



# FAMILY & CONSUMER SCIENCES

Newsletter



It is with great sadness that I inform everyone that I will be transferring to Montgomery County in February. My official last day in the Martin County office will be Friday, February 14th. Martin County is home and always will be, but this decision was based on what is best for my family and I at this time. I feel so privileged to have had the opportunity to come home and make positive impacts in my community.

The Extension Office will continue to offer great programming that I hope everyone takes advantage of. My email will remain the same, so if you want to contact me, feel free to do so!

Thank you for having me as your Agent for 3 fantastic years!



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Sarah Congleton

*Sarah Congleton*

County Agent  
for  
Family &  
Consumer  
Sciences  
Education





## Take Prevention on Ice: Prevent Falls

During the snowy and icy months, a person's risk of falling increases. Typical injuries include broken ankle, hip, arms and shoulders as well as head and back injuries. LIM College recommends the following safety steps to help you be careful in the winter:

- Walk like a penguin—flat footed and take short steps
- Wear footwear that provides traction, such as flat and waffled rubber soles versus heels or leather
- Step down, not out from curbs so that your foot does not slide
  - Be extra careful transitioning from one type of surface to another
  - Keep your arms free so that they can be used for balance
  - Avoid talking on cell phones so that you can pay attention
    - Use handrails going up and down stairs
- Be aware of black ice—thin layer of ice that is difficult to see
  - Avoid jogging outdoors
  - Wear brightly colored clothes so that cars can see you
    - Wear hats and mittens to keep you warm

Reference: LIM College. (2015). Preventing slips and falls on ice.

Retrieved from [https://www.limcollege.edu/safety/safety-tips/january-](https://www.limcollege.edu/safety/safety-tips/january-2015)

2015 Source: Amy Kostelic, Extension Specialist for Family Life, University of

# ADULT HEALTH BULLETIN



**FEBRUARY 2020**

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  
41224  
(606) 298-7742

## THIS MONTH'S TOPIC: PREDIABETES



**I**n Kentucky, one out of every three adults has prediabetes. This equals about 1.1 million individuals. What is even scarier is that out of the 1.1 million, approximately 852,000 people don't even know it.

### What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but are not high enough to be called diabetes. Prediabetes is a serious circumstance. It often leads to type 2 diabetes and raises your risk for heart disease and stroke. But prediabetes is also your window of opportunity to prevent or delay type 2 diabetes. Prediabetes can be reversed!

Continued on the back 


Cooperative Extension Service  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## ***Prediabetes is your window of opportunity to prevent or delay type 2 diabetes.***

 Continued from page 1

### **Get checked**

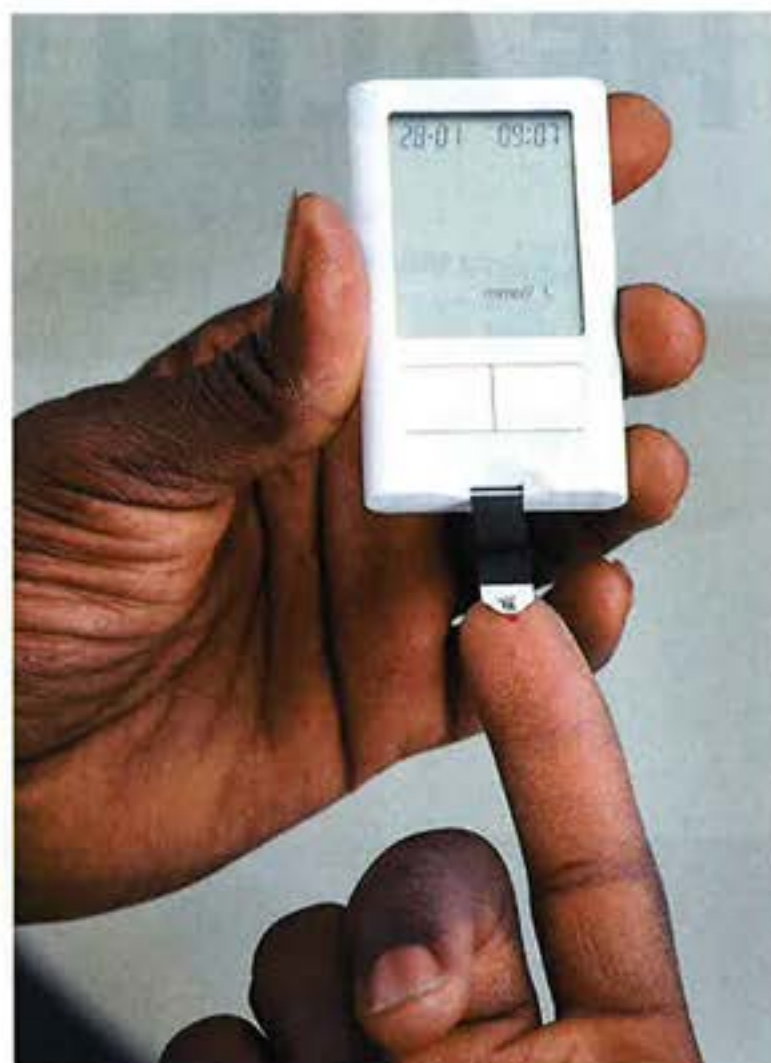
It is always best to know your health numbers and risks. If you are at increased risk for prediabetes or diabetes, ask your doctor about getting tested at your next visit. Here are some questions to ask your Healthcare provider regarding prediabetes:

- If I have prediabetes, will I get diabetes?
- What is the best step I can take to avoid getting diabetes?
- My father has diabetes. Should I be screened for prediabetes on a regular basis?
- I have diabetes. Should I have my children screened for prediabetes?
- I had gestational diabetes. Should I be screened for prediabetes regularly?
- Are there any foods I should eat that will help me to avoid prediabetes?
- Should I speak with a dietitian about changing what I eat?

### **How is prediabetes diagnosed?**

There are different ways doctors look at your blood sugar levels. The most common ways include:

- Checking your Hemoglobin A1C, which gives doctors an idea of your blood sugar levels over the past 2 to 3 months. Healthcare providers like to see an A1C below 5.7 percent. The range for prediabetes is 5.7 percent to 6.4 percent and anything higher than that would indicate diabetes.
- A fasting blood sugar test. This is when physicians look at blood sugar after an overnight fast, which means you do not eat or drink for at least eight hours. The prediabetes range is 100 to 125mg/dl.
- A glucose tolerance test is a little more involved. Healthcare providers will have you not eat for an extended amount of time and then make you drink a beverage with a lot of sugar in it. They will then monitor your blood sugar every hour for a few hours. Two hours after drinking the beverage, a blood glucose level in the range of 140 mg/dl to 199 mg/dl indicates prediabetes.



- Prediabetes is a common, but serious, disease. The primary treatment for prediabetes is the same as what you do to prevent diabetes: lose weight, exercise, and eat a healthy diet. These three things can help control your blood sugar levels and keep them from getting higher. Most importantly, get checked out! If you are at increased risk for diabetes, ask your doctor about being tested at your next visit.

#### **REFERENCES:**

- <https://familydoctor.org/condition/prediabetes>
- <https://www.cdc.gov/diabetes/library/features/prediabetes-1-in-3.html>

**ADULT**  
**HEALTH BULLETIN**

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





# MONEY WISE

VALUING PEOPLE. VALUING MONEY.  
MANAGING IN TOUGH TIMES INITIATIVE



Kelly May  
Senior Extension Associate  
(859) 562-2304  
k.may@uky.edu

## FEBRUARY 2020

### THIS MONTH'S TOPIC:

## YOU CAN'T AFFORD TO WAIT – SAVE FOR RETIREMENT NOW

Most American workers aren't saving enough for retirement, according to a 2018 report by the Stanford Center on Longevity. The report studied savings rates that would allow for full retirement at age 65 for those who plan to continue their current standard of living.

Depending on what age you begin to save, you should put between 10 percent and 20 percent of your total income into retirement accounts. The report estimated that actual contribution rates are actually between 6 percent and 10 percent.

If you plan to retire at age 65 and you start saving at age 25, you need to set aside 10 percent to 17 percent of your income, according to the Stanford report. If you don't start saving until age 35, that number should increase to 15 percent to 20 percent of your income, the report added. If you aren't saving enough, you will either have to work longer or lower your standard of living in retirement.

There are several ways to save for retirement. If your employer offers a 401(k) plan, you may be able to directly deposit money from your paycheck. Automating the process makes it easier to save. Some employers will even match funds, adding money on your behalf. A match can help you meet that 10 percent to 20 percent savings goal!

Find out how long it takes you to become "vested." If you leave the job before that date, you may lose the employer contributions. It's something to think about when considering a new job.





If your employer doesn't offer a 401(k), you can still put money into an Individual Retirement Account (IRA). Both traditional and Roth IRAs offer tax advantages. Traditional IRAs are typically funded with pre-tax dollars. Earnings are not taxed until retirement, then withdrawals are taxed as income. Contributions to a Roth IRA are made with money that has already been taxed, but earnings and withdrawals are not taxed. These accounts have different rules for eligibility and accessing funds.

You can open these accounts online by yourself through a brokerage firm, or you can hire an investment adviser. Either way, make sure you know all the fees involved – for the account, the funds you choose to invest in, and for the services of any professional helping you.

For more information on retirement and other savings, visit <http://kentuckysaves.org/>. Kentucky Saves participates in America Saves Week from Feb. 24 to 29, 2020. During the last week of February each year, partners across the country join together to share tools and resources to inspire individuals and families to save successfully and achieve better financial stability.

Once you get your retirement savings started, make sure you revisit your account at least once a year. Increase the amount you put in as much as you can. Increasing just 1 percent per year will help nudge you to a higher goal. Also consider increasing your retirement contribution anytime you receive a raise.

References:

Vernon, S., Harrati, A., Streeter, J. "Are Americans Saving Enough for an Adequate Retirement?" Stanford Center on Longevity In-Depth Report. 2018. (Retrieved Jan. 10, 2020) <http://longevity.stanford.edu/sightlines-financial-security-special-report-mobile/>

**Kelly May**, Senior Extension Associate, Family Finance and Resource Management

**Jennifer Hunter, Ph.D.**, Assistant Director of Family and Consumer Sciences Extension, University of Kentucky Cooperative Extension Service, (859) 257-3887; [jhunter@uky.edu](mailto:jhunter@uky.edu)

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[Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

# Happy Valentines Day



- **KEHA State Meeting ---> April 21 - 23 in Owensboro KY  
(Be sure to book your room by March 22)**
- **4H Camp --> July 7 - 10 in London, KY**



## Chicken and Brussels Sprouts One Pan Meal

<p><b>2</b> skinless, boneless chicken breasts (about 1 pound)  <b>1</b> tablespoon olive oil          Salt and pepper to taste</p>	<p><b>12-14</b> Brussels sprouts, trimmed and quartered  <b>1</b> cup sliced fresh mushrooms  <b>1</b> red bell pepper, diced, about 1 cup</p>	<p><b>1</b> medium yellow onion, diced, about 1 cup  <b>2</b> cloves garlic, minced  <b>½</b> cup half-and-half  <b>¼</b> teaspoon nutmeg  <b>¼</b> cup Parmesan cheese</p>
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**Preheat** oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:**

220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

## Kentucky Brussels Sprouts

**SEASON:** June to November

**NUTRITION FACTS:** Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

**SELECTION:** Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or have yellowed or wilted leaves.

**STORAGE:** Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**PREPARATION:** Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.

**To boil:** Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

**To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

**KENTUCKY BRUSSELS SPROUTS**

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

October 2018

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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<http://plateitup.uky.edu>



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