

# **Anderson County**

## **Family & Consumer Sciences**

### **Newsletter December 2022**



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#### **A note from your Agent:**

It is with a heavy heart that I am writing this to inform you that I will be leaving my role as the Anderson County Family and Consumer Sciences Agent effective on 1/5/2023. I have been offered a new position that will work better for my family at this time. Our childcare situation has changed; therefore, I have had to find a position that will allow me to care for him during the day.

I have very much enjoyed my time being a part of the UK Cooperative Extension Service and I am so grateful for having the opportunity to serve Anderson County. I have learned a great deal in my time here and will take these lessons with me as I move forward.

In addition to the usual newsletter publications I have included some important dates for KEHA as well as a leader training ideas form for next year's leader lessons.

**Happy Holidays!**

*Maxx Alviar*



# 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.

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- 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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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2022

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## THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.



### LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.

### UNDERSTANDING YOUR "ESTATE"

After your death, the full contents of your estate must be distributed. This includes all the items you cherished within it (and even some you didn't cherish) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes everything you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. Everything.



## **YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD**



### **ASSET DISTRIBUTION PLAN**

When deciding “who gets what” in your estate, one way to simplify the process is to create an asset distribution plan or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the Possession column, list each item or group of items you find. In the next column, indicate the Recipient you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the Reason column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a Distribution Method, such as gift, sell, or donate.

### **LETTER OF LAST INSTRUCTIONS**

Consider attaching a Letter of Last Instructions to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

### **TRANSFERRING CHERISHED POSSESSIONS CURRICULUM**

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, Transferring Cherished Possessions, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

### **ADDITIONAL RESOURCES:**

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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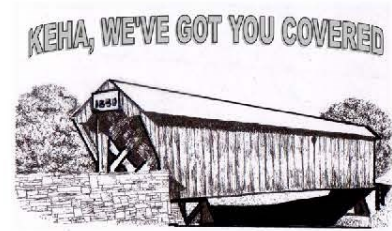
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## **KEHA, We've Got You Covered**



### **2022-2023 Dates to Remember**

July	KEHA program year begins – Prepare for the year and plan county and club officer training(s).
July	KEHA manual updates distributed.
July 1	Club program of work reports due to the county educational chairmen or designated officer(s); VSU logs due to county.
August	Suggested month for county and club officers' training and membership drive planning.
August 15	County program of work reports due via online forms to be posted at ( <a href="https://keha.ca.uky.edu/content/impacts">https://keha.ca.uky.edu/content/impacts</a> ). County VSU reports due via paper forms. See web page for details.
September	Membership drive begins.
September 15	Area VSU Reports due to the KEHA State Leadership Development Chairman.
October	Lesson descriptions for 2022-23 state lessons distributed via email to FCS agents.
October 1	Application deadline for KEHA Leadership Academy.
October 9-15	KEHA Week – <b>Let Your Light Shine!</b>
October 15	Deadline for submitting session proposals for the 2023 KEHA State Meeting ( <a href="#">see KEHA Manual, Appendix page 29-30</a> ).
October 31	Submit names of area officers to KEHA President and State Advisor ( <a href="#">see KEHA Manual Appendix, pages 12-13</a> ).
November 7-8	KEHA State Board Meeting – Lexington, KY
Early November	Participants in the KEHA Leadership Academy will be notified.
November 15	Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending June 30.
December 1	Membership dues due to county treasurer.
December 9	Leadership Academy Commitments are due.
December 15	County dues due to the State KEHA Treasurer & Area Treasurer ( <a href="#">see KEHA Manual Appendix, page 16 – Treasurer's Remittance</a> ).

December 31	County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President ( <a href="#">see KEHA Manual Appendix page 17</a> ).
December 31	State dues delinquent if not paid by this date (lose voting rights at State Meeting).
December 31	Cutoff date for funds submission for fundraising recognitions for Ovarian Cancer Program, Coins for Change, KEHA Clean Water Project, KEHA Scholarship Challenge, etc. (awards to be presented at the 2023 KEHA State Meeting).
January 15	County membership database/updates due via the web-based system.
January 15	KEHA Newsletter Deadline – Information due to KEHA 2nd Vice-President.
January 31	Area Membership Recognition Reports (including 50-year member and deceased member lists) due to KEHA 2nd Vice-President ( <a href="#">see KEHA Manual Appendix page 17</a> ).
March 1	KEHA contest entries due to respective chairmen ( <a href="#">see KEHA Manual Appendix pages 2-3</a> ).
March 1	KEHA scholarship applications due to State Leadership Chairman ( <a href="#">see KEHA Manual Handbook, pages 94-102</a> ).
March 1	KEHA Development Grant proposals and mini-grant applications due to the 2nd Vice-President ( <a href="#">see KEHA Manual Handbook, pages 104-111</a> ).
March 1-3	Second KEHA Leadership Academy at Blue Licks Battlefield State Resort Park
March 13-14	KEHA Spring Board Meeting, Crowne Plaza Hotel, Louisville, Kentucky.
March 15	Area Showcase forms due to 1st Vice-President ( <a href="#">see KEHA Manual Appendix, page 31</a> ).
April 1	Area lesson schedules for 2023-24 due to KEHA State Advisor.
April 8	Postmark deadline for state officer and chairman credentials ( <a href="#">see KEHA Manual Appendix, pages 6-9</a> ). <ul style="list-style-type: none"> <li>• 1<sup>st</sup> Vice President</li> <li>• Treasurer</li> <li>• Environment, Housing and Energy Chairman</li> <li>• Food, Nutrition and Health Chairman</li> <li>• Leadership Development Chairman</li> <li>• Marketing and Publicity Chairman</li> </ul>
April 10	Postmark deadline for early registration fee for 2023 KEHA State Meeting.
April 24	Final postmark deadline for 2023 KEHA State Meeting registration.
May 9-11	KEHA State Meeting – Crowne Plaza Hotel, Louisville, Kentucky.
May 15	Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending December 31.
June 30	KEHA program year ends.

# Anderson County 2023-2024 -- Leader Training Ideas

Your suggestions are vital to developing a ballot that best reflects your needs. Please help us by providing your thoughts for your upcoming leader trainings. Your suggestions will be compiled for counties in the Fort Harrod Area and will be used as the basis for the upcoming leader training ballot. Thank you for your input!


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Housing: 


Foods & Nutrition: 

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Clothing: 

Health & Wellness: 

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Family Life: 

Other:

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Due to your local County Extension Office by February 1, 2023