton Pavilion at 55 Mahr Park Rd. Madisonville, KY 42431



Kentucky Extension  
Master Gardener

## BECOME A MASTER GARDENER

MASTER GARDENERS ARE A GROUP OF TRAINED VOLUNTEERS WHO PROVIDE EDUCATION AND OUTREACH IN THE COMMUNITY IN PROGRAMS RELATING TO GARDENING AND HORTICULTURE. A CLASS ORIENTATION WILL BE HELD NOVEMBER 30TH AT 5:30 P.M. CALL THE EXTENSION OFFICE AT 270-821-3650 TO RSVP TO THE ORIENTATION.

## CARING FOR YOUR

# *Holiday Plants*

December 19th at 5:30 p.m.

LEARN HOW TO SUCCESSFULLY CARE FOR YOUR POINSETTIAS,  
NORFOLK ISLAND PINE TREES, AND CHRISTMAS CACTI



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# ADULT HEALTH BULLETIN



**DECEMBER 2022**

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:

# THE WINTER BLUES



**D**o you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

### Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page 



## Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

### ➔ Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

### Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

#### REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT  
**HEALTH BULLETIN**

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