

October 2019



Family & Consumer Sciences Newsletter

What's Inside!

Health Bulletin

MoneyWise

Halloween Health & Safety Tips

Halloween Word Scrabble

Northeast Area Homemaker Meeting



Expecting trick-or-treaters or party guests?

Follow these tips to help make the festivities fun and safe for everyone:

Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.

Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.

Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.

Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

Remind drivers to watch out for trick-or-treaters and to drive safely

Retrieved from CDC.gov



Sarah Congleton,
Sarah Congleton

County Agent for
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Consumer
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Education

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

UK University of
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College of Agriculture,
Food and Environment

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

ADULT HEALTH BULLETIN



OCTOBER 2019

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)

Martin County
Extension Office
9 Holy Street
Inez, KY
41262
(606) 298-7742

THIS MONTH'S TOPIC:


BE A PART OF YOUR HEALTHCARE TEAM



Only 12 percent of people understand what their healthcare provider tries to tell them. Therefore, it is important to become actively involved in your healthcare. Here are some ways to help you prepare for your next appointment.

Before your appointment

- Bring all of your medicines including prescriptions, over-the-counter medications, vitamins, and dietary or herbal supplements.
- Write down your questions.
- Know your previous illnesses, past procedures, and your current medical condition.

Continued on the back 



Call your doctor if you start to feel worse or you have problems with instructions or medications.



Do not stop taking any medications without first asking your doctor or pharmacist.

➔ **Continued from page 1**

During your appointment

- Every time you talk with a healthcare provider, ask these questions to understand better your health. (1) What is my main problem? (2) What do I need to do? (3) Why is it important for me to do this?
- Let your doctor, nurse, or pharmacist know if you do not understand what you need to do. There is no need to feel rushed or embarrassed if you do not understand something. You can say, "This is new to me. Will you please explain that to me one more time?"

After your appointment

- Make sure to follow your doctor's instructions. Don't be afraid to call your doctor if you do not understand or have a question.

- Do not stop taking any medications without first asking your doctor or pharmacist.
- Call your doctor if you start to feel worse or you have problems with instructions or medications.

SOURCES:

- https://www.cdc.gov/genomics/famhistory/file/factsheet_FHH_checklist_adults.pdf
- <https://health.gov/communication/literacy/quickguide/factsbasic.htm>
- <http://familyhealthhistory.org>

**ADULT
HEALTH BULLETIN**

Written by: Natalie Jones
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Designed by: Rusty Manseau
Stock images: 123RF.com



MONEY WISE

VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



Kelly May
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OCTOBER 2019

THIS MONTH'S TOPIC:

DON'T LET SCAMS SCARE YOU THIS HALLOWEEN

Many people enjoy a little spine-tingling sensation as Halloween draws near, but no one wants to experience the fright of financial fraud. People reported losing \$1.48 billion to fraud in 2018, according to the Federal Trade Commission (FTC).

The following are the most common scams in Kentucky this year, according to the Kentucky Attorney General's Office and the Better Business Bureau. Brush up on these bad guys so you don't fall victim.

IRS and Deputy Sheriff Scams

"Imposter scams" topped the FTC list. In Kentucky, scammers often don the guise of a phony Internal Revenue Service (IRS) worker or deputy sheriff, according to the Attorney General's Office. Telephone threats can sound scary, like your number being linked to "criminal activity" or a federal warrant for your arrest. Others impersonate Social Security or Medicare employees, or lawyers. The scammer typically wants you to wire money or pay by gift card – which can't be tracked or reversed.

Tip: Don't ever wire money or send a gift card to a stranger.

Online Purchase Scams

The online purchase scam was the top Kentucky scam reported to the Better Business Bureau. People reported paying for but never receiving the item they purchased. Or, the seller asked for additional money for shipping, or other cash up front. These same tricks are used in advance fee scams and government grant scams.



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Tip: Research and verify online businesses before paying. Also, make sure the site is encrypted – look for the “s” in https.

Employment Scams

Working from home may sound like a dream come true. However, it could be a nightmare in fraud. Many of these scams involve an “employer” who sends a check and asks for money to be sent back in return. Or the employer promises to reimburse your costs and fees for doing a service, but never pays. Beware if the company requires up-front money for license, registration, or insurance. Often the phony forms or contracts on these scams appear legit.

Tip: Remember, if it sounds too good to be true, it probably is.

Grandparent Scam

This scam often targets seniors. A caller on the phone claims to be the senior’s grandchild and is in distress. The false grandchild has been arrested or stranded and needs money wired immediately. The grandchild stresses urgency and secrecy, not wanting to upset “mom and dad.” Anytime someone wants you to hurry, it’s a sign that taking the time to research may turn up some interesting facts.

Tip: Always check it out before parting with your cash.

The following are more tips for treating yourself to safety instead of tricks this Halloween:

- Don’t believe the caller ID or email address. These can be changed to reflect what the scammer wants you to believe.
- Hang up! Then sign up for the do not call list. Go to donotcall.gov, or call 888-382-1222 from the phone you want to register.
- Don’t pay in advance for something you expect to receive (sweepstakes, loan, grant, etc.).
- Don’t deposit money into your account and then pay it back to someone else. You could lose your money if the check doesn’t clear.
- While there are people you undoubtedly trust, keep in mind that they could have had their identity stolen. Even those who appear to be your friends and family could be scammers in disguise.

Hopefully these tips will keep you from being a victim. Report potential fraud to the Attorney General at 888-432-9257 and the Better Business Bureau at <https://www.bbb.org/scamtracker/us/reportscam>.

References:

BBB Institute for Marketplace Trust. “BBB Scam Tracker.” (Data retrieved Sept. 5, 2019) <https://www.bbb.org/scamtracker/us/>
Kentucky Attorney General Andy Beshear. “Scam Alerts.” (Retrieved Sept. 5, 2019) <https://ag.ky.gov/safeguarding-kentuckians/scam-alerts>
Witt, Paul. “The top frauds of 2018.” Federal Trade Commission Blog. Feb. 28, 2019. (Retrieved Sept. 5, 2019) <https://www.consumer.ftc.gov/blog/2019/02/top-frauds-2018>

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Stock images: 123RF.com



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Facebook.com/MoneyWise

Halloween Health and Safety Tips

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

**For more information about these tips, visit: www.cdc.gov/family/halloween
Office of Women's Health • 770-488-8190 (phone) • owh@cdc.gov (e-mail)**

U. S. Department of Health and Human Services
Centers for Disease Control and Prevention

Halloween Scramble

Unscramble the letters under the blanks to find out what you can do to help stay safe while trick-or-treating.

1. Walk on

— E — I — A — S — K — D — W — S — L —

2. Stay in

— O — S — G — P — R — U —

3. Avoid

— T — A — E — S — N — R — S — G — R —

4. Carry a

— G — T — A — H — F — S — I — L — H — L —

5. Ask your parents to check your

— S — E — T — T — A — R —





Cauliflower Casserole

1 head cauliflower	1/2 cup finely chopped green pepper	1/2 cup finely chopped white onion
1 cup fat-free sour cream	1/2 cup finely chopped red bell pepper	1 teaspoon salt
1 cup low-fat shredded cheddar cheese	Paprika	1/4 cup grated, reduced-fat Parmesan cheese
1/2 cup crushed corn flakes		

Preheat oven to 325 degrees F. **Grease** a 2-quart baking dish with cooking spray or vegetable oil. **Remove** the core and any green leaves from the cauliflower head. **Chop** the remaining head into 2 inch pieces. **Place** a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. **Cover** and bring the water to a **boil** over high heat. **Add** the cauliflower, and **steam** until tender, about 5 minutes. **Drain** and set aside. **Combine** sour cream, cheddar cheese, corn flakes, peppers, onion

and salt in a medium bowl. **Stir** in the cauliflower and **transfer** to the prepared baking dish. **Sprinkle** Parmesan cheese and paprika over the top of the dish. **Bake** uncovered until heated through, about 30-35 minutes.

Yield: 8 servings.

Nutritional Analysis: 110 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 519 mg sodium, 13 g carbohydrate, 2 g fiber, 6 g sugar, 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Cauliflower

SEASON: June, September, October, and early November.

NUTRITION FACTS: Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium and 100 percent of the recommended amount of vitamin C.

SELECTION: Heads should be creamy white in color, firm and heavy. Look for tight, unblemished curd and fresh looking leaves and stalk.

STORAGE: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until you are ready to use. Any brownish colored bruises may be trimmed away before cooking.

PREPARATION:

Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can be strong, mushy and beige in color if cooked for too long.

Source: www.fruitsandveggiesmatter.gov

Remove green stalks. Wash and soak, in cold salted water for 30 minutes. Leave the head whole, or break into florets. Cook covered in water until tender.

PRESERVING: Freezing: Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

KENTUCKY CAULIFLOWER

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2014

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COOPERATIVE
EXTENSION
SERVICE



Northeast Area Homemakers

2019 Annual Meeting

Gateway to Kentucky

Saturday, October 19, 2019

Registration at 9:30am

Program begins at 10:30am

Franks Community Building

1758 Adding Rd

Ashland Kentucky

Cost \$25.00

Registration must be received by
October 4th.

Please make checks payable to:
NEA Extension Homemakers

Please mail form and \$25 payment to:

Pat Rose
123 Etna Street
Russell KY 41169

Please bring items for the silent auction.
Proceeds go to Ovarian Cancer Research.

Cultural Arts check in in the Expo Building
at 9:30am.

For more information please call the
Boyd County Extension office at (606) 739-5184

Northeast Area Annual Meeting Registration

October 19, 2019

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

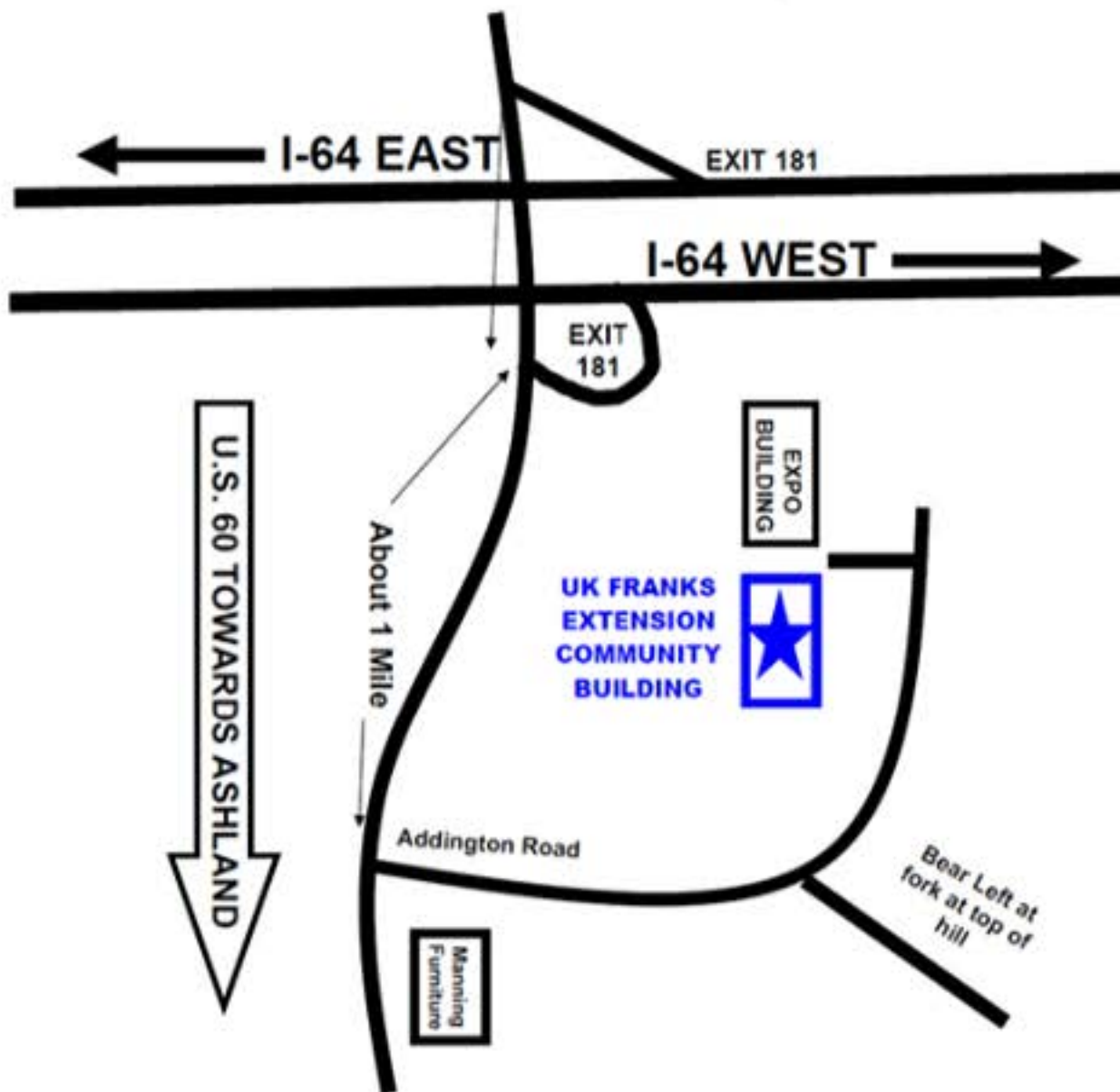
County: _____

Member:

Voting Delegate:

Guest:

**UNIVERSITY OF KENTUCKY
BOYD COUNTY COOPERATIVE EXTENSION SERVICE
FRANKS COMMUNITY BUILDING
(located at the Boyd County Extension
Education Grounds)**



Lyndall Harned

Lyndall Harned
County Extension Agent
For Agriculture and
Natural Resources

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

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