

# FLOYD COUNTY

## BUILDING STRONG FAMILIES

### NEWSLETTER



Cooperative  
Extension Service

May 2024

#### LIGHTNING SAFETY

Lightning strikes can occur at any time of the year, but we associate thunderstorms and lightning with warmer weather.

The National Weather Service reports that lightning strikes the United States 25 million times a year. These strikes kill approximately 20 people while others who are struck by lightning can be severely injured. About 90% of those struck by lightning do survive but there can be long-term health effects.

Below are some basic tips to help you stay safe during a thunder or lightning storm.

- Always remember and act on, "When Thunder Roars, Get Indoors."
- During a storm, no outdoor space is safe. Get indoors immediately. If you can hear thunder, then the accompanying lightning is close enough to strike you.
- Indoors means a substantial structure with electricity or plumbing. If you are not able to get indoors immediately, an enclosed metal-topped automobile with closed windows is also a safe shelter during a lightning storm.
- When indoors during a storm, the National Weather Service recommends taking the following steps to stay safe:
  - Stay off corded phones, computers, and other electrical equipment that put you in direct contact with electricity. Cordless phones and cell phones are safe to use.
  - Avoid plumbing, including sinks,

baths, and faucets, activities such as taking a bath or shower, and washing dishes during a storm.

- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.
- Even after the storm has passed, experts say to stay indoors for 30 minutes after the last rumble of thunder.

If you are caught outdoors and cannot get indoors immediately, take these steps to reduce your risk of being struck by lightning.

- Stay off elevated areas such as peaks, hills, and mountains.
- Stay away from bodies of water such as ponds, lakes, and rivers.
- Do not shelter under an isolated tree or rock overhangs, such as a cliff.
- Stay away from outside objects that can conduct electricity such as power lines, metal fences, etc.

Following these steps can keep you and others safe during a lightning storm.

References  
<https://www.weather.gov/safety/lightning> Accessed 1/18/24  
<https://www.weather.gov/safety/lightning-tips> Accessed 1/19/24  
<https://www.weather.gov/media/safety/Lightning-Brochure18.pdf> Accessed 1/19/24  
 Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2024

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*Andrea Slone*

Andrea J. Slone  
 County Extension Agent for  
 Family & Consumer Sciences Education

**Floyd County Extension Service**  
 3490 Ky. Rt. 321  
 Prestonsburg, KY 41653  
 (606) 886-2668

**Web:** ces.ca.uky.edu/Floyd/  
 FamilyConsumerSciences

**Facebook:**  
[www.facebook.com/FloydExt](http://www.facebook.com/FloydExt)

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Disabilities  
 accommodated  
 with prior notification.

# ADULT HEALTH BULLETIN



MAY 2024

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

# MENTAL HEALTH AWARENESS



**M**ay is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

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Disabilities  
accommodated  
with prior notification.



***If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.***

**→ Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**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.

MAY 2024

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

## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

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 Disabilities accommodated with prior notification.



## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

Contributing Author: Jared Borders, Family Financial Counseling Student, University of Kentucky

Co-authored by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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# FLOYD COUNTY HOMEMAKER SCOOP

## HOMEMAKER CLUB NEWS

The 2023-2024 Kentucky Extension Homemaker year is set to start September 2023! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

**Facebook:** <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on

### **SAVE THE DATE**

**May 14, 2024**

Lunch & Learn  
"strong Bones"

**May 16, 2024**

Craft Class  
"All about Herbs"

### **Lunch & Learn Monthly Topics**

Cherished Possessions	Carbon Monoxide
Savoring the Flavor: Spices	Generational Differences
Planning Thrifty Holiday Meals	Self-Care
Radon	Strong Bones

## SPECIALTY CLUB NEWS

### **Nimble Thimble Quilt Guild**

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of May. From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

### **Woolies**

The Woolies will be meet on Second Wednesday of May at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

### **Evening Quilt Group**

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

## **Family & Consumer Sciences Programming**

[www.facebook.com/floydfcs](http://www.facebook.com/floydfcs)



**Like us on Facebook & stay up to date on FCS programming!**

# DIABETES SUPPORT GROUP MAY 30

**At 10 AM**

**At the Floyd County  
Extension Office**

DISCUSSION TOPIC:

## Why Protect Out Kidneys?



10AM: JOIN VIA ZOOM  
[zoom.us/my/arhdiabetessupport](https://zoom.us/my/arhdiabetessupport)



For those with Diabetes  
attending in person:  
**Free Food Box**  
Medically-tailored

Family and support caregivers are welcome  
to attend. One food box per person with diabetes.

**To PRE-REGISTER or more  
information:**

Call: 606-789-3511 ext: 1229  
Email: [diabetesarh1@arh.org](mailto:diabetesarh1@arh.org)

FLOYD COUNTY EXTENSION HOMEMAKER CRAFT DAYS

## All about Herbs

May 16, 2024

1:00—3:00 PM

Floyd County Extension Office

Learn all about herbs, uses, and care!

Make an herb vinegar and an herb potted plant!

You must pre-register with the Floyd County Extension Office at (606) 886-2668 by May 13, 2024.



## Lunch & Learn

Floyd County Extension Office

May 14, 2024

12:00 PM

Topic:





## DRY CANNING

Recently, the internet and social media have made two methods of dry canning popular. One method is the practice of placing raw vegetables in a jar without adding any liquid, applying lids and processing for the same amount of time as if you had added water or liquid to cover the vegetables. This method is dangerous and could lead to botulism, a deadly form of food poisoning caused by the botulinum toxin. Research-based canning recipes include filling the jar with liquid to cover the vegetables. Process times are based on heat distribution with liquid in the jar (moist heat). If there is no liquid in the jar (dry heat), there will be uneven heat distribution and the product will be under processed. Under processed food may contain *Clostridium botulinum* spores, which lead to the formation of the botulinum toxin.

Another method of dry canning is the practice of placing dried foods like rice, beans, nuts, or grains in canning jars, applying lids then placing them in warm ovens to seal. A similar version is to place food in jars, warm them in the oven, and apply lids when they come out. Both of these practices are unsafe. When you heat dried foods, moisture naturally present in the food (even very small amounts) moves to the surface of the food and settles in pockets between the food or condenses on the inside of the jar. This moisture could support the growth

of bacteria, mold, and pathogens such as *Salmonella*. The best way to store dried foods is to keep them in airtight containers at a reasonable temperature or in the freezer.

Be food-safe when preserving food. Don't trust everything you see on social media. Use USDA research-based canning recipes that include procedures on how to select and prepare the food, fill the jars, apply the lids, and process in the recommended canner (making altitude adjustments if necessary) for the recommended time.

For more information on canning or storing dried foods correctly, contact your local Extension office.

Reference: National Center for Home Food Preservation [https://nchfp.uga.edu/how/general/equip\\_methods\\_not\\_recommended.html](https://nchfp.uga.edu/how/general/equip_methods_not_recommended.html) and <https://preservingfoodathome.com/2020/06/25/dry-canning-raw-vegetables-is-an-unsafe-practice/>



## Strawberry Salsa

**1 tablespoon** olive oil

**2 tablespoons** white vinegar or white balsamic vinegar

**½ teaspoon** salt

**2 cups**, coarsely chopped fresh strawberries

**8** green onions, chopped

**2 cups** chopped cherry or grape tomatoes

**½ cup** chopped fresh cilantro

**1. Whisk** olive oil, vinegar, and salt in large bowl.

**2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.

**3. Cover** and chill for 1 hour.

**4. Serve** with tortilla or pita chips.

**Yield:** 7, ½ cup servings.

**Nutrition Analysis:** 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.







# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Nimble Thimble Quilt Guild</u> 10 AM	2	3	4
5	6	7	8 <u>Woolies</u> 10 AM	9	10	11
12	13 <u>Evening Quilt Group</u> 5:30 pM	14 <u>Homemaker Lunch &amp; Learn</u> “Strong Bones” 12:00 PM <u>Heart Healthy Cooking</u> Stroke Awareness 5:00 PM	15 <u>Nimble Thimble Quilt Guild</u> 10 AM	16 <u>Homemaker Craft Days</u> 1:00 PM	17	18
19	20 <u>Evening Quilt Group</u> 5:30 pM	21	22 <u>Nimble Thimble Quilt Guild</u> 10 AM	23	24	25
26	27	28	29	30 <u>Diabetes Support Group</u> 10 AM	31	

# Life's too short for bad tacos!

let's **taco**-bout **stroke** **Cooking Classes**

Explore healthy taco recipes and learn how good nutrition can lower your risk of heart disease and stroke.

**MAY 14 5-7PM** | Floyd Co. Extension Office | 3490 KY-321, Prestonsburg  
*Each Family will receive a \$25 Food City Gift Card*

**MAY 16 5-7PM** | Johnson Co. Extension Office | 826 FM Stafford Ave, Paintsville *Each Family will receive a \$25 Food City Gift Card*

**MAY 28 5-7PM** | Morgan Co. Extension Office | 1002 Prestonsburg St, West Liberty *Each Family will receive a \$25 Save-a-lot City Gift Card*

To pre-register, please email [hsumons@arh.org](mailto:hsumons@arh.org)

