

# Bell County Homemaker Newsletter

December '23/ January '24



## Quote of the Month

"To appreciate the beauty of a snowflake,  
it is necessary to stand out in the cold."  
-Aristotle

## Announcements

**HOMEMAKER DUES:** Dues are being collected until 12/8. Dues are \$10 and should be turned in with a new enrollment form.

**WINTER WEATHER:** If Bell County Schools are closed due to weather, our programs will be canceled as well.

**OFFICE CLOSURES:** Christmas & New Years 12/25 - 01/01    Martin Luther King, Jr. Day 01/15



## Preventing Dry Skin in the Winter

**Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.**

- Use creams instead of lotion, particularly on skin that is commonly exposed to outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include synthetic fragrances can irritate and make itching worse when the skin is already raw or inflamed.
- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can additionally dry your skin, compounding the problem.
- Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

Reference: <https://www.aad.org/public/everyday-care/skin-care-basics/care/winter-skin-survival-kit>

Source: Katherine Jury, Extension Specialist for Family Health

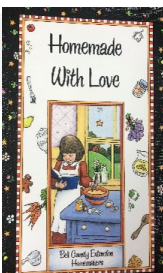
## January Homemaker Lesson

This month's lesson is a mail-out attached to this newsletter. Enjoy "Transferring Cherished Possessions" estate planning tips for non-titled property.



## Homemaker Cookbook

STILL LOOKING FOR A PERFECT HOLIDAY GIFT? STOP BY OUR OFFICE TO GET A  
**HOMEMADE WITH LOVE COOKBOOK! \$15**





# UPCOMING PROGRAMS & EVENTS

CALL OUR OFFICE FOR REGISTRATIONS & SEE OUR WEBSITE FOR FLYERS AND DETAILS  
606-337-2376 BELL.CA@UKY.EDU

**JAN. 16**

**TASTY TUESDAY**-REGISTRATION REQUIRED  
1:00 PM - EXTENSION OFFICE

**JAN. 18**

**PARENTING A SECOND TIME AROUND(PASTA)**  
11:00-12:30PM - BELL COUNTY BUS GARAGE  
PARTNERING WITH FRYSC & BELL WHITLEY

**JAN. 25**

**LEARN, LAUGH, AND CRAFT**  
1:00 PM - EXTENSION OFFICE

**FEB. 5**

**BINGOCIZE IS BACK!**  
JOIN US ON MONDAYS AND TUESDAYS IN FEBRUARY, MARCH, AND APRIL.  
10:00 AM - 3RD FLOOR MEETING ROOM

## RECIPE OF THE MONTH- EGG-CELLENT SALAD



### INGREDIENTS

- 3 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- 1/2 celery stalk, finely chopped
- 1/2 carrot, shredded
- 1 tablespoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

**Servings:** 3 **Serving Size:** 1/2 cup

**Nutrition Facts Per Serving** (egg salad only):  
100 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 185mg cholesterol; 330mg sodium; 4g carbohydrate; 1g fiber; 2g sugar; 8g protein

### DIRECTIONS

1. In a medium-sized bowl, mash the hard-boiled eggs using a fork.
2. Add yogurt, celery, carrot, mustard, salt, and pepper.
3. Stir until well combined.
4. Refrigerate until cool and serve. (Try serving on whole wheat bread or tomato slices. You can spread some on bell pepper slices for an extra dose of veggies!)

**Source:** University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Have a safe and happy  
Holiday season!

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