

August

Marion County FCS Extension Newsletter

Important Dates:

Thursday, July 7th: Farm to Kitchen at 6:30pm. Contact Amanda Hall for tickets - 270-699-6322

Friday, August 8th: Back to School Bash from 5-7pm at Centre Square

Thursday, August 14th: Cook Through the Calendar at 4:30pm - Slow Cooker Asian Pork Tacos

Fridays, August 22nd & 29th and

September 5th & 12th: Babysitting Class for ages 9-16 at Marion County Public Library

Saturday, August 23rd: CEC Field Day at Loretto Mother House Farm from 9am - 12pm.

Tuesday, August 26th: Homemaker meeting at 3:30pm

Monday, August 28th: Lincoln Trail Area Extension Homemakers Kickoff 10am - 12:30pm at Hardin County. RSVP by August 25th by calling Hardin County office

August is National Wellness Month. But what does “wellness” really mean? Wellness is about taking care of your whole self, not just your physical body. Wellness is made up of various dimensions. Some people say there are six, others say eight, and some even say there are more than that. Today, we will focus on the eight dimensions. Those dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. These dimensions, both together and separately, have the ability to impact your overall health and well-being.

You may be wondering “how can I focus on my wellness this month?”

Focusing on your wellness does not have to be hard. If you are able to set aside just a few minutes in your day, you will be able to improve your wellness and overall health. Below are just a few ideas for how you can focus on your wellness this month!

- **Take care of your body.** This can be as simple as aiming to move your body more or focusing on drinking more water throughout the day.
- **Take care of your mental health.** This can be as simple as journaling at the beginning and/or end of your day.
- **Set realistic goals.** It might not always be easy, but if you begin with goals that are easier to reach, you can slowly work your way up to bigger ones. This can help you accomplish more over time.

So, this August (and even after August), let's really take a step back and focus on our overall wellness!

Rachel Mattingly
Family & Consumer Science Agent



LINCOLN TRAIL AREA

EXTENSION HOMEMAKERS

KICKOFF

2025

EMPOWERED LEADERSHIP

BECOMING FISCAL FRONTRUNNERS

HANDS ON ACTIVITIES

AUGUST 28

CT: 9:00-11:30 AM



ET: 10:00 AM - 12:30 PM

HARDIN COUNTY EXTENSION OFFICE



**ATTENTION!
PLEASE!**

**EVERYONE WILL RSVP BY
CALLING THE
» HARDIN COUNTY OFFICE
270-765-4121**

All Members Welcome!
Please RSVP by August 25



**Cooperative
Extension Service**

University of Kentucky
Martin-Gatton College of Agriculture,
Food and Environment
Hardin County Extension Office
270-765-4121

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

The College of Agriculture, Food and Environment is a leading provider of research, education and extension services to the community. The College is committed to providing high-quality, practical, and relevant information to the public. The College is also committed to providing a safe and healthy environment for all. The College is a member of the National Association of State College of Agriculture, Food and Environmental Sciences (NASC) and the National Association of State College of Agriculture, Food and Environmental Sciences (NASC).



For more information
visit our website
www.uk.edu/homemakers

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

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

THIS MONTH'S TOPIC:

COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

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Disabilities
accommodated
with prior notification.

DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more. As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
 - **Be Kind and Clear.** Use "I" statements like, *"I feel worried about our credit card bill."* Don't blame or generalize.
 - **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
 - **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
 - **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.
- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

REFERENCES:

American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

ADULT HEALTH BULLETIN



AUGUST 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)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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Lexington, KY 40506





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much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

<https://www.cdc.gov/heat-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

**Hardin County Extension office
111 Opportunity Way
Elizabethtown, KY 42701**

**For Info email
Deb Hancock at htonamie@gmail.com**

Babysitting Classes ***at*** **Marion County Public Library**

**Interested in learning the basics of Babysitting?
We are hosting a series of sessions to instruct on
babysitting basics. We will go over things like
diaper changing, food safety, finances of
babysitting, and more!**

You can get CPR certified for \$5.

Ages: 9-16

**Time:
6:00PM**

**Dates:
August 22
August 29
September 5
September 12**

**Limited spaces available.
Call Marion County Extension Office at
270-692-2421 to reserve a spot.**

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Asparagus Tomato Salad

Servings: Makes 6 servings



Ingredients:

- 1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
- 1 small zucchini, halved and cut into 1/4 inch slices
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 garlic clove, minced
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon honey mustard
- 1 cup cherry or grape tomatoes, halved
- 1/4 cup sliced green onions
- 1/4 cup shredded fresh mozzarella cheese
- 1/4 cup minced fresh parsley

Directions:

1. Place the asparagus and zucchini in a steamer basket.
2. Place in a saucepan over 1 inch of boiling water. Cover and steam for 2 minutes. Rinse in cold water.
3. In large bowl, whisk together olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. Pour over asparagus mixture; toss to coat.
4. Toss in tomatoes and green onions.
5. Sprinkle with mozzarella cheese and parsley.

Source: *Plate it up! Kentucky Proud Project.*

- FSHE-17- Vegetables for Wellness: Kentucky Asparagus, Sandra Bastin, Ph.D., R.D., L.D., Food and Nutrition Specialist, University of Kentucky, Cooperative Extension Service.
- Center for Disease Control and Prevention - Nutrient Information for Fruits and Vegetables. <http://www.fruitandveggiesmorematters.org/cdc-resources>.

110 calories; 7g fat; 1g saturated fat; 5mg cholesterol; 35mg sodium; 5g carbohydrate; 2g fiber; 3g sugar; 4g protein.