



# 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

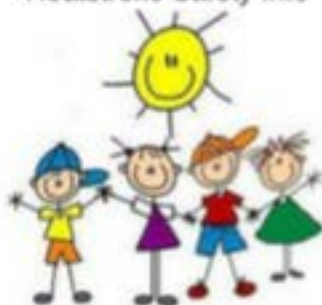
Whats In A Doctors Bag  
Heart Healthy Snack  
Your Heart Beat Activity  
Visit from Organ Annie

## 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.



# MONEY WISE

VALUING PEOPLE. VALUING MONEY.  
MANAGING IN TOUGH TIMES INITIATIVE



Alex Elswick, MS  
Extension Associate  
Family Resource Management  
(859) 257-3290  
alex.elswick@uky.edu

**FEBRUARY 2018**

## THIS MONTH'S TOPIC: MAKING THE MOST OUT OF YOUR TAX REFUND

Tax refund season: It's like Christmas come early! Or late? Either way, tax refund season is an excellent opportunity to begin the new year making wise financial decisions. According to the Internal Revenue Service, the average tax refund in 2016 was about \$3,050. Historically, Americans have found a wide variety of uses for their tax refunds which range all the way from saving to spending, and everything in between. But maybe you have wondered, what should I be doing with my tax return? Consider the following suggestions to guide your decisions during the upcoming tax return season.

### Contribute to Emergency Savings

Many Americans don't have adequate money in their precautionary savings fund. (Note: Most financial experts recommend savings of at least 6 months of living expenses). As a result, many people are financially vulnerable in the case of job loss, illness, or any other unexpected

expense. Adding to your emergency savings will make you more financially secure. Although it isn't as fun or exciting as buying a new vehicle or the latest technology, contributing to your emergency savings is one of the wisest uses of your tax refund.

### Reduce or Eliminate Debt

Most Americans are currently carrying some form of debt, whether that be credit card debt, student loan debt, vehicle loans, etc. Using your tax return to reduce high interest loan debt is







a smart move because not only will you reduce the principle, but you will also manage to reduce the amount of interest you will owe in the future. Compare the impact of putting your tax return in a savings account that earns 1% interest vs. reducing credit card debt with an 18% Annual Percentage Rate. Eliminating debt will give you much more bang for your buck.

#### **Pay Yourself...In the Future**

For many people, their first inclination is to treat their tax refund like an unexpected windfall and to run out and spend that money immediately. However, paying yourself now will not be nearly as wise as paying yourself in the future. In other words, invest your tax refund to be used at a later date. You can do this in a variety of ways:

- **Start a college fund for your children:** Whether you already have kids or you plan to have kids in the future, it is never too early to start saving. In an era of sharply rising costs of higher education, saving for college is an excellent use of tax refund dollars.
- **Contribute to your retirement:** Even if you have been conscientious about contributing a portion of each paycheck to your retirement savings, it can seem as though there is never

enough money to feel financially secure in the future. Pad your retirement accounts with your tax refund.

- **Invest in the stock market:** Although it would be advisable to address outstanding debts first, investing in the stock market is a good use of tax refund dollars because it has pretty consistently outperformed savings accounts, bonds, and Certificates of Deposit.

#### **Spend it Wisely**

If you elect not to use your tax refund for any of the above and you have decided you want to spend it, do yourself a favor and spend it wisely. Use tax refund dollars to improve your vehicle or your home because these expenses pay dividends in the future as well. For instance, renovating your home has the future added benefits of saving on energy costs and improving the value of your home.

**Reference:** <https://www.irs.gov/pub/irs-soi/16datbk.pdf>

**Alex Elswick, MS,** Extension Associate for Family Resource Management, Department of Family Sciences, University of Kentucky Cooperative Extension Service, (859) 257-3290; [alex.elswick@uky.edu](mailto:alex.elswick@uky.edu)

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

Stock images: 123RF.com



Become a fan of MoneyWi\$e on Facebook!  
[Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



# ADULT HEALTH BULLETIN



**FEBRUARY 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)

Martin County  
Cooperative Extension  
9 Holy Street  
Inez, KY 41224  
606-298-7742  
606-298-7745

## THIS MONTH'S TOPIC: HEART HEALTH MONTH



**D**o you take care of your family?  
Yes. Do you take care of your  
home? Of course. Do you take care  
of your heart? Probably not.

Heart disease is the leading cause of death for both men and women in the United States. Each year, 1 in 3 women's deaths in the United States is due to heart disease or stroke. The good news? It is also one of the most preventable causes of death. Lifestyle changes can prevent 80 percent of cardiac events, such as premature heart disease, stroke and diabetes.

### **Manage blood pressure**

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within a healthy range, you reduce the strain

Continued on the back →



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

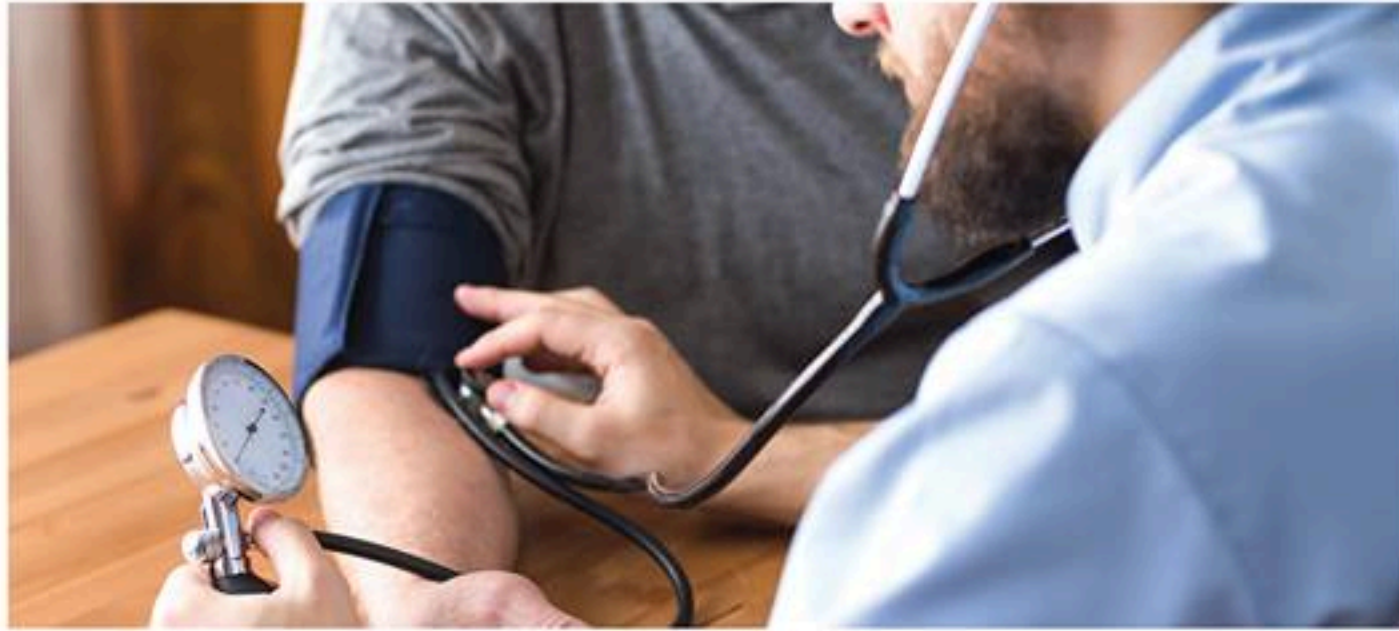
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.



## ***High blood pressure is a major risk factor for heart disease and stroke.***



### **→ Continued from page 1**

on your heart, arteries and kidneys, which keeps you healthier longer. Blood pressure of or less than 120/80 mmHg indicates a healthy heart.

#### **To manage blood pressure, you should:**

- Eat a heart-healthy diet, which includes reducing sodium.
- Get regular physical activity and maintain a healthy weight.
- Manage stress, limit alcohol and avoid tobacco smoke.

#### **Control cholesterol**

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke.

#### **To control cholesterol, you should:**

- Avoid tobacco products
- Eat a heart-healthy diet
- Engage in physical activity

#### **Reduce blood sugar**

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. Fasting blood sugar ideal number is less than 100 mg/dL.

#### **To reduce blood sugar, you should:**

- Reduce consumption of simple sugars, such as those found in soda, candy and sugary desserts.
- Get regular physical activity.

#### **Get active and maintain a healthy body weight**

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. Exercising 30 minutes a day reduces heart disease by 30 to 40 percent and stroke by 25 percent. A BMI of or less than 25 kg/m<sup>2</sup> indicates a healthy weight.

**To get active**, you should engage in at least 150 minutes of moderate exercise a week. For example that might be 30 minutes of brisk walking, five times per week.

#### **RESOURCES:**

- American Heart Association, <https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/lifes-simple-7>
- American Heart Association, <https://www.goredforwomen.org/know-your-numbers>

**ADULT  
HEALTH BULLETIN**

**Written by:** Natalie Jones  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com







## Zippy Corn Chowder

1 medium onion, chopped	and chopped	3 cups fresh or frozen whole kernel corn
1 green pepper, chopped	2 teaspoons Dijon mustard	4 green onions, chopped
1 tablespoon butter	1 teaspoon basil	2 cups skim milk, divided
1 (14.5 ounce) can low-sodium chicken broth	½ teaspoon paprika	2 tablespoons all-purpose flour
2 large red potatoes, cubed	½ teaspoon crushed red pepper flakes	1 teaspoon salt (optional)
1 jalapeno pepper, seeded		

In a large saucepan, **sauté** onion and green pepper in butter until tender. **Add** broth and cubed potatoes. Bring to a **boil**. **Reduce** heat; **cover** and **simmer** for 15 minutes or until potatoes are almost tender. **Stir in** jalapeno, mustard, basil, paprika and red pepper flakes. **Add** corn, green onions and 1½ cups of milk. Bring to a **boil**. In a separate bowl, **combine** all-purpose flour and remaining ½ cup

milk, **stirring** until smooth. Gradually **add** mixture to soup. Bring to a **boil**. **Cook** and **stir** for 2 minutes or until thickened and bubbly.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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

## Kentucky Sweet Corn

**SEASON:** July-August

**NUTRITION FACTS:** Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a half cup serving.

**SELECTION:** Look for ears with green shucks, moist stems and silk free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

**STORAGE:** Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and place in a plastic bag for 4 to 6 days.

**PREPARATION:**

**To microwave:** Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for one ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

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

**To boil:** Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2-4 minutes or until kernels are tender.

**To grill:** Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

### KENTUCKY SWEET CORN

**Kentucky Proud Project**

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

June 2013

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.uky.edu/fcs](http://www.uky.edu/fcs)

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

Martin County Cooperative Extension  
9 Holy Street  
Inez, KY 41224



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

Return Service Requested



*Happy Valentine's Day!*