

What a great year!

January 2018

Family & Consumer Sciences Newsletter

December Flashback



Classes are held at
Martin County
Extension Office!

FREE

Call 298-7742 to register!



#Adulting



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

Car Stuff 101

November 9th @ 9:00am

Know how to change your oil? Your tire?

Being a Nice Human 101

January 18th @ 9:00am

How do you resolve conflict? Know what fork to use at dinner?

Money 101

December 7th @ 9:00am

Have a budget? Know your credit score? How to write a check?

Sewing 101

January 25 @ 9:00am

Can you sew on a button? Mend a tear?

Cooking 101

January 4th @ 9:00am

Know how to boil an egg? Bake a lasagna?

Getting Organized 101

February 1st @ 9:00m

Keeping up with deadline? Where are your tax statements?

Laundry & Cleaning 101

January 11th @ 9:00am

Know how to get out a stain? Cleaned a filter?

Being a Good Employee

101

February 8th @ 9:00am

Sent an email to your boss? What should you wear to an interview?





Happy Healthy Playdate Program!

Each session is at Martin County Extension Office. The 2nd Monday of every month from 10am-12pm. FREE for all children ages birth to 5. All children must be accompanied by an adult. Most lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. Parents or Caregivers are given information to encourage healthy lifestyles and to ensure Kindergarten readiness.

October 9

GERMS!
Fruit & Veggies tasting
Hand Wash & Germ Game
Food Safety Info

November 13

Golden Delicious Apples
Taste Testing a Variety of Apples
Hand Turkey activity
Feeding your Children info

December 11

Holiday Celebration
Cookie Decor/Holiday Craft
Holiday Expense Info

January 8

Those Sticky, Icky, Smelly Cavities
Causing, Invisible Germs
Food Group Funny Faces
Monster Mask and Exercise
Dental Care Info

February 12

Whats In A Doctors Bag
Heart Healthy Snack
Your Heart Beat Activity
Visit from Organ Annie

March 12

Green Eggs & Ham
Variety of Veggie Tasting
Green Eggs Science Experiment
Children Vision Info

April 9

The Hungry Caterpillar
Fruit Kabob
Days of the Week, Numbers,
Counting
Egg Hunt (Bring 2 dozen filled
eggs)
Heatstroke Safety Info



May 14

Manners Lesson-Mothers Day
Craft
Heart Wreath
Developing Social Skills Info

June 11

Super Hero Party-Wear Your Fav
Costume with Dad
Rodeo Ron
Calcium/Nutrients info

July 9

Create a Fruit Flag w Foods
Sun Protection Info

August 13

Eating the Alphabet
Taste a Sweet Potato
MyPlate
School Readiness Info

September 10

Sesame Street-Happy Healthy
Monsters
Eat a variety of foods
Physical Activity
Tortilla Pizza



Cooking Through the Calendar

January - December

2018



Join us to learn basic food preparations while cooking healthy & cost effective recipes from our KYNEP 2018 calendar!

4th Tuesday of every month
Martin County Extension Office
@ Noon

Door Prizes will be given at each session - each session you attend enters you into the drawing to win an electric pressure cooker!

Note: Class size is limited - please call our office to register!

606-298-7742

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



JANUARY 2018

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)

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THIS MONTH'S TOPIC: THE POWER OF KINDNESS



Did you know that there are actual health benefits to being kind? Research shows that kindness not only makes you feel good, but actually makes you healthier, both physically and mentally. People who perform acts of kindness would agree that being kind to someone else simply makes them "feel good."

Kindness increases:

- Oxytocin (a.k.a. "The love hormone")
- Energy
- Happiness
- Lifespan
- Optimism
- Serotonin
- Self-esteem

Continued on the back →

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Kindness may be the secret sauce to a healthy, happy life. Share it and pay it forward!

➔ Continued from page 1

Kindness decreases:

- Pain
- Stress
- Anxiety
- Depression
- Blood pressure
- Signs of aging
- Risk of illness

Here are three science-backed ways kindness improves your health and boosts your physical and mental well-being.

Kindness decreases stress

Stress-related health problems improve after performing kind acts. Helping reverses feelings of depression, supplies social contact and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, etc. A drop in stress may, for some people, decrease the constriction within the lungs that can lead to asthma or panic attacks.

Kindness improves heart health

Acts of kindness strengthens your heart physically and emotionally. When you do something kind for someone else, it can warm your heart. This emotional warmth produces the hormone oxytocin in the brain and throughout the body. According to research, oxytocin causes the release of a chemical called nitric oxide in blood vessels which expands the blood vessels. This expansion reduces blood pressure and therefore oxytocin is known as a "cardio protective" or "love hormone" because it protects the heart by lowering blood pressure.

Kindness makes you happy

When you do something kind, it makes you feel better by boosting your serotonin. This is the pleasure center of your brain releasing feelings of satisfaction and well-being. Like exercise, kindness also releases endorphins — good hormones that can give you a "helper's high." So start small. You can get that helper's high by volunteering at a local



agency, helping someone in need, buying someone coffee or lunch or simply complimenting a stranger.

So give back. Kindness may be the secret sauce to a healthy, happy life. So share it and pay it forward. Kindness is contagious! The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to share a smile, make a donation or help others. This means one good deed in a crowded area can create a domino effect and improve the lives of numerous people.

SOURCES:

- <https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>
- <http://pathwaystofamilywellness.org/inspirational/health-benefits-of-kindness.html>
- Pace TWW, Negi LT, Adame DD, et al. Effect of Compassion Meditation on Neuroendocrine, Innate Immune and Behavioral Responses to Psychosocial Stress. *Psychoneuroendocrinology*. 2009;34(1):87-98. doi:10.1016/j.psyneuen.2008.08.011.

**ADULT
HEALTH BULLETIN**

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VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



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JANUARY 2018

THIS MONTH'S TOPIC:

PLANNING AHEAD FOR THE HOLIDAY SEASON

Every year, the calendar remains the same. Thanksgiving on the fourth Thursday of November and Christmas is always the 25th day of December. And yet, the holidays still have a way of sneaking up on us. Many of us feel unprepared for the holidays and, as a result, experience a great deal of financial stress throughout the season. In fact, a survey from the Pew research center found that while gift giving made 83% of respondents feel "joyful", it also made 46% feel "stretched thin financially" and 36% feel "stressed out." As you are working toward paying off the credit card bills from the 2017 holiday season, don't let the holidays sneak up on you next year. Instead, consider using the following strategies to plan ahead for the 2018 holiday season.

Develop a Budget

The first rule of thumb to plan for the holidays is to begin with a budget. Many people play holiday shopping by ear. In other words, most people do

not stick to a spending plan because they did not really have a spending plan to begin with! Even if you've started holiday planning in January, it is a good idea to establish what you would like to spend on family and friends. Decide on a number and stick to it. This way you will know exactly how much you will need to save throughout the year. Starting to save earlier in the year means less money you have to save each week to reach your ultimate goal, thereby eliminating unnecessary financial stress.





Don't forget to include holiday travel in your budget. Transportation costs are an easily overlooked holiday expense, though they can be rather expensive.

Make a List

Now that you have established what you are willing and able to spend, consider for whom you intend to buy. Then, attach to each name on the list an amount of money you are willing to spend. If it makes you uncomfortable attaching monetary value to people on your list, consider allocating your holiday spending equally across the board. But be realistic because you are committing yourself to spending within your established limits.

Making a list has the added advantage of eliminating those last minute, emotional purchases. For example, maybe you have had the experience of receiving a gift from someone you didn't expect would give you one. As a result, you might feel obligated to give them one in return. Making a list can prevent guilt-driven or otherwise emotionally charged purchases.

Take Advantage of Sales

One of the great perks of planning ahead for the holidays is that you can take advantage of sales throughout the year. In particular, many stores have Christmas in July sales that offer good gifts at discount prices. Keep an eye out for sales that might fit your budget and your list.

Also, consider buying your Christmas decorations immediately after Christmas. As with any holiday (or season), the best time to buy is immediately afterwards when everything goes on sale. Planning in advance, even a whole year ahead, can tally big savings.

Consider a DIY Holiday

The Christmas holiday is not the only expensive holiday throughout the year. When money is tight, a Do-It-Yourself holiday could save tons of money. Instead of buying expensive decorations, use construction paper to make your own decorations. Instead of buying wrapping paper, use newspapers. Rather than buying gifts, make your own cards and include heart felt notes inside. Though it may take some planning and creativity, a DIY holiday can relieve a lot of financial stress so you can enjoy your holiday season!

Reference: Pew Research Center (2014). "Most Say Religious Holiday Displays on Public Property Are OK."

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Glazed Butternut Squash with Carrots and Turnips

1½ cups cubed butternut squash	½ teaspoon salt
1½ cups sliced carrots	¼ teaspoon pepper
1½ cups cubed peeled turnips	Cooking spray
4 teaspoons oil	2 tablespoons maple syrup

- 1. Preheat** oven to 450 degrees.
- 2. Cut** vegetables into ½-inch pieces.
- 3. Coat** a 9 x 13-inch baking dish with cooking spray.
- 4. Combine** the first 6 ingredients.
- 5. Bake** for 10 minutes.
- 6. Stir** in syrup and bake an additional 20 minutes.

Yield: 8, ½ cup servings.

Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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



Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place and use it within 1 month.

PREPARATION:

TO STEAM: Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30–40 minutes or until tender.

Source: USDA

TO MICROWAVE: Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash**—½ squash, 5–8 minutes; 1 squash, 8½–11½ minutes.
- **Butternut squash**—2 pieces, 3–4½ minutes.
- **Hubbard squash**—(½-pound pieces)—2 pieces, 4–6½ minutes.

TO BAKE: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400°F for 1 hour or until tender. Seeds can be toasted at 350°F for 20 minutes.

SQUASH

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
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