Whitley County Family & Consumer Sciences Community Newsletter



P.O. Box 328 4275 N HWY 25 W Williamsburg, KY 40769 (606)549-1430 whitley.ca.uky.edu

Daily, Healthy Lifestyle Tips to Prevent High Blood Pressure

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting
 will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you
 quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should
 have no more than two alcoholic drinks per day. Women should have no more than one alcoholic
 drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.

Lexington, KY 40506

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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Upcoming FCS Events

Unless specified, all classes held at the Whitley County Extension Office, 4275 N. Hwy 25W, Williamsburg, KY

Registration required for all classes.



Take Back Your Space February 21 & 28 | 1-2 PM | Free

Are you tired of clutter? Do you feel like you are drowning in stuff? Join us for this series on Taking Back Your Space. We will work to improve our ability to let things go and organize our space. This process can help improve your mental health and decrease safety issues. This workshop will meet on Fridays in February.

Find Your Fitness March 11, April 8, May 13, June 10 | 11 AM | Free

Discover the joy of movement in Find Your Fitness! Each month we will explore a different type of gentle fitness, including low-impact cardio, strength exercises, flexibility stretches, and chair Pilates. With supportive guidance and a welcoming atmosphere, participants will have the opportunity to try different activities and find what feels best for their body and lifestyle. No experience is needed-just come as you are and take the first step toward a healthier, more active you!





Wits Workout March 13, April 10, May 22, June 12 | 9:30 AM | Free

Maintaining a healthy brain throughout life is important for its long-term function. Join our Wits Workout class as we challenge our brains while having fun and engaging with others both intellectually and socially. After giving your brain a workout, you may be almost ready for lunch. Let's make it a party as we transition from Wits Workout to our monthly cooking demonstration class at 11 AM. During our Cooking Through the Calendar attendees will have the opportunity to discuss and sample the recipe of the month.

Cooking Through The Calendar March 13, April 10, May 22, June 12 | 11 AM | Free

Join us as we explore the recipes in the University of Kentucky NEP 2025 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last about an hour. Recipes include Crunchy Air Fryer Fish, Banana Pancakes, Chicken Burgers, and more!





Laugh and Learn Playdate March 20, April 17, May 15, June 26 | 10:30 AM | Free

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. For pre school children ages 3-5. Each session will last about an hour. February's topic is Family/Love! Laugh and Learn is a series. If Whitley County Schools are closed, Playdates will be cancelled.

Cinnamon Rolls Workshop March 21 | 6-8 PM | \$5.00

Join us for this fun make-and-take cinnamon roll workshop. During this class students will be making easy yeast cinnamon rolls from scratch. This single rise recipe is a perfect recipe for beginners. If possible, students should bring mixing bowl, wooden spoon, rolling pin, whisk, & pan for transporting and cooking rolls (pie pan, round or square baking pan).



This class is intended for adults 18+ only and space is limited.



Basic Cheese Making Demonstration March 24 | 10 AM | Free

Have you ever wondered how that delicious block of cheese gets made? Now's your chance to learn the art of cheese-making from start to finish! This demonstration class is informative and engaging process where participants can learn the steps involved in turning milk into cheese.

Jelly Roll Rug Workshop March 27 | 10 AM - 3 PM | \$10.00

Join us as we learn the tips and tricks to make a beautiful and colorful jelly roll rug. Using batting along with either with jelly rolls or strips of your scraps we will explore different ways to make a small area rug. Anyone who has a basic understanding of sewing can make this rug. Students will need a sewing machine that can do a straight stitch and a zig-zag stitch. Supply list given upon registration via PACE or phone.





Acrylic Painting - Cardinal March 28 | 1 - 4 PM | \$15.00

Join us for a fun afternoon as we paint this beautiful cardinal. Stretch your creativity, enjoy a little social interaction, and practice relaxation while our instructor walks us through basic drawing and acrylic painting techniques. The class fee of \$15 includes all project supplies needed for this hands-on class. Wearing painting clothes or an art apron is recommended. Registration is required. This class is intended for ages 18 and up.

Machine Sewing Basics April 7, 14, & 21 | 5:30 - 8:30 PM | \$10.00

Have you ever said "Someday, I am going to learn to sew!" Then this class is for you! This 3-session class is designed just for beginners. We will be supplying the sewing machines, supplies, and basic tools so students may come and focus on the process of sewing. We will be covering the very basics, components of the sewing machine, and tools and supplies used in sewing. During each class students will add to their skill set and take home what they have created. This class is intended for adults and class size is limited.





VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

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

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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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/diversityinclusion/inclusivity-minute/2022/neurodiversity

https://ncld.org/join-the-movement/ understand-the-issues/

https://www.financialplanningassociation. org/article/journal/NOV21-inclusive-financialwell-being-empowerment-model-servingindependent-neurodivergent

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ADULT HEALTH BULLETIN



Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins Whitley County Extension Office 4275 N Hwy 25 W Williamsburg, KY 40769 (606) 549-1430

THIS MONTH'S TOPIC

CAN YOU STOP CANCER BEFORE IT STARTS?



HEALTH BULLETIN

THIS MONTH'S TOPICS TAY HEALTHY AS WINTER APPROACHES

> 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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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

Linda & Bugard

Linda Burgard Whitley County Extension Agent for Family and Consumer Sciences



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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



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Spring Harvest Salad

	5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
	21/2 cups spinach leaves	2½ tablespoons olive	1⁄2 teaspoon salt
	11/2 cups sliced strawberries	oil 1 tablespoon balsamic vinegar	1⁄4 cup feta cheese crumbles
	1 cup fresh blueberries		1/2 cup unsalted sliced
	1 /2 cup thinly sliced green onions	1½ teaspoons Dijon mustard	almonds
	. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl. 3 . Prepare dressing by	balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat. . Sprinkle salad with feta cheese and sliced	Yield: 8, 1 cup servings. Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.
	whisking together the lemon juice, olive oil, 4	almonds. • Serve immediately.	
		is easy. Look for the label at years' market, or roadside stand.	Dur