

# FLOYD COUNTY

## BUILDING STRONG FAMILIES

### NEWSLETTER



Cooperative  
Extension Service

Fall 2025

#### EASY TIPS FOR PACKING HEALTHY, YUMMY LUNCHES FOR HAPPY, ENERGETIC KIDS

Lunch is a nice break from your work and play time for kids. This important meal is also an important time for kids to refuel for the rest of the day. Packing lunches can feel like a chore, but it doesn't have to. In fact, it can be healthy, fun and a learning opportunity all at once.

Here are some tips for packing a delicious, nutritious lunchbox for your kiddos and making it an enjoyable experience:

- **Balance is key.** Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their bellies, fuels their minds and bodies, and helps regulate their energy and emotions. This combination is the recipe for a tasty lunch.
- **Protein power.** Protein is key for helping children feel satisfied throughout the day. To meet their protein needs, consider including a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.
- **Colorful carbohydrates.** Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized.
- **Flavorful fats.** Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fat.

Pull it all together with a fun theme. Now that you know the parts and pieces of a lunch, how do you put it all together?

Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platters, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter, yogurt, banana and cucumber.

Pack at your peak. Are mornings hectic for you? Consider packing lunches the night before. Does it work better to do everything at once? Taking extra time on Sundays to pack lunches for the week is a good option. A grab-and-go in the morning saves time for you and starts the morning off more organized.

Have children take the lead. With some guidance about what kinds of food to include, children can pack their own lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of what is for lunch. They can find and put everything together. To give children even more independence, give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children might need some help, but they will definitely enjoy being part of the process.

Don't forget the ice. Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Floyd County Extension office.

**Source:** Courtney Luecking, Extension specialist for nutrition and health

#### INSIDE THIS ISSUE

Health Bulletin	2-3
Money Wise	4
Homemaker/Specialty News	6
Dates to remember	8



*Andrea Slone*

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# 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)

## THIS MONTH'S TOPIC

# PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



**T**he "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

**Continued on the next page** ➔

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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

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**Stock images:** Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

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## 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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## ***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/>

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# FLOYD COUNTY HOMEMAKER NEWS

## HOMEMAKER CLUB NEWS

Please contact your club president for more details about club meetings.

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

### **SAVE THE DATE**

**August 7, 2025**

Homemaker Council  
Meeting

**August 19, 2025**

Annual Meeting

**September 19, 2025**

Leader Training

**October 17, 2025**

Griffith Family Farm Tour

**November 21, 2025**

Leader Training

**Allen (Circle of Friends) Homemaker Club** Meetings will be held monthly at the Allen Baptist Church on the first Monday of each Month at 11 AM.

**May Valley Homemaker Club** Meetings will be held monthly at the Martin Church of Christ on the third Tuesday of the summer months at 11 AM.

### **Monthly Lesson Topics:**

**September:** Self-Care: Strengthening Family and the Community

**October:** Mental Health Matters

**November:** Yoga-ta Try This!

**January:** The Power of Civic Engagement: Strengthening Our Communities

**February:** Stretching Your Dollar: What to Do When the "Ends" Don't Meet

**March:** Finding Kentucky Farm Fresh Food Near You

**April:** Building a Better Bowl

**May:** Making Friends with food: The Power of Positive Food Talk

## SPECIALTY CLUB NEWS

### **Nimble Thimble Quilt Guild**

The Nimble Thimble Quilt Guild will be only be meeting on 1st, 3rd, and 4th Wednesday of June and July at 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 June and July 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 the third & fourth Monday of the June and July 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](https://www.facebook.com/floydfcs)**



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# DIABETES Connection 2025

 **aetna**  
Aetna Better Health  
of Kentucky



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**AUG 28**

**TWO CONVENIENT LOCATIONS**

## Mental Health and Goal Setting

**10AM Floyd County UK Extension Office**  
at 3490 KY-321 in Prestonsburg

**2PM Tug Valley ARH Admin Conference Room**  
at 260 Hospital Road in South Williamson

*Join us at 10am via Zoom  
from anywhere!*



<https://arh-org.zoom.us/j/9876543210>

FOR MORE INFO:



**606.789.3511**  
ext. 1229



[diabetesarh1@arh.org](mailto:diabetesarh1@arh.org)

**UNDERSTANDING DIABETES TOGETHER!**

**Family members and caregivers encouraged to attend!**

## Cooperative Extension Service



**FLOYD COUNTY EXTENSION HOMEMAKERS**

**A HIDDEN TREASURE**

You are invited to the  
Floyd County Extension  
Homemaker Annual  
Meeting

**Tuesday, August 19, 2025**  
**12:00 PM**

**Floyd County Extension Service**  
3490 KY RT 321  
Prestonsburg, KY 41653

**Lunch will be provided**  
**Bring a friend or guest!**

RSVP at (606) 886-2668

 **HomeMakers**

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LEXINGTON, KY 40546

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# August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	7	8	9 Kids Day at the Farmers' Market
10	11	12	13 <u>Woolies</u> 10 AM	14	15	16
17	18 <u>Evening Quilt Group</u> 5:30 PM	19 <u>Homemaker Annual Meeting</u> 12:00 PM	20 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	21	22	23
24	25 <u>Evening Quilt Group</u> 5:30 PM	26	27 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	28 <u>Diabetes Connections</u> 10:00 AM	29	30
31	<u>Homemaker Council</u> 1:00 PM			<u>Heart Healthy Cooking</u> 5:00 PM		

# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE CLOSED	2	3 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	4	5	6
7	8 <u>Allen Homemakers</u> 11:00 AM	9	10 <u>Woolies</u> 10 AM	11	12	13
14	15 <u>Evening Quilt Group</u> 5:30 PM	16	17 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	18	19 <u>Homemaker Leader Training</u> 10:00 AM	20
21	22 <u>Evening Quilt Group</u> 5:30 PM	23	24 <u>Nimble Thim- ble Quilt Guild</u> 10 AM	25	26	27
28	29	30				



# October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Nimble Thimble Quilt Guild</u> 10 AM	2	3	4
5	6 <u>Allen Homemakers</u> 11:00 AM	7	8 <u>Woolies</u> 10 AM	9	10	11
12	13	14	15 <u>Nimble Thimble Quilt Guild</u> 10 AM	16	17 <u>HMK Griffith Family Farm Tour</u>	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 <u>Evening Quilt Group</u> 5:30 PM	28	29	30 <u>Diabetes Connections</u> 10:00 AM	31	

# November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <u>Allen Homemakers</u> 11:00 AM	4	5 <u>Nimble Thimble Quilt Guild</u> 10 AM	6	7	8
9	10	11	12 <u>Woolies</u> 10 AM	13	14	15
16	17 <u>Evening Quilt Group</u> 5:30 PM	18	19 <u>Nimble Thimble Quilt Guild</u> 10 AM	20	21	22
23	24 <u>Evening Quilt Group</u> 5:30 PM	25	26	27 OFFICE CLOSED	28 OFFICE CLOSED	29
30						



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## Twice-Baked Acorn Squash

- **2 medium** acorn squash  
(1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach,  
chopped
- **4 strips** turkey bacon,  
cooked and crumbled
- **1/2 cup** grated parmesan  
cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

**Yield:** 4 servings.

**Serving size:** 1/2 of an acorn squash.

**Nutrition Analysis:** 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

