



Marion County FCS Extension Newsletter

Upcoming Events:

February 10th:

Homemaker meeting @ 3:30 in
conference room

Homesteading Workshop Series
with Chelsea & Rachel - Bread
Making @ 6PM

February 13th:

Cooking through the Calendar at
4:30PM - Califlower Bites

February 14th:

Walk Your Way Challenge @ 12:30

February 25th:

Laugh and Learn at MCPL @ 10:30
for ages 2-5

February 28th:

Homemaker Leader Lesson -
Pathways to Wellness @ 10:30
taught by Natalie Taul from
Grayson County

February is known as American Heart Month. Heart disease is the leading cause of death in the U.S. and in Kentucky. Heart disease can be prevented or reduced by adopting a heart-healthy lifestyle. Here are some tips for a heart-healthy lifestyle:

- Get enough quality sleep,
- try to eat whole fruits, dried fruits,
- eat raw vegetables for snacks,
- limit fats, sodium, and added sugars,
- eat lean cuts of meats,
- stop smoking, if you smoke,
- maintain a healthy weight,
- aim for at least 150 minutes of moderate exercise per week,
- be active - try muscle strengthening activities or some form of yoga,
- anything to get your heart beating faster!

Rachel Mattingly
Family & Consumer Science Agent

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Individuals
accommodated
with prior notification.



KEHA Deadlines:

April 7th:

- Reservation deadline for conference rate at State meeting hotel
- Postmark deadline for early registration fee for 2025 KEHA State meeting

April 21st:

Final postmark deadline for 2025 KEHA State Meeting registration fee

**May 6th - 8th:
KEHA State Meeting in Lexington**

Valentine's Day

Word Search



Word list:

BOYFRIEND
CRAZY
CRUSH
FRIEND
GIRLFRIEND

HUG
KISS
LIKE
LOVE
MOONSTRUCK

PASSION
ROMANTIC
ROSE
SWEETHEART
TENDERNESS


Homesteading Basics

Chelsea Sapp, Agriculture and Natural Resources Agent

Rachel Mattingly, Family & Consumer Sciences Agent

Register Now

☎ 270-692-2421

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Agriculture and
Natural Resources



Bread Making
February 10th 6pm



**Growing Your Own Vegetables
& Canning**
May 21st 6pm



Goat Soap Making
March 24th 6pm



Beekeeping
June 3rd 6pm

Guest speaker: Michael Pellittiere



Going Green Cleaning Products
April 22nd 6pm



Small Ruminant Farming
July 14th 6pm

Guest speaker: Cody Rakes

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Strawberry Trifle

Servings: 12 Serving Size: 1 cup



Ingredients:

- 1 ready-made angel food cake
- 1 (1.5-ounce) box sugar- and fat-free instant vanilla pudding and pie filling
- 3 cups skim milk
- 1 (8-ounce) container low-fat yogurt
- 2 cups fresh strawberries

Directions:

1. Mix instant pudding with milk (according to directions on box). Let stand 5 minutes, until set. Add yogurt. Stir until smooth.
2. Cut angel food cake into bite size pieces. Place one-third of cake into trifle bowl or any large clear glass bowl. Layer with one-third of pudding mixture, followed by one-third of strawberries. Repeat with remaining ingredients.
3. Cover and let stand in refrigerator 6 hours or overnight.

Make it a Meal

- Kentucky Derby omelet
- Asparagus
- Field greens salad
- Banana bread
- Strawberry Trifle
- Iced tea with mint

Source: Debra Cotterill, Director, Nutrition Education Program University of Kentucky Cooperative Extension Service

Tips

Keep healthy snacks handy. Keep a bowl of whole, clean fruit on the table, kitchen counter or in the refrigerator.

Nutrition facts per serving: 170 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 230 mg sodium; 38 g carbohydrate; 1 g fiber; 6 g sugar; 5 g protein; 4% Daily Value of vitamin A; 25% Daily Value of vitamin C; 8% Daily Value of calcium



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Food as Health for Heart Disease

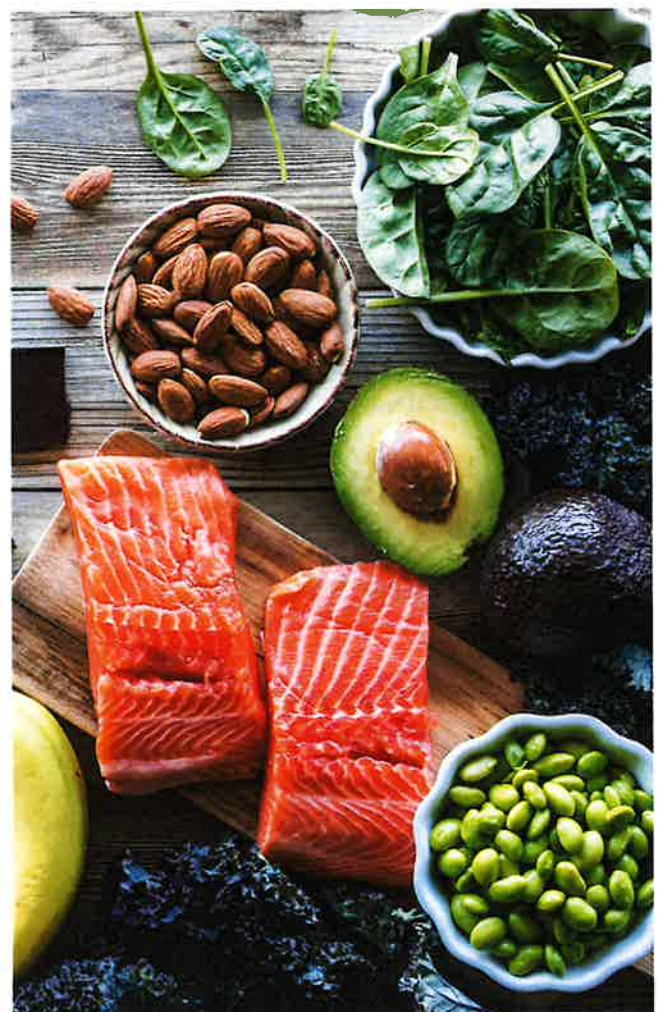
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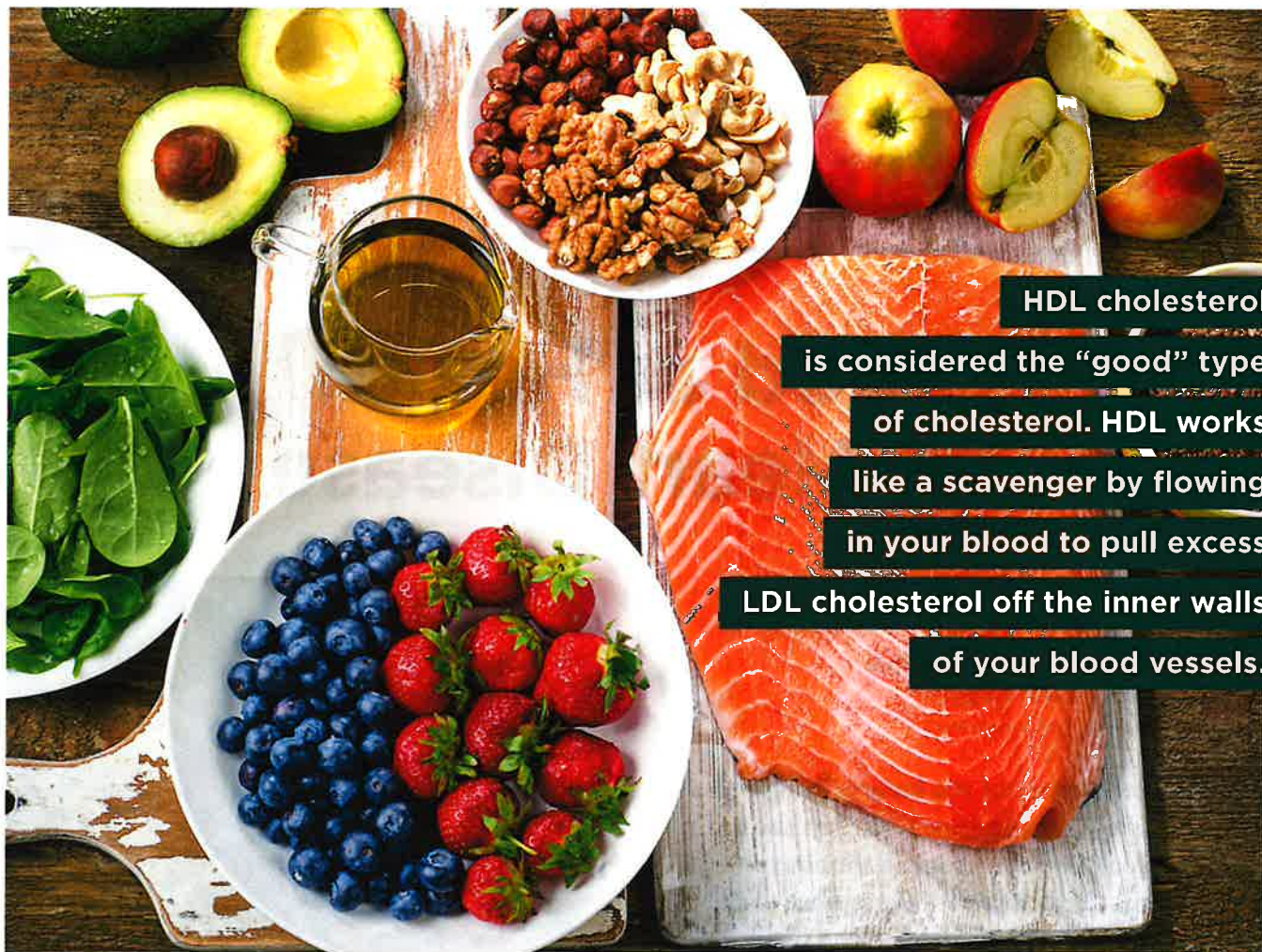
It's likely you or someone you know is living with cardiovascular disease in some form. It is also a condition you often hear about on the news and in the media. Cardiovascular disease refers to all problems related to the heart and blood vessels. It is the leading cause of death in Kentucky. Heart disease is one of the most common types of cardiovascular disease. Heart disease is often the result of the buildup of a substance called plaque in the blood vessels and arteries. Plaque can cause the arteries to become narrow or blocked which can lead to a heart attack or stroke.

Several factors contribute to heart disease. Some risk factors for heart disease are outside of your control. Factors such as age or genetics like your family history may increase your risk of developing heart disease. However, many of the factors that lead to heart disease are things that can be changed. This means you can manage your heart health by making small lifestyle changes like focusing on nutritious foods in your diet.

To understand how food can impact heart disease, you must first learn about cholesterol and



triglycerides. Understanding what these words mean will help you when you have conversations with your health-care provider about heart health.



What are the roles of cholesterol and triglycerides in heart disease?

Cholesterol is a fat-like substance that your body needs in appropriate amounts. Your body can make cholesterol and it is also in some foods you eat. The two most talked about forms of cholesterol are LDL and HDL.

LDL cholesterol is often called the “bad” type of cholesterol by most people. When LDL levels in the blood are too high for too long, it begins to stick to the inside of your blood vessels and leads to inflammation. Over time, the blood vessels may become blocked, and blood can no longer flow

through. High LDL cholesterol could be a part of your family history.

HDL cholesterol is considered the “good” type of cholesterol. HDL works like a scavenger by flowing in your blood to pull excess LDL cholesterol off the inner walls of your blood vessels. This keeps blood flowing and your blood vessels healthy.

Triglycerides are fats that travel through your bloodstream. This type of fat comes from the foods you eat and can be made in the liver. High blood triglycerides can lead to the blood vessels becoming hard and thick. This affects how well blood can flow throughout the body. While several factors can lower blood triglyceride levels, one of the best ways is to focus on whole fruits, vegetables, and whole grains in the diet.

What food choices can you make to protect your heart?

Eating foods high in saturated fat can lead to high LDL cholesterol. Rather than focusing on choosing foods low in cholesterol, it is more helpful to choose foods low in saturated fat to improve cholesterol levels. To help identify saturated fats, keep in mind they are usually solid at room temperature. Examples of foods high in saturated fat are:

- Butter and lard
- Fried food
- Meats like beef, lamb, pork, or processed meats
- Packaged cookies, pastries, and desserts
- Fast food

Other types of fats have been shown to benefit the body and decrease the risk of heart disease. These are called unsaturated fats. They are liquid at room temperature. One way to increase heart-healthy HDL is to choose foods rich in unsaturated fats often. Examples of foods with unsaturated fats are:

- Nuts
- Seeds
- Fish
- Avocados
- Oils from plants like vegetable oil, olive oil, and canola oil

Picture your blood vessels as a straw. Imagine trying to push saturated fat through your blood vessels. What happens? It gets clogged because it's solid at room temperature and blood can't flow through. Imagine trying to pour unsaturated fats through your straw. They flow right through. This provides a visual reminder why unsaturated fats are your heart-healthy choice.

Another way to protect the heart and blood vessels is to choose foods high in soluble fiber each day. Soluble fiber becomes a gel as it digests. As it moves

Try baking, roasting, or air frying instead of frying in oil.



through the gut, this gel can prevent the buildup of fat and LDL cholesterol in the blood vessels. As it digests, soluble fiber can help carry cholesterol out of the body as waste. Great options for foods high in soluble fiber include:

- Whole grains
- Oats
- Whole fruits and vegetables
- Beans and legumes

What are some ways you can begin a heart healthy diet?

Making small changes in your diet over time can go a long way toward protecting your heart and preventing heart disease. Here are just a few tips for getting started:

- Try baking, roasting, or air frying instead of frying in oil.
- Prioritize fiber in meals and snacks by adding in whole grains, fruits, and vegetables.

- Choose fast food two times or less each week.
- Choose lean protein like chicken, turkey, or fish, more often.
- Incorporate beans into your meals a few times per week.
- Fill half of your plate with high fiber vegetables like broccoli, carrots, green beans, greens, zucchini, or squash.

The American Heart Association has a program to help people easily identify heart healthy foods at the grocery store. Look for products labeled with the official symbol of the *Heart-Check Food Certification Program*.



These foods are certified as options low in sodium and saturated fat and high in beneficial nutrients including vitamin A, vitamin C, iron, calcium, protein, or dietary fiber.

Managing and improving heart health is possible. With practice, small choices based on the list below can lead to improved heart health over time.

1. Focus on unsaturated fat.
2. Eat a variety of colorful fruits and vegetables.
3. Prioritize whole foods.
4. Incorporate fiber-rich foods like beans and legumes.

Rather than focusing on what you can't eat, consider this an opportunity to add flavorful and nutritious foods to your diet to lower your risk of heart disease.

References

- <https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease-hypertension>
- <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease>
- <https://www.cdc.gov/heartdisease>
- https://www.cdc.gov/cholesterol/ldl_hdl.htm
- <https://www.nhlbi.nih.gov/sites/default/files/publications/FactSheetKnowDiffDesign2020V4a.pdf>

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

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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.

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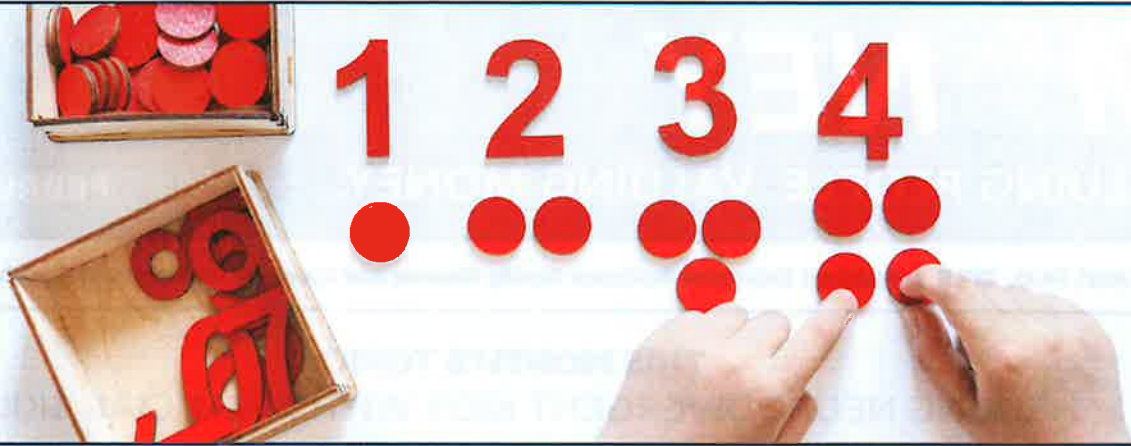
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CREATE OPPORTUNITIES TO TEACH



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://nclid.org/join-the-movement/understand-the-issues/>

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

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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>

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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

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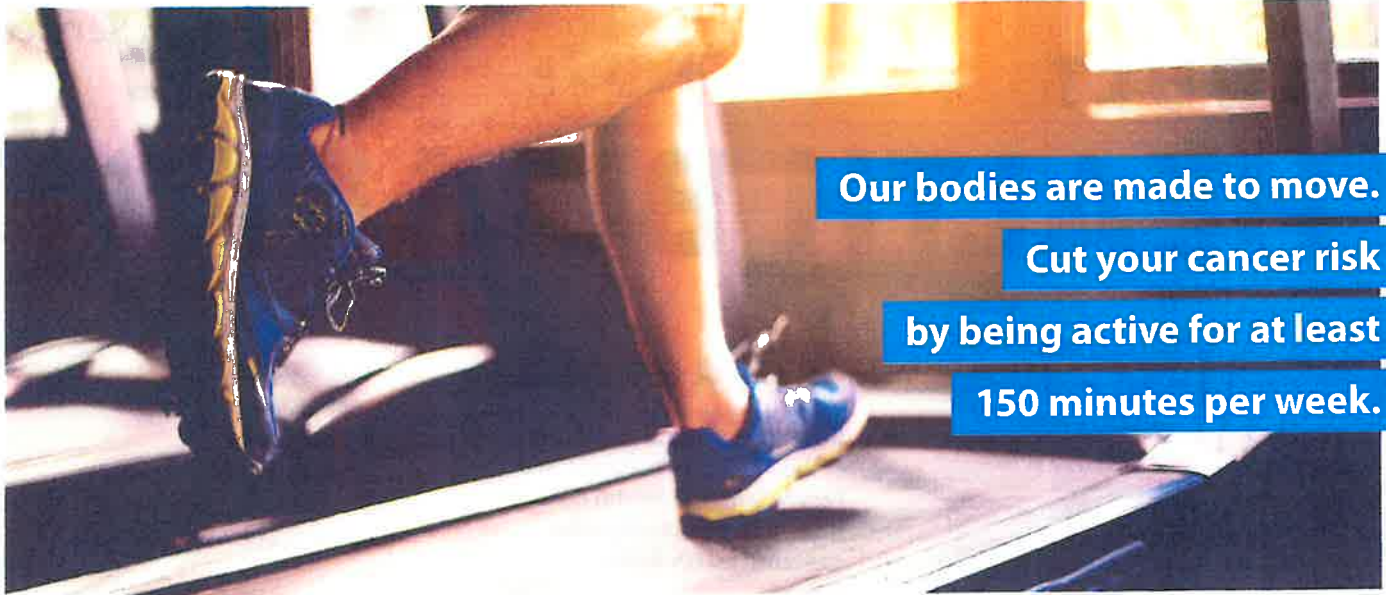
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**Our bodies are made to move.
Cut your cancer risk
by being active for at least
150 minutes per week.**

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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**

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Stock images:
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FAMILY CAREGIVER 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>

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THIS MONTH'S TOPIC

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

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- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness.

- **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

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- Woodruff, L. (2022). AARP. How to Be a Partner, Not a Parent, When Providing Care for a Spouse: Ways to keep the romantic connection alive despite illness or injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health/info-2022/keep-romance-alive.html>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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Stock images:
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