

# FLOYD COUNTY

## BUILDING STRONG FAMILIES

### NEWSLETTER



Cooperative  
Extension Service

*June/July 2025*

#### THOSE LIVING WITH ALPHA-GAL SYNDROME CAN STILL LEAD NORMAL LIVES

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb—anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter.

If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially

high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin- and talk to your health-care provider or pharmacist.

Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths from spring through late summer. Long pants, permethrin-treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.

For more detailed guidance on living with alpha-gal syndrome, see the University of Kentucky's publication at <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3646.pdf>.

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*Andrea Slone*

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LEXINGTON, KY 40546



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with prior notification.



# ADULT HEALTH BULLETIN



**JUNE 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

# WATER SAFETY IS FOR EVERYONE



**L**ots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

**Continued on the next page** ➔

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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**If you get caught in a rip current,**

**do not try to fight against it.**

**Swim parallel to the shore**

**until you're out of the current,**

**then swim back to shore.**

### → Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

#### REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

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## THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.



Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

### YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.

### PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

**DO** Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith\_Family\_Home or 2\_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

**DO** Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

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Lexington, KY 40506



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## **CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.**



**DO** Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

**DO** Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

**DON'T** Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

**DO** Secure your social media accounts as much as they will permit.

**DON'T** Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

**DO** Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

### **REFERENCES**

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. [https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD\\_IAPM\\_Guide\\_March\\_2021.pdf?ver=FDvB5WW2UB\\_vxPVQBJuVww%3d%3d](https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d)

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>

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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**

**July 17, 2024**

Audit Committee &  
Annual Meeting  
Planning

**July 22, 2025**

Bylaws Committee

**August 7, 2025**

Homemaker Council  
Meeting

**August 19, 2025**

Annual Meeting

**September 19, 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 Floyd County Public Library—Eastern Branch on the third Tuesday of the summer months at 11 AM.



## 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



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**JUNE 26** | TWO CONVENIENT LOCATIONS

## Mid-Year Celebration

We will have door prizes, awards, and a celebration of accomplishments!

**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/91234567890>

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!**



## FLOYD COUNTY CANNING BASICS 101

Join us for a FREE in-person, hands-on workshop. Learn the basics of canning, safety, and proper practices. We will be demonstrating proper pressure canning and waterbath canning techniques. Four classes will be offered with each class limited to 10 participants. Each participant will be taking home their very own canned product, canning information, and more!

### WATER BATH CANNING WORKSHOPS

**JULY 8, 2025**  
5 PM - 7 PM

### PRESSURE CANNING WORKSHOPS

**JULY 22, 2025**  
5 PM - 7 PM

ALL WORKSHOPS WILL BE HELD AT THE FLOYD COUNTY EXTENSION OFFICE.

You MUST call and register for the workshops at (606) 886-2668.

# June 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4 <u>Nimble Thimble Quilt Guild</u> 10 AM	5	6	7
8	9	10	11 <u>Woolies</u> 10 AM	12	13	14
15	16 <u>Evening Quilt Group</u> 5:30 PM	17 <u>May Valley Homemakers</u> 11:00 AM	18 <u>Nimble Thimble Quilt Guild</u> 10 AM	19	20	21
22	23 <u>Evening Quilt Group</u> 5:30 PM	24	25 <u>Nimble Thimble Quilt Guild</u> 10 AM	26 <u>Diabetes Support Group</u> 10:00 AM	27	28
29	30					



# July 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1	2 <u>Nimble Thimble Quilt Guild</u> 10 AM	3	4 <b>OFFICE CLOSED</b>	5
6	7	8 <u>Canning Basics</u> <u>101</u> 5 PM	9 <u>Woolies</u> 10 AM	10	11	12 <u>Kids Day at the Farmers' Market</u>
13	14	15 <u>May Valley Homemakers</u> 11:00 AM <u>Youth Cooking Camp</u>	16 <u>Nimble Thimble Quilt Guild</u> 10 AM <u>Youth Cooking</u>	17 <u>Youth Cooking Camp</u>	18	19
20	21 <u>Evening Quilt Group</u> 5:30 PM	22 <u>Canning Basics</u> <u>101</u> 5 PM	23 <u>Nimble Thimble Quilt Guild</u> 10 AM	24	25	26
27	28 <u>Evening Quilt Group</u> 5:30 PM	29	30	31		



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## Tomato Basil Salad

**¼ cup** fresh basil leaves  
**1** pint cherry, grape or other salad tomatoes, halved (2 cups)  
**1** large cucumber, chopped (2 cups)  
**3** green onions, chopped (½ cup)  
**1** small yellow bell pepper, seeded and diced

**3 tablespoons** crumbled, fat free feta cheese  
**3 tablespoons** olive oil  
**2 tablespoons** white balsamic or white vinegar  
Salt and freshly ground pepper

**Roll** basil leaves lengthwise and **cut** across into ¼ inch strips. **Combine** basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. **Whisk** olive oil with vinegar. **Drizzle** over salad ingredients and lightly **toss** to cover. **Season** with salt and pepper to taste.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:**

150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.