

MARCH



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

Building Strong Families



in



Martin County

Cooperative Extension Service

Martin County

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Hello Homemakers,

As a friendly reminder, the North East Area Homemaker Meeting is March 22 at Lawrence County Cooperative Extension Office at 10:00 a.m. We hope to see you there!

Sincerely,

Sarah Sumpter

Family & Consumer
Sciences Agent

What's Inside

- March Health Bulletin
- MoneyWi\$e Newsletter
- Healthy Choices for Healthy Families
- Quilters Day Out flyer
- Plate It Up KY Proud Recipe
- Put this in your calendar!

Spring is around the corner

Nicer weather-you know what that means. No excuses! Make sure you get enough physical activity per day. For most adults, it is currently recommended that a person be active 150 minutes a week.



<http://www.facebook.com/MartinCountyCooperativeExtension>

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEINGTON, KY 40546



Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



MARCH 2017

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:

TIPS FOR A BETTER NIGHT'S SLEEP



When a person cannot sleep well, he or she may be restless, short-tempered and overly stressed. There could be many different reasons for not sleeping well. There are a few ways to help your body get ready for some rest.

Here are some tips to get a better night's sleep:

- **Go to bed about the same time every night.** It is a good habit to go to bed and get up in the morning about the same time every day. By doing this, your body sets a routine when it should be awake and when it should be resting.
- **Get comfortable.** Having a room that is created for sleep is important. For most people, the ideal is a room

Continued on the back ➔



It is a good habit to go to bed and get up in the morning about the same time every day.

➔ Continued from page 1

that's dark, cool and quiet. As each person's idea of comfort is different, take some time to think about what would be more comfortable for you.

- **Don't stay in bed.** Staying in bed, tossing and turning until you fall asleep, is not a good way to settle down for the night. After about 15 minutes if you have not fallen asleep, get out of bed. Just make sure that you do a relaxing, quiet activity.
- **Watch the foods and drink you have before bed.** It is not a good idea to be getting ready for bed if you have not eaten and are feeling hungry or if you have had a lot to eat. The discomfort of those feelings may make it hard for you to rest.
- **Get active.** When a person does physical activity on a regular basis, he or she is more likely to rest well. However, you may want to be careful about exercising too close to bedtime. For some people it energizes them, which will make it more difficult to fall asleep.
- **Avoid napping during the daytime.** If you are having trouble sleeping at night, a regular nap can add to that difficulty. Having long daytime naps can affect trying to sleep at night. If you absolutely must take a nap, limit it to 10 to 30 minutes. If you work during the nighttime hours, then there is an allowance for daytime napping. In these cases, you may want to close all windows and shades to get the room as dark as possible.
- **Pay attention to your stress levels.** If you are thinking about all that you have to do the next day or week, and are feeling stressed about

If you have many sleepless nights and it is affecting your home life or your job, you should talk to a healthcare professional.



it, you may have a hard time falling asleep. One way to help is to start managing stress through basic organization skills, such as setting priorities. You should also do simple stress relief tasks such as taking a needed break and laughing with a co-worker or friend. For some people, the simple task of writing down what is on their mind and making a list right before bedtime helps.

Having a sleepless night is not unusual. However, if you have many sleepless nights and it is affecting your home life or your job, you should talk to a healthcare professional. Talking to a healthcare professional can ensure that there are no other reasons for trouble sleeping and can help you to get the sleep you need.

SOURCE:

Mayo Clinic, <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep>

ADULT
HEALTH BULLETIN

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MONEY WISE

VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



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MARCH 2017

THIS MONTH'S TOPIC: CUTTING THE CABLE CORD

If you are like every other cable consumer in the United States, you have most likely noticed a sharp increase in the cost of cable over the past decade. As a result of these rising costs, many consumers have chosen to cut the cable cord. Fortunately, increasingly widespread home Internet access and the introduction of streaming services such as Netflix, Amazon, Hulu, and HBO Now have made cutting the cable cord much easier.

Even after cutting the cable cord, it can still be costly to use a streaming service. Figuring out which combination of streaming services is best for you and your family's television viewing habits is important. Furthermore, finding ways to save on your Internet service is a great way to maximize your savings.

Below are a few steps that can help you to cut the cable cord:

- **Purchase an indoor TV antenna.** You can purchase an indoor TV antenna for \$10 or less that will provide you with free access to the major television networks. While you may miss

out on some of your favorite channels, you will still have access to most major sporting events and award shows.

- **Downsize.** If you are hesitant to cut the cable cord, consider downsizing your current cable package to a basic package. Chances are that you are paying for a number of channels that you never watch!
- **Subscribe to a streaming service.** Streaming television through your home television requires that you purchase a streaming device. These





devices take up little space and provide instant access to hundreds of television shows and movies. Streaming services offer unique features such as instant pick up where you last left off viewing a program, fast-forwarding, and the ability to save shows to view at a later time.

- **Streaming service calculators.** Before signing up for streaming services, it is a good idea to research which combination of services will save you the most money. A quick Internet search will bring you to websites that will allow you to figure out which streaming services will be most cost effective.

A downside to streaming services is that they require home Internet access. With the average broadband Internet connection now at \$50 per month, the cost of Internet service and streaming services can quickly add up. However, following the suggestions below can help you save money on your Internet costs:

- **Buy your own modem and router.** Purchasing your own equipment will spare you from having to spend anywhere from \$5 to \$10 per month on equipment rental fees through your Internet provider.

- **Pay for the speed that you really need.** Do not be tricked into buying a faster speed than you really need. The Federal Communications Commission has stated that standalone Internet service at 10 to 25 megabits per second (Mbps) is all you need for streaming.
- **Be sure that you are getting what you are paying for.** A simple Internet search will provide you with a list of websites that will allow you to test the speed of your Internet connection. If you are receiving significantly less than what you are paying for, address the issue with your Internet provider and ask for an adjustment on your next bill.
- **Use competition to your advantage.** If you live in an area with more than one Internet provider, call your provider's competitors to try and snag a better rate. You can always call your current provider to see if they will price match to avoid the hassle of switching providers.

Downsizing your current cable package, purchasing an indoor cable antenna, and subscribing to one or more streaming services are all great ways to save. As with any other financial decision, be sure to do your research first to determine which option is best for you.

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HEALTHY CHOICES

FOR HEALTHY FAMILIES

EVERYTHING YOU EAT AND DRINK MATTERS CUT DOWN ON ADDED SUGARS

To build a healthy eating style and stay within your calorie needs, choose foods and drinks with fewer added sugars. Just like it sounds, added sugars aren't in foods naturally — they're added.

Most of us eat and drink too many added sugars from these foods:

- Beverages, such as regular soft drinks, energy or sports drinks, fruit drinks and sweetened coffee and tea
- Candy
- Cakes
- Cookies and brownies
- Pies and cobblers
- Sweet rolls, pastries and donuts
- Ice cream and dairy desserts
- Sugars, jams, syrups and sweet toppings

You can limit your intake of added sugars by:

- Drinking water, unsweetened tea or coffee or other calorie-free drinks instead of sodas or other sweetened beverages
- Choosing drinks, such as low-fat or fat-free milk and 100 percent fruit juice,



that will boost dairy group and fruit group intake

- Choosing fruit as a naturally sweet dessert or sweet snack instead of foods with added sugars
- Making sweet desserts and snacks, such as cookies, cakes, pies and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them
- Choosing packaged foods that have fewer or no added sugars, such as plain yogurt, unsweetened applesauce or frozen fruit with no added sugar or syrup

Source: USDA MyPlate

INSIDE

- Basic Budget Bites
- Parent's Pow-Wow
- Food Facts: Grains
- Recipe: Rice Dessert
- Recipe: Turkey Barbeque
- Smart Tips
- Local Events

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.





BASIC BUDGET BITES

Whole grains don't have to cost more. In fact, many of your favorite grains are offered as whole grains for the same price. You can also look for store brands, such as store brand cereals. Try a few and see which ones compare well on taste. Whole grains keep you full for longer – so you may not need to cook or serve as much to start with!

Source: Share Our Strength's Cooking Matters*

PARENT'S POW-WOW

Let them learn by serving themselves. Kids will learn many useful life lessons when you let them serve themselves at meal time.

- They learn to make choices about which foods and how much to put on their plates.
- They learn to be more tuned in to when they are hungry and when they are full.
- They further build their fine motor skills and hand-eye coordination.
- They learn to share, take turns and be responsible for their choices.

To make serving themselves easy, use small bowls so your kids can see the food. Use serving forks and spoons they can hold well. Hold serving bowls for them to make it easier to scoop up the food. Be patient. Your kids are learning, so be ready to wipe up a few spills. Cheer and praise your children when they serve themselves.

Source: USDA Core Nutrition Messages



FOOD FACTS GRAINS

Make half your grains whole grains. Grains include whole-grains and refined, enriched grains. Choose whole grains more often.

Tips to help you eat whole grains as snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try 100 percent whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

Source: USDA MyPlate





Please join us

Sew Many Memories

with

Heirloom Quilt Society

Quilters Day Out

Roy F Collier Community Center

March 11, 2017

Registration begins at 9:15 a.m.



Bring a pin cushion to enter



Tablescape Challenge



Register by February 15th !

• Lunch is provided •

For more information, contact:

Marcella Cornett

606-626-5878

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Follow us on Facebook at [Facebook.com/HeirloomQuiltSociety](https://www.facebook.com/HeirloomQuiltSociety)



Broccoli Pizza

- 1½ cups** shredded Monterey Jack cheese
1 12-inch whole wheat pizza crust
1 cup chopped broccoli florets
1 medium zucchini, thinly sliced
1 medium onion, sliced into strips
- ½ medium** red bell pepper, cut into strips
1 medium tomato, thinly sliced
2 cloves minced garlic
1 teaspoon dried Italian seasoning
2 tablespoons vegetable oil

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
 - 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
 - 3. Spoon** vegetables evenly over pizza crust.
 - 4. Top** with remaining cheese.
 - 5. Bake** at 450° F 5 minutes or until cheese melts.
- Yield:** 8 slices
Nutrition Analysis:
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrate; 3g dietary fiber; 3g sugars; 13g protein.

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



Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water

and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

BROCCOLI

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

September 2011

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Source: www.fruitsandveggiematter.gov



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