

Todd County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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Get Organized in the New Year

The beginning of the New Year offers the opportunity to refresh and reset ourselves in a variety of different ways. One of the ways to do that is to get organized. Organization can help you feel more prepared for daily life and the unexpected situations which may arise over the next few months.

One of the first steps to getting organized is reducing clutter. After the holidays, our houses tend to have extra "stuff." As you put away holiday gifts and the items you purchased during the holiday sales, consider donating older items that you don't use. A one-to-one exchange helps prevent clutter. For each new item that you bring in, donate an older item. Donating is a great exercise and a teachable moment for children since toys often create a lot of household clutter. Families in the United States purchase 40 percent of the world's toys, but only 3.1 percent of the world's children live in the U.S. Asking your child to donate old toys reduces toy clutter and helps children understand the concept of giving to others.

Organizing household paperwork can seem like a daunting task. As the mail starts to pile up, it can be difficult to determine what to keep and what to shred.

To get started, develop a plan for your paperwork. Using an empty file drawer or storage box, establish a specific place to keep everything. Label folders so that you can easily

identify where each document should go. Start with today's paperwork. You may have months or years of old documents to sort through at some point, but get started by moving forward instead of wading through old papers. Establish a system to manage paperwork as it comes into the household, and after the bills are paid, file them.

Reducing junk mail can help you eliminate clutter. You can request to be removed from mailing lists by contacting the Direct Marketing Association for a charge of one dollar. More information may be found at www.DMAchoice.org.

In addition to direct mailers, many people often find their mailboxes full of unsolicited credit offers and insurance policies. Again, you can request to be removed from these lists by visiting the official Consumer Credit Report Industry website at www.optoutpresecreen.com. This website allows you to choose to stop receiving prescreened credit offers for a five-year period.

A recent research study linked over-accumulation of "stuff" with higher levels of stress. As you move into the New Year, consider how being organized at home could reduce stress.



Written by: Jennifer Hunter, Ph.D., University of Kentucky Extension Specialist Family Resource Management

Sources: Life at Home in the Twenty-First Century (2012). UCLA Press.

Legally Secure Your Financial Future, www.extension.org.

Announcements...

PACS Food Bank

January - Kirkmansville
February – South Todd
March – Sunset
April – Town & Country



A Tour of Kentucky Class

We will be having a program on “A Tour of Kentucky” on Monday, January 4, 5 p.m., at the Todd County Extension Office Meeting Room. Jennifer McGhee-Wilcutt and Kathleen Bailey, Nationally Board Certified Teachers, will present the program. Throughout the program, they will be giving Kentucky-related door prizes.

Please RSVP to the Todd County Extension Office at 270-265-5659 (leave message if no answer) or email jill.harris@uky.edu if you plan to attend. For everyone who RSVP's by noon on January 4, your name will be entered in a separate door prize drawing for a Cooperative Extension Wooden Cutting Board. Soup and sandwiches will be provided.

Household Repairs Class

The February class on “Household Repairs” will be taught Tuesday, January 26, 3:30 p.m., in the Todd County Extension Office meeting room. If you cannot attend, please make sure your club is represented.

Fostering the Joy of Christmas

Thank you for the small stuffed toys, baby items, hygiene items, socks, gloves, hats, chapstick, headphones, etc. you donated for the foster children of Todd County. We had a great turn out and the gifts were truly appreciated.



Homemaker's Council

Todd County Homemakers Council will meet Monday, January 25, 5:00 p.m. in the Todd County Extension Office Meeting Room in the Courthouse in Elkton. If you cannot attend, please make sure your club is represented.

Upcoming Dates to Remember

- **February 19** – Pennyriple Area Homemaker Cultural Arts Display at the Research & Education Center in Princeton (March 14 snow date)
- **March 24** – Pennyriple Area Homemaker Annual Seminar, “Warming Up for the Long Run,” Research & Education Center at Princeton

Attendance Incentive

To encourage attendance at homemaker events through the end of June, each time you attend a homemaker event, your name will be entered into a drawing for a wooden Cooperative Extension cutting board. The drawing will be held June 30.

For More Information

Check out our updated Todd County Extension FCS web page <https://todd.ca.uky.edu/FamilyConsumerScience>. We have added links for the KEHA enrollment form, the Brenda Church Scholarship, the Explore Todd County Quilt Trail, Plate it Up KY Proud recipes, the monthly newsletter, and canning publications. We are also on Facebook: <http://www.facebook.com/ToddCountyExtensionFCS>.

Sincerely,

Jill Harris

Jill Harris
County Extension Agent for
Family & Consumer Sciences



