

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your FCS Agent:

Hello February! I hope everyone is staying cozy and warm amidst the winter chill. As we continue to embrace the beauty of winter, it's crucial to stay prepared for any weather surprises. Be sure to check out the essential tips in this newsletter for creating a comprehensive emergency kit. Let's stay safe and enjoy the season to its fullest!

Classes for the year are in full swing and will continue into a busy February. We are thrilled to offer a diverse range of classes. Don't miss out on these exciting opportunities to learn, grow, and connect with fellow community members.

Be sure to explore the rest of the newsletter for all the exciting details on our upcoming classes!

Best Wishes,



Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
chelsea.workman@uky.edu



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Dates to Remember:

February 10: Quilt Guild

February 11: Laugh and Learn

February 12: Wits Workout

February 14: Cookie Decorating Class

February 17: Pike County Homemakers Council Meeting

February 19: Brush 'n Brunch and Leader Lesson Registration Deadline

February 24: Quilt Guild

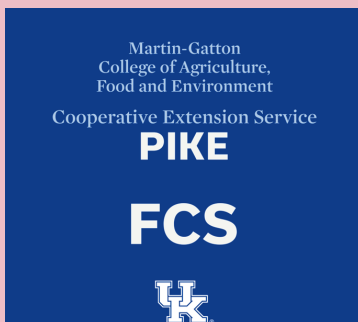
February 25: Cooking Through the Calendar

February 27: Diabetes Support Group at ARH

February 28: Leader Lessons in Floyd County

Check out our website by visiting

<https://pike.ca.uky.edu/> or by scanning the QR code!



Follow us on our Facebook page!
"UK Pike County FCS"



Announcements:

- Homemaker Leader Lessons will be conducted in Floyd County on February 28th. We will be taking a van to the lessons. Please call the extension office to reserve your spot on the van. Registration for this event is enclosed in the newsletter. Registration must be postmarked by February 19th.

Save the date:

- Quilters Day out is on March 15th at Floyd County Extension Office. We will be taking a van to the event. Please call the Pike County Cooperative Extension office to register by March 1st to claim your spot on the van!
- KEHA State Meeting May 6-8 (if riding the van we will be leaving on May 5th)
- Northeast Area Homemaker Annual Meeting: October 18th
- Homemaking in the Mountains: October 11th

Homemaker Council Meeting

- The Homemaker Council meeting is scheduled for Monday, February 17th at 10:00am at the Pike County Extension Office. We will be discussing plans for the county annual meeting, state meeting, and cultural arts competition. Lunch will be provided for you. If you plan to attend, please call the office by February 10th to let us know. Hope to see you there!

ADULT HEALTH BULLETIN



FEBRUARY 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>

THIS MONTH'S TOPIC CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

Continued on the next page



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Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

➔ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:
<https://prevention.cancer.gov>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

STRENGTHS OF NEURODIVERSE CHILDREN

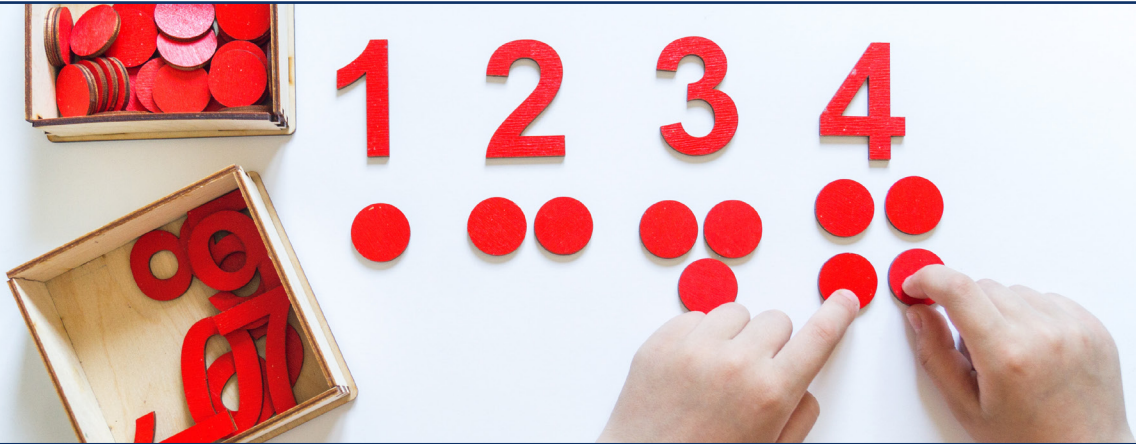
The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.



CREATE OPPORTUNITIES TO TEACH



TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

RESOURCES

<https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>

<https://nclld.org/join-the-movement/understand-the-issues/>

<https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



What's your move?

Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

at least **2** days a week



Break it up over the whole week however you want!

Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner



Don't get caught out in the cold, create a vehicle emergency kit



Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:



Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)

Blankets

Ice/snow scraper

Bottled water

Shelf-stable snacks (choose high protein foods to provide energy)

Flashlight

Cell phone charger and battery backup

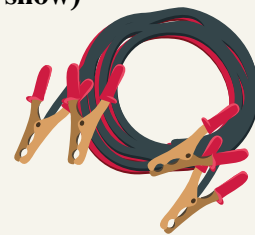
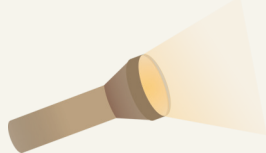
Jumper cables or battery-powered jump starter

Sand or kitty litter (to help with traction if you are stuck in snow)

Small or collapsible shovel

Roadside flares or glow sticks

Flat tire inflation canister (non-explosive)



During the winter months, always keep your gas tank full.

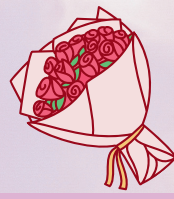
Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.

Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact your local Pike County Extension office for more information on preparing for severe weather or other natural disasters.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment



FEBRUARY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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4

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8



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Quilt Guild @10

Laugh and Learn @10

Wits Workout @1

Cookie Decorating Class @10



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Homemaker Council Meeting @10

Brush 'n Brunch @11



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Quilt Guild @10

Cooking Through the Calendar @12

Leader Lessons @9



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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities accommodated with prior notification.



Cooperative Extension Service

Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

9:30 a.m. - 2:30 p.m.

**To register & for additional
dates/locations:
ukfcs.net/HBM**

\$50
Fee

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The Floyd County Nimble Tihmble Quilt Guild Invites You to

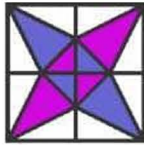


SCRAPALICIOUS

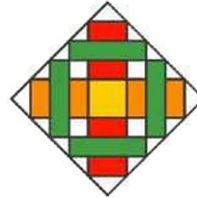
a candy shop of quilts and fabrics

at

The Floyd County Extension Office on Saturday, March 15th.

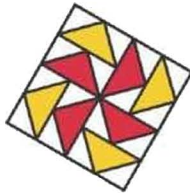


Picnic Lunch
(Hamburgers and Fixens)



Vendors

Door Prizes and
Grand Prizes



Silent Auction



Please send a list of names
from your county to
The Floyd County Extension Office
(606-886-2668) by Monday, March 3rd.



[Limited space requires that no more than 20
quilters from each county may attend. You
must be a member of a quilt guild in Magoffin,
Johnson, Martin, Floyd or Pike Counties.]



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PIKE COUNTY EXTENSION OFFICE

 Cooperative
Extension Service

Laugh & Learn

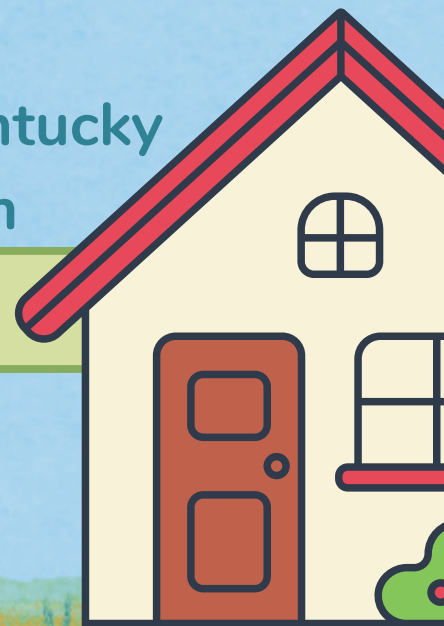
Come have fun and learn with our Kindergarten readiness program for children ages 2 to 5 years old. The theme is my family/love!

All kids must be accompanied by an adult.

148 Trivette Drive | Pikeville, Kentucky
February 11th- 10am-12pm

CALL NOW TO SIGN UP

(606)432-2534



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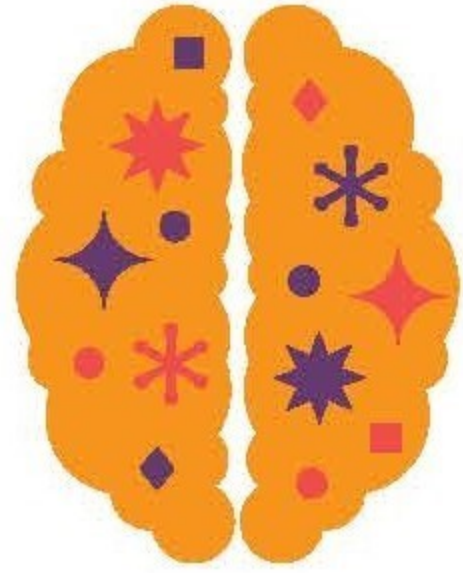
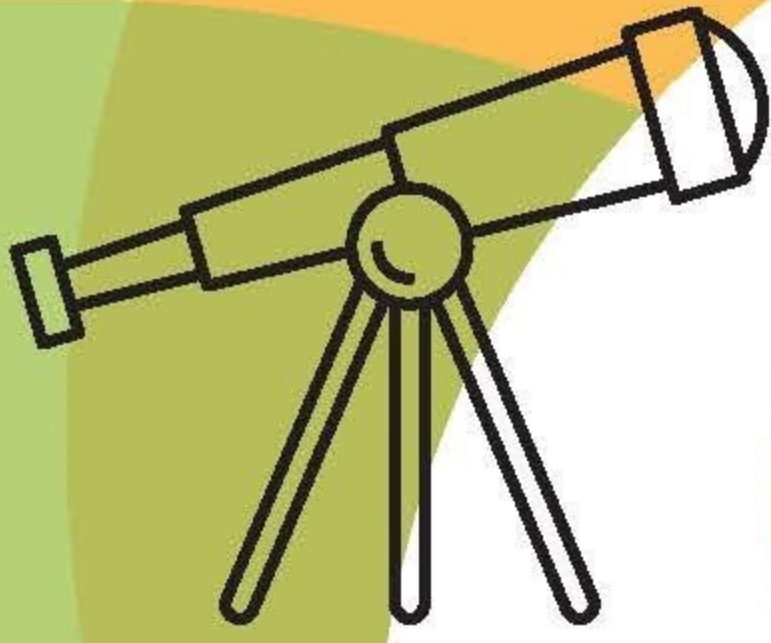
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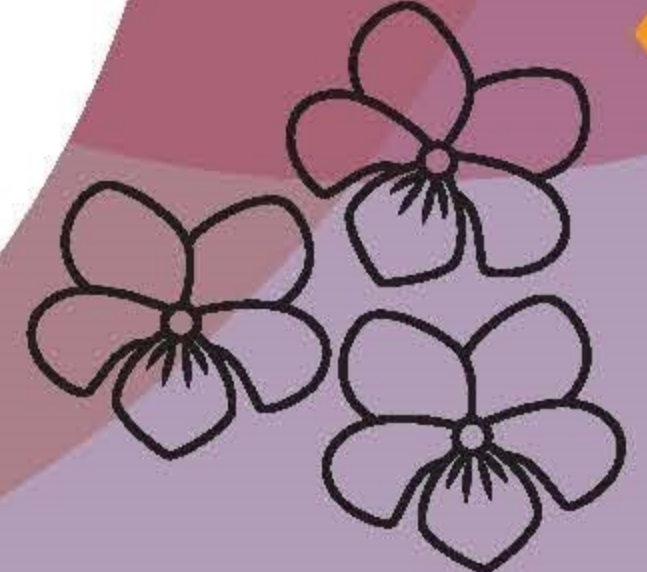
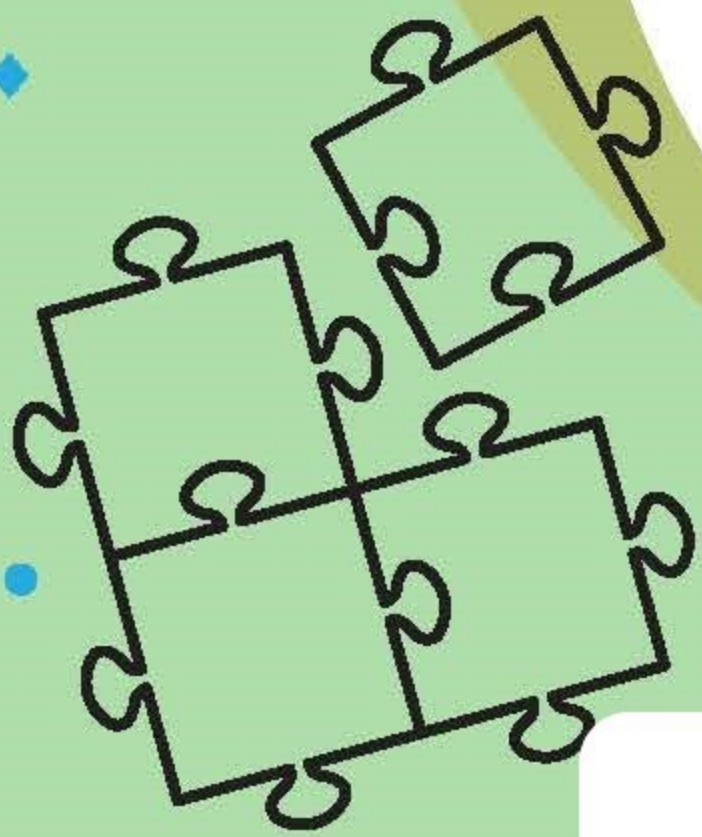
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WITS WORKOUT



An engaging, interactive,
and educational
brain health program



Date: February 12th

Time: 1pm

Location: Pike County Cooperative
Extension Office

Registration: Call 606-432-2534 to
register

Come put your mind to the test by
completing fun brain teasers that
everyone is sure to enjoy!



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Cookie Decorating Class



when

February 14th at 10a.m

where

148 Trivette Dr, Pikeville, Ky 41501

call

*(606)432-2534 to sign up and
reserve your spot!*

Brush & Brunch

Pike Co. Extension Office
148 Trivette Dr. Pikeville, KY

Wednesday,
February 19th,
at 11:00am



What's better than art and food? Both at the same time!

Class is FREE and you'll leave with a finished painting and a full belly!

RSVP at 606-432-2534
Space is limited


Pike Arts

Martin-Gatton
College of Agriculture,
Food and Environment
Cooperative Extension Service
PIKE
FCS


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Cooking Through the Calendar



We will be making cauliflower
bites

Tuesday, February 25th 12pm-1pm

Location: Pike County
Cooperative Extension Office

Call (606)432-2534 to sign up!



Floyd, Johnson, Magoffin, Martin, & Pike County

EXTENSION HOMEMAKERS

2024-2025 Leader Lesson

REGISTRATION

February 28, 2025

Floyd County Extension Office

3490 KY RT 321

Prestonsburg, KY 41653

REGISTRATION: 9:00 A.M. TO 10:00 A.M.

MENU: Breakfast Snacks and Buffet Luncheon

Cost: \$15.00 per person

Please send registration and check made payable to Floyd County Extension Office to:

3490 KY RT 321

Prestonsburg, KY 41653

MUST BE POSTMARKED NO LATER THAN February 21

NAME _____

ADDRESS _____

PHONE _____ E-MAIL _____

COUNTY _____

Schedule:

9:00 AM – 10:00 AM	Registration
10:00 AM	Welcome
10:05 AM	Air Fryer
10:45 AM	Mealtime Rut
11:30 AM	Grand Cooks
12:30 PM	Lunch
1:15 PM	KEHA Updates
1:30 PM	Ajourn

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Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons olive oil
½ large cabbage head, chopped	¾ cup plain non-fat Greek yogurt or plain regular yogurt	½ teaspoon Dijon mustard
1 cup golden raisins	3 tablespoons honey	1 teaspoon poppy seeds
1 cup halved red grapes	6 tablespoons apple cider vinegar	1 teaspoon salt
1 pint sliced strawberries		½ teaspoon pepper
½ small red onion, sliced		
½ cup toasted and chopped pecans (optional)		

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS:

Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

HANDLING: Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

January 2020

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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