

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER



Cooperative
Extension Service

February/March 2025

DON'T GET CAUGHT OUT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)

- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact your local Floyd County Extension office for more information on preparing for severe weather or other natural disasters.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

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Andrea Slone

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County Extension Agent for
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

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>

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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Disabilities accommodated with prior notification.



Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

→ **Continued from the previous page**

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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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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Disabilities accommodated with prior notification.

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://ncl.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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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

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

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

Allen 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 each Month at 11 AM

Monthly Lesson Topics:

September: Understanding Suicide

October: Addiction 101

November: Pathways to Wellness

January: Indoor Air Quality

February: Move Your Way: Exercise for Everyone

March: Air Fryer

April: Mealtime Rut

May: Grand Cooks

SAVE THE DATE

February 28, 2025

Leader Lesson Day

May 6-8, 2025

State

Annual Homemaker
Meeting

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be only be meeting on 1st, 3rd, and 4th Wednesday of February and March 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 February and March 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 February and March 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



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

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

Dates:
February 14, 2025
March 7, 2025

All dates will begin at 6:00 PM

To Register:
call the Floyd
County
Extension
Office at
(606) 886-2668

DIABETES

Connection

2025



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

FEB 27

TWO CONVENIENT
LOCATIONS

Talking about Nutrition

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

TO PRE-REGISTER OR FOR MORE INFO:



606.789.3511
ext. 1229



diabetesarh1@arh.org

February 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 <u>Dinner for Two</u> 6:00 PM	15
16	17 <u>Evening Quilt Group</u> 5:30 PM	18 <u>May Valley Homemakers</u> 11:00 AM	19 <u>Nimble Thimble Quilt Guild</u> 10 AM	20	21	22
23	24 <u>Evening Quilt Group</u> 5:30 PM	25	26 <u>Nimble Thimble Quilt Guild</u> 10 AM	27 <u>Diabetes Support Group</u> 10:00 AM	28	

March 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 <u>Dinner for Two</u> 6:00 PM	8
9	10	11	12 <u>Woolies</u> 10 AM	13	14	15 <u>Quilters' Day Out!</u>
16	17 <u>Evening Quilt Group</u> 5:30 pM	18 <u>May Valley Homemakers</u> 11:00 AM	19 <u>Nimble Thimble Quilt Guild</u> 10 AM	20	21	22
23	24 <u>Evening Quilt Group</u> 5:30 pM	25	26 <u>Nimble Thimble Quilt Guild</u> 10 AM	27	28	29
30	31					

FLOYD COUNTY
 3490 KY Route 321
 Prestonsburg, KY 41653
 RETURN SERVICE REQUESTED



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 medium head cabbage, chopped (about 10 cups)	2 cups water
1 ½ cups chopped onion		1 cup brown rice
2 cloves garlic, minced		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein