

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER



Winter 2022/2023

PREPARING YOUR HOME FOR WINTER

As the weather turns colder, the threat of severe winter weather is ahead. It is important to prepare now so your home is ready for Old Man Winter.

When preparing for the possibility of severe weather, such as winter storms and cold temperatures, have an emergency preparedness plan. Share your plans with family and friends. Gather the necessary items for either sheltering in place or evacuating if you need to leave your home. For more information on Planning for a Natural Disaster, visit <https://fcs-hes.ca.uky.edu/content/planning-natural-disaster>.

After developing an emergency preparedness plan for you and your family, it's time to make one for your home.

Steps you can take now to prepare your home for winter weather:

- Have an expert service your heating source (furnace, fireplace, wood stove, chimney) to make sure they will work properly, provide heat, and are properly ventilated.
- Properly install your smoke alarms and carbon monoxide detectors. Test your alarms, and fill them with fresh batteries. Experts recommend changing the batteries twice a year.
- Seal and weather strip doors and windows. Replace screens with storm windows.

- Insulate any indoor water pipes near exterior walls to keep them from freezing and bursting.
- Unhook outside water hoses.
- Clean your gutters of any leaves and debris. This will decrease the weight on the gutters when it snows. It also will allow for proper water flow when the snow and ice melt.
- Inspect your roof inspected for any holes, cracks, and gaps.
- Keep bushes and trees trimmed to keep limbs from falling on your home or electrical lines.
- If you have a pet, plan to bring them indoors. Or make sure they have proper shelter, heat, food, and water outside.
- By taking these steps before severe winter weather arrives, you will be prepared and ready for whatever Old Man Winter brings this year.

References:

<https://fcs-hes.ca.uky.edu/content/planning-natural-disaster>

<https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>

<https://www.cdc.gov/prepyourhealth/planahead/index.htm>

<https://www.cdc.gov/nceh/features/winterweather/index.html>

<https://www.cdc.gov/disasters/winter/index.html>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2022

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LEXINGTON, KY 40546



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with prior notification.

ADULT

HEALTH BULLETIN



DECEMBER 2022

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:

THE WINTER BLUES



Do you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page →



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Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

→ Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2022

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THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.



LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.

UNDERSTANDING YOUR "ESTATE"

After your death, the full contents of your estate must be distributed. This includes all the items you cherished within it (and even some you didn't cherish) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes everything you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. Everything.



YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an asset distribution plan or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the Possession column, list each item or group of items you find. In the next column, indicate the Recipient you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the Reason column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a Distribution Method, such as gift, sell, or donate.

LETTER OF LAST INSTRUCTIONS

Consider attaching a Letter of Last Instructions to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, Transferring Cherished Possessions, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

ADDITIONAL RESOURCES:

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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Dinner for Two

Cooking as a Team

Bring your spouse, significant other, friend, or relative and learn how to cook together as a team!

Floyd County Extension Office
3490 KY RT 321
Prestonsburg, KY 41653

REGISTRATION REQUIRED.

PLEASE CONTACT TO REGISTER:

Floyd County Extension
Office at
(606) 886-2668

Dates:

January 13, 2023

February 10, 2023

March 10, 2023

April 7, 2023

All dates will begin at

6:00 PM



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Plug Your Spending Leaks in the New Year

Each new year, many people make resolutions to help them feel better, begin healthy behaviors, or learn a new skill. This also can be a good time to create better financial habits such as plugging spending leaks. Spending leaks are small, “innocent” purchases that add up over time. They can drain our budgets if we’re not careful. Often, we spend money without realizing how quickly “a little bit here” and “a little bit there” adds up. When we find our spending leaks, we can develop strategies to change those spending behaviors.

First, consider the little things you buy often, such as snacks, beverages, digital downloads, lottery tickets, or other impulse buys. These are examples of your spending leaks. To track your spending leaks, keep a daily spending diary for a set amount of time, like a week or month. This spending log can be simple and handwritten on notebook paper, or you can use a spreadsheet or app. Be sure to record everything you buy in a day, no matter how small. Tracking expenses can help you detect spending leaks and trends. When you total your purchases over a month, you’ll see how small expenses can add up quickly.

Next, review your spending log to see where you can cut back on spending. Spending leaks can be parts of our normal routines. That makes them hard to spot. Often, we don’t realize how much money we spend on things like specialty coffees, takeout food, vending machine purchases, streaming services, or even hobbies or pets. Other common spending leaks include cigarettes, alcohol, and junk food. When we add up these costs, it can be surprising to see how much money we could

save by making different choices.

Impulse shopping is another common spending leak. This is especially true in the digital age. Smartphones make it easy to buy unneeded items online. With purchase options like “one-click” or “easy pay,” clicking “add to cart” allows you to shop without ever getting off the couch. Quick online purchases may seem harmless in the moment; however, over time these spending habits can affect your budget. For example, an unplanned purchase of \$25 twice a month adds up to \$600 a year.

To plug a spending leak, you need to create a solution that breaks the spending habit. For instance, if you buy two \$5 lattes a week, which is \$520 for the year, get creative by brewing new recipes at home. Drive-thru meals adding up? Commit to packing lunches from home and make eating out an occasional treat rather than a regular behavior. Online shopping breaking the bank? Disable one-click buying options. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

Whatever your resolutions this new year, consider reflecting on your spending leaks. Plan out purchases in advance and consider ways you can keep your money from going down the drain!

Source: Nichole Huff, Ph.D., assistant Extension professor, family finance and resource management

Carbon Monoxide Poisoning and Prevention

The National Fire Protection Association defines carbon monoxide (CO) as: “Often called the invisible killer, carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.”

Since you can’t see, taste, or smell carbon monoxide you unknowingly breathe this gas in when exposed. These exposures cause hundreds of accidental deaths and make thousands ill each year.

Symptoms of Carbon Monoxide Poisoning

The CDC reports the most common symptoms of carbon monoxide poisoning are: Headache, Dizziness, Weakness, Upset stomach, Vomiting, Chest pain, Confusion, and Flu-like symptoms.

High levels of exposure can lead to passing out or death, especially if you are asleep or drunk.

If you think you are suffering from carbon monoxide exposure, get into fresh air immediately, contact emergency personnel, and seek medical attention.

Steps of Prevention

What steps can you take to prevent your exposure to carbon monoxide?

1. Install a carbon monoxide detector in your indoor space.
2. Have a qualified technician service your heating system, water heater, and other appliances fueled by gas, oil, or coal each year.
3. Have a qualified technician service your chimney each year to prevent CO build up.
4. Never use a charcoal grill or portable gas stove indoors.
5. Never use a gas range or oven for indoor heating.
6. Don’t use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent. Experts recommend using an extension cord that is longer than 20 feet to keep the generator at a safe distance.
7. Never leave a gas-powered motor running (car, truck, motorcycle, lawn mower, etc.) in the garage even if the garage door is open.

References:

<https://www.nfpa.org/Public-Education/Staying-safe/Safety-equipment/Carbon-monoxide>
<https://www.cdc.gov/co/faqs.htm#:~:text=The%20most%20common%20symptoms%20of,pass%20out%20or%20kill%20you.>
<https://hes.ca.uky.edu/news-story/carbon-monoxide-safety-extremely-important-during-winter>
<https://www.cdc.gov/co/guidelines.htm>
https://www.usfa.fema.gov/downloads/pdf/publications/co_safety_flyer.pdf
<https://www.cdc.gov/nceh/features/timechangecodetectors/index.html>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October 2022



FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

SAVE THE DATE

December 2022

Holiday Social/
Annual Meeting

**Homemaker Dues
are due! Please
have dues paid
by
December 15th
to Cathy Goble.**

The 2022-2023 Kentucky Extension Homemaker year is set to start September 2022! 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>

2022-2023 LUNCH & LEARN

HOMEMAKER LESSONS

September: Savor the Flavor: Cooking with Oils & Vinegars

October: Savoring the Eating Experience: The Art of Eating Mindfully

November: Hunger in Kentucky

January: Types of Scams (Mailout)

February: Day Trips

March: Making the Most of Meals while Traveling

April: Tips for Managing Stress Eating

May: Entertaining Little Ones

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

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

Woolies

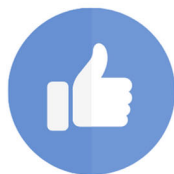
The Woolies will be meet on Second Wednesday of October at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

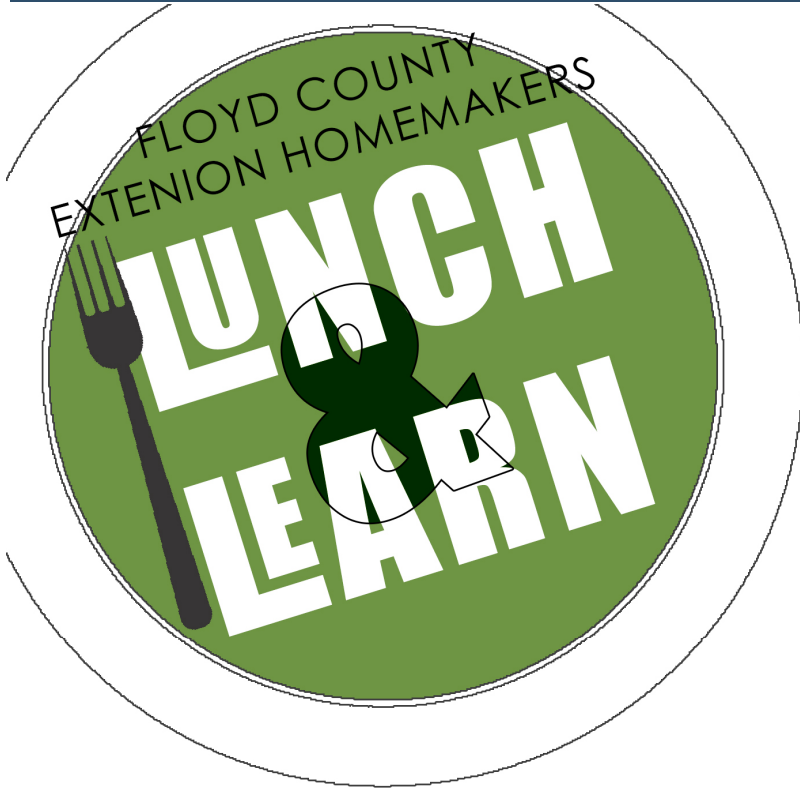
The Evening Quilt Group will now meet on third Tuesday of the month at 5:30 PM at the Floyd County Extension Office. The group will be doing a grocery bag project. For more information about this group, contact the office at (606) 886-2668.

Family & Consumer Sciences Programming

www.facebook.com/floydfcs



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



Homemaker Lunch & Learns are back!

These are **FREE** to all Homemaker members. A lesson along with lunch will be provided each month! Mark your calendars!

September 20, 2022

“Savor the Flavor:
Cooking with Oils &
Vinegars”

October 18, 2022

“Savoring the Eating
Experience:
The Art of
Eating Mindfully”

November 8, 2022

“Hunger in Kentucky”

March 21, 2023

“Making the Most
of Meals While
Traveling”

April 18, 2023

“Tips for Managing
Stress Eating”

May 16, 2023

“Entertaining
Little Ones”

All Lunch & Learn
programs will begin
at **12:00 PM** at
the **Floyd County
Extension Office**

located at:

**3490 KY RT 321
Prestonsburg, KY 41653**

Please call to register
at **(606) 886-2668**.



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December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 <u>Nimble Thimble Quilt Guild</u> 10 AM Christmas Party	8 <u>Homemaker Annual Meeting</u> 5:30P M	9	10
11	12	13	14 <u>Woolies</u> 10 AM	15	16	17
18	19	20	21 <u>Nimble Thimble Quilt Guild</u> 10 AM	22	23	24
25	26 Office CLOSED	27 Office CLOSED	28 Office CLOSED	29 Office CLOSED	30 Office CLOSED	31

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office CLOSED	3	4 <u>Nimble Thimble Quilt Guild</u> 10 AM	5	6	7
8	9	10	11 <u>Woolies</u> 10 AM	12	13 <u>Dinner for Two</u> 6:00 PM	14
15	16	17	18 <u>Nimble Thimble Quilt Guild</u> 10 AM	19	20	21
22	23	24	25 <u>Nimble Thimble Quilt Guild</u> 10 AM	26	27	28
29	30	31				