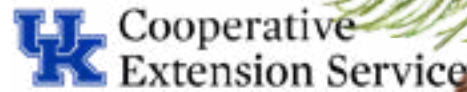


# Trimble County Extension December 2025 ~ Newsletter



Trimble County Cooperative Extension  
43 High Country Lane  
Bedford, KY 40006 ph 502.255.7188  
webpage: [trimble.ca.uky.edu](http://trimble.ca.uky.edu)

4-H Youth Development  
Family & Consumer Sciences  
Agriculture and Natural Resources

## Country Ham Project

Trimble County Extension Service

### Open to 4-H Youth and Adults

Participants will take raw hams through the curing process. Project meetings will take place at the Trimble County Extension Service beginning in January 2026.

Participants can plan on two sessions for the curing process, then ham pick up in mid summer.

Youth participants will give a presentation at the Kentucky State Fair and enter a ham for judging.

#### Cost:

**\$55 for adults (1 ham)**

**\$75 for Youth (2 hams)**



**Deadline to pay and sign  
up is December 10, 2025.**  
**Questions please call (502) 255-7188**

Cooperative  
Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Agriculture and Natural Resources

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## Family and Consumer Sciences

  
Agent for  
Family & Consumer Sciences

### Trimble Thimbles Sewing Group

Trimble County Extension Service  
9:00 a.m. ~ 2nd & 4th Saturday of each month

December dates: 12/6

January dates: 1/10 & 1/24

New or experienced - All are welcome!



### Simply Sharing Homemakers

#### Make n' Take

**December 17, 2025 10:30 a.m.**

Trimble County Extension Service

Join the fun and make a craft.

A pitch in meal will follow the lesson.

Note: Simply Sharing will not meet in January 2026

### Homemaker Dues \$15.00 - due date 12/10/25

You may pay in person at the Extension office or mail to:  
Trimble County Homemakers, PO Box 244 Bedford, KY 40006

### Trimble Homemakers Association Cookie Mix Jar Fundraiser

Place an order now for your cookie mix in a jar. All dry ingredients included, with recipe attached to these fun jars. Give as a gift or keep for yourself!

\$10 each, choose from: Chocolate Chip, Sugar Cookie or Oatmeal



**Call Dottie (502) 724-2032 to order!**  
**Last day to order 12/22, 4:00 p.m.**

## Creative Writing Workshop

**January 13, 2026**

**1:00 p.m. to 4:00 p.m.**

**Trimble County Extension Service**



*Join us for a hands-on writing workshop to turn your special memories into meaningful stories. No experience needed . . . just bring your curiosity and a love for sharing life's moments.*

**Presented by author, Carol June Franks,  
of Junebug Tales Publishing**

*Please register by January 9, to Trimble County Extension  
Service at (502) 255-7188*

*Each participant will receive an **Ink**spiration kit.*

KENTUCKY SAVES

**2026**  
**PIGGY BANK**  
**DESIGN CONTEST**

MONEY SAVED IS A FUTURE EARNED



- WHAT:** The 2026 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.
- WHY:** To creatively celebrate Kentucky Saves Week.
- WHO:** School students attending public, private located within the Commonwealth of Kentucky kindergarten through twelfth grade.
- WHEN:** Bring your original entry to the Trimble County Extension Service by 1/16/26.

**County winner will be sent on to the Louisville Area contest**



# Family Gingerbread House Decorating Contest

## Description

Have some quality family time by holding a family Gingerbread House decorating contest.

## Activity

1. Purchase or make home-made Gingerbread Houses. Be sure to get some frosting and edible decorations!
2. Gather your family together for a night of fun.
3. Set a time limit.
4. Decorate the Gingerbread Houses as teams or individuals.
5. Enjoy judging each other's creations, or have friends or other family members judge.
6. Pick a winner and begin eating those yummy houses together!



## Supplies



Thank you to 4-H Youth in Action Award winner, Amelia Day, and her family for contributing thoughtful activities for this holiday guide.

# Tea-light Snowmen



- Using a black marker draw coal eyes and a mouth. Using an orange marker color your tealights flame to make a carrot nose.
- Cut your snowmans top hat out of the black felt.

## Supplies



- Glue a red ribbon on the hat for the band. Glue your hat onto the snowmans head.
- Cut a length of ribbon to make a scarf. Attach a length of ribbon to your snowman to use for hanging.

## County Agricultural Incentive Program (CAIP) Deadline for receipts for approved projects: December 15, 2025



CAIP and YAIP (Youth) project receipts are due by 12/15/25 for reimbursement. Please turn your items in to Tammy Nixon at the Trimble Conservation office. Call if any questions: (502) 379-9956

## Kentucky Extension Master Gardener



### Kentucky Extension Master Gardener

The Master Gardener program provides horticulture training in exchange for volunteer service. Participants are required to complete 40 hours of service within one year of graduation to become certified. Benefits include meeting other gardeners, building and sharing gardening knowledge, connecting with the community, and being associated with a national program.

Contact horticulturist, Hope Gardiner at (502) 222-9453 or Hope.Gardiner@uky.edu at the Oldham County Extension Service for more information and to register. Applications are due Friday, February 6. Cost is \$125. Classes start February 19, 2026 and will be every other Thursday evening, 6:00 - 9:00 pm at the Odham County office through August.



## Trimble County Cattlemen Association Meal & Meeting

January 26, 2026 ~ 6:00 p.m.  
Trimble County Extension Service



# 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:

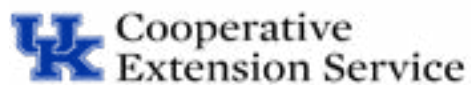
<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

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**Stock images:** Adobe Stock



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