



**UK** Cooperative  
Extension Service

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# December 2025

## DATES

**December 12**

Deadline (noon) for Rada orders

**December 15**

Tune into WBKR

**December 24-31**

Office closed for holidays

**January 1-2**

Office closed for New Year

**January 19**

Office Closed - MLK Jr Day

**January 20**

Homemaker Lesson Training



## International Cooking

We had a great time making our own Italian pasta and sauce.

Look in the January newsletter for more information and when to sign up for our next stop...India!



## Pecans are here!!

We have 12 oz bags of halves or pieces for \$10 each.  
Chocolate covered are sold out!

**SCHERMER**  
- PECANS -

The Daviess County Extension Office will be closed for the winter holidays beginning December 24.

We will reopen for the New Year at 8:00 am  
Monday, January 5, 2026.



*Kate Alexander*

Daviess County Extension Agent  
for Family & Consumer Sciences  
Education

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LEXINGTON, KY 40546



 Disabilities  
accommodated  
with prior notification.

# HOMEMAKER HAPPENINGS



## Lesson for the Month

There is no lesson for December. Celebrate together!

## Roll Call

December is the beginning of winter. What is one thing you enjoy doing in the winter?

## Thought of the Month

"One kind word can warm three winter months."

- Japanese Proverb

## FOYER DECORATIONS

Homemakers Through the Years by Trinity



Southern Belles will decorate in December.

Make plans to attend the 2026 State Meeting  
May 12-14, 2026

Hyatt Regency Lexington  
401 West High Street, Lexington, KY 40507  
Room rate \$155.00 + tax (1-4 people per room)



Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEH1>

Phone Reservations: 800-233-1234 (group code G-KEH1 for conference rate)

NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees.



Interested in buying Rada cutlery, kitchen tools, pans, or even food mixes?

To see a catalog or place an order, contact a Homemaker or stop by the Daviess County Extension Office.

**Orders will be placed before noon on December 12, and will arrive before Christmas.**

(Please have all orders and payments in before Dec.12)

# Poinsettias

Poinsettias are the most popular plant grown during the holiday season. In fact, they are the bestselling potted plant in the United States and Canada.

There are more than 100 varieties of Poinsettias. In addition to the traditional red, plants are available in a wide variety of colors including pink, white, yellow, purple, and salmon.

## Are Poinsettias toxic?

Contrary to popular belief, **Poinsettias are not poisonous**. The misconception began in 1919 when a child allegedly died after eating a leaf. This was never proven and was later determined to be hearsay, but the story has persisted.

A study at Ohio State University showed that a 50-pound child would have to eat more than 1¼ pounds of poinsettia leaves, 500 to 600 leaves, to have any harmful effects.

Poinsettias may ooze a milky sap and some people that have latex allergies may have a reaction to it. This may also cause mild irritation and nausea in pets, so keep pets away.

## Selection

Poinsettia displays can last for several weeks with proper care. Choose plants that have little or no pollen showing in their greenish-yellow inner flowers for long lasting plants. Poinsettias will drop their bracts and leaves once their flowers have shed all their pollen.

Keep it wrapped during transport, particularly if it is cold outside. Exposure to cold temperatures can damage the plant. If properly cared for, poinsettias can retain their color for several months.



The colored parts or “flowers” of poinsettias are actually modified leaves called bracts. The greenish-yellow flowers, cyathia, are in the center of the bracts.

## Care: Sun, Water and Temperature

Keep plants in indirect sunlight for 6 hours and make sure they are not touching windows. Poinsettias should have daytime temperatures ranging from 60°F to 70°F and nighttime temperatures around 55°F. If needed, move the plant into a cooler room during the night.

Water when the soil is dry. Poinsettias often come wrapped in foil and plastic, poke holes in the bottom so water can drain out. Allowing plants to stay waterlogged can lead to root rot and premature death. It is not necessary to fertilize Poinsettias while they are in bloom.

## After the Holidays

While most people dispose of their Poinsettias after they finish blooming, it is possible to get it to bloom again next year.

Poinsettias will drop their bracts and leaves once their flowers have shed their pollen. Once half of the leaves and bracts have been dropped by the plant, decrease watering until the soil is completely dry. This will cause the plant to go dormant. While the plant is dormant store it in a cool, dark location and only water enough to prevent the stems from shriveling.





Around May 1 new growth will begin. Once this happens, cut the plant to within 4 to 6 inches of the soil to encourage new growth. Now is the time to repot the plant if wanted. Place the plant in a sunny window and treat it like any other house plant, watering when dry and occasionally apply a dilute fertilizer.

Once the danger of frost has passed and nighttime temperatures stay above 50°F, move the poinsettia outdoors, gradually exposing it to direct sun over the course of a week or two to allow it to adjust. Then, dig a hole to place the pot in an area that receives 6 to 8 hours of direct sunlight with some shade in the afternoon. Occasionally turn the pot to prevent the plant from rooting through the bottom holes of the pot. The plant does not need to be put in the ground, but it will need to be watered more frequently if not.

To keep the plant from getting too leggy, pinch off the shoot tips. Choose tips that have two or three fully expanded leaves below them. Do this every 3 or 4 weeks, until mid-August, to keep the plant compact. Regularly water the plant and fertilize every couple of weeks. When night temperatures get down to 55°F to 60°F, bring it back inside near a sunny window.

To get plants to flower for Christmas, they need to be kept in the dark 5pm-8am October through the mid-December.

## Getting Poinsettias to Flower

Poinsettias are short-day plants, meaning they grow vegetatively during times where there are long days and will produce flowers when exposed to short days, or more specifically long nights.

The red leaves of the bracts will develop good color, usually in the beginning or middle of December. Place the plant in a dark enclosed space such as a closet or cover it with a box at night. Do this until the bracts are almost fully expanded. Keep daytime temperatures between 60°F and 70°F. Nighttime temperatures above 70°F to 75°F may delay or prevent flowering.

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### MORE INFORMATION



[go.illinois.edu/Poinsettia](https://go.illinois.edu/Poinsettia)



# ADULT HEALTH BULLETIN



**DECEMBER 2025**

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

## THIS MONTH'S TOPIC

# DEALING WITH HOLIDAY STRESS AND ANXIETY



**T**he holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

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**Schedule a few minutes**

**each day to do**

**something relaxing,**

**like taking a walk,**

**reading a book,**

**listening to music,**

**or practicing**

**deep breathing.**

## ➔ Continued from the previous page

gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

### REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

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## THIS MONTH'S TOPIC: USE A VISION BOARD TO REALIZE YOUR GOALS

Are you looking to jump-start your motivation to work toward a goal? Try creating a vision board. A vision board is a collage of images and words that depict your goals in ways that are meant to inspire or motivate you to achieve them.

### ENVISION YOUR FUTURE

Researchers agree that writing down goals increases our chances of success. Similarly, creating a vision board brings goals to life in a visual way, upping the likelihood of turning them into reality. Vision boards often contain positive images and words that represent desired outcomes. A vision board can help motivate us to take action steps toward achieving our dreams.

### MAKE YOUR GOALS SMART

Vision boards and goal setting go hand-in-hand. Goals provide purpose and give us something to strive toward. Also, having a specific plan can help us persist through setbacks. Goals can be short-term (less than one year), medium-term (one to five years), or long-term (more than five years).

Goals should be exciting and tangible (i.e., something specific that is worth working



toward). General goals such as “financial security” may be difficult to plan or to track progress. Creating SMART goals will help you set milestones you can reach.

**Specific:** Strong goals should be clear and precise. It should answer who, what, when, where, why. *What are the specific details once you break down the goal?*

**Measurable:** Know exactly “how much” you need to reach your goal. This allows you to track your progress. For example, saving for a vacation? *What is the total cost of the trip, and how much money should you set aside each month to reach this amount?*

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## YOUR GOAL SHOULD BE ATTAINABLE AND REALISTIC, EVEN IF IT IS CHALLENGING



**Achievable:** Your goal should be attainable and realistic, even if it is challenging. *Is it possible to reach this goal within your budget?*

**Relevant:** A goal should be important to you, and it should support or complement other priorities in your life. *Is it worth putting in the effort and hard work?*

**Time-Bound:** Have a clear deadline (i.e., a finish line) for accomplishing a goal. *When do you need to reach this goal?*

Once you have created at least one SMART goal, you are ready to design a vision board.

### CREATE A VISION BOARD

Your board should be a visual display of the goal you want to achieve. Each item you place in the collage should represent something that will help you go from dream to reality. You can use computer software to create a digital vision board, or you can use paper materials to cut-and-paste your collage. Consider using items such as photographs, images from websites or magazines, inspirational quotes, poems, stickers, graphics, or draw or write your own.

In addition, you could write out and include a goal statement. If needed, a quick internet search may offer examples of vision boards.

Your collage should be positive and personal to you. Display the board prominently where it can be a regular reminder of the SMART goal(s) you want to achieve. Hang a paper vision board where you will see it daily, or set a digital vision board as the wallpaper on your computer or phone. Envisioning your future each day can help you make choices that match your goals without even thinking about it.

### EXPAND YOUR “VISION”

You can apply these principles to your life in other ways besides financial goals. You could create a vision board for self-improvement in areas such as leadership, career/skill building, family life, and more. There are many other aspects of your life you can “envision” and improve.

### REFERENCES

Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health*, 11(1), 52-65. <https://doi.org/10.1080/15401383.2015.1092901>