



April

2018



You may have noticed an increase in your take-home pay recently due to the Tax Cuts and Jobs Act passed by Congress in December. Now, you need to determine how that will affect you when it comes time to file taxes next year. The IRS has released a new withholding calculator to help you determine whether to change your withholding status on your W-4 to reflect these changes to the tax law.

Everyone is encouraged to check their withholding status, but it is particularly important for the following individuals:

- Two-income families.
- People with two or more jobs or who only work for part of the year.
- People with children who claim credits such as the Child Tax Credit.
- People who itemized deductions on their 2017 taxes.
- People with high incomes and more complex tax returns.

The calculator is available at <https://www.irs.gov/individuals/irs-withholding-calculator>. Before using the calculator, you need to have a few items readily available to help you answer the calculator's questions. These items include:

- Your most recent pay stubs.
- A copy of your most recently tax return. Preferably, the 2017 tax return if you have already filed your taxes this year.

Depending on the results, you may want to update your Form W-4 with your employer to withhold more federal taxes from your paycheck. Updating your Form W-4 is not a requirement but a personal preference.

For more information on tax law changes, visit the IRS.gov or talk with your tax preparer. More information on family financial education is available at the Martin Extension office. Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

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Recipe of the Month



Sarah Congleton,

Sarah Congleton

County Agent for Family & Consumer Sciences Education

Source: IRS and Jennifer Hunter, UK interim assistant director of Family and Consumer Sciences Extension

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Earth Day is April 22nd

A World Without Plastic Pollution



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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



March Flashback!

#Adulting-Sewing 101 & Happy Healthy Playdate Program



ADULT

HEALTH BULLETIN



APRIL 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:

ALCOHOL AWARENESS MONTH



Did you know that alcohol is considered the most commonly used addictive substance in the United States? Alcohol Awareness Month, founded by the National Council on Alcoholism and Drug Dependence, is meant to build awareness, understanding and reduce the stigma of alcoholism and alcohol-related issues. It is important to remember that drinking too much can harm your health. Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), can lead to increased risk of health problems such as injuries, violence, liver diseases and cancer. The good news? We can all do our part to prevent alcohol misuse or abuse.

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Disabilities
accommodated
with prior notification.

Certain prescription or over-the-counter medications can interact with alcohol.



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What is a “drink”?

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces of 80-proof (40% alcohol content) distilled spirits or liquor (gin, rum, vodka, whiskey)

What is moderate drinking?

The Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. Some people should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive or participating in other activities requiring skill, coordination and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.

- Recovering from alcoholism or are unable to control the amount they drink.

Alcohol Awareness Month coincides with Alcohol-Free Weekend, which takes place on March 30-April 1, 2018. During Alcohol-Free Weekend, the National Council on Alcoholism and Drug Dependence extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

REFERENCES:

- https://www.aa.org/pages/en_US/find-aa-resources
- <https://www.cdc.gov/alcohol/index.htm>
- <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition, Washington, DC; 2015.
- <http://healthinsight.org/files/Improving%20Behavioral%20Health%20for%20Older%20Adults/Tools/Depression%20Alcohol%20Toolkit.pdf>

**ADULT
HEALTH BULLETIN**

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MONEY WISE

VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



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APRIL 2018

THIS MONTH'S TOPIC: MANAGING FINANCIAL STRESS

April is National Financial Literacy Month, which is a time to focus on money smart behaviors. Reducing financial stress is a great first step in establishing healthy money habits. Financial stress may result from months or years of poor money decisions or could be a response to an immediate financial crisis, such as the loss of a job or a major home or car repair. For most of us, it is difficult to completely eliminate financial stress from our lives. According to a 2017 national survey, 62% of Americans reported feeling stressed about money. If you are feeling anxiety about your bank account, you are not alone.

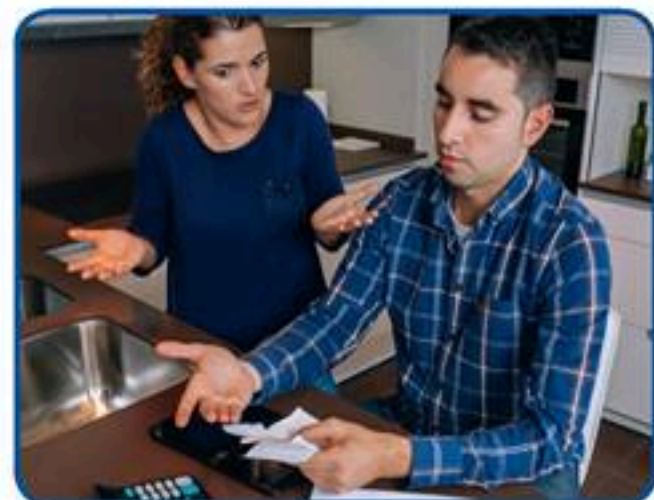
Although financial stress may be unavoidable, we can control how we address it. Consider the following suggestions as a way to manage your financial stress.

Identify the Source

The first step to solving any problem is recognizing that there is one. Though this may

seem obvious, it can be difficult for us to do. Let's face it: Finances can be complicated. Many of us struggle to identify why we are having trouble in the first place. As a result, we can become paralyzed by the fact that we face a problem that we know nothing about.

Identify the top two or three financial problems that you face. These could be having too





much debt, having trouble saving money, or overspending. Limit the list to two or three problems so that you do not become overwhelmed.

Make a Plan

Once you have taken inventory of your financial situation, it is time to make a plan of attack. Choose the most pressing of your financial issues and focus exclusively on it. Work through a step-by-step plan to reach your goal. It is important that you include small steps to address your financial problems so that they feel manageable.

Focus on this one goal and do not move on to another until you feel that you have a handle on your new financial behavior. This will limit stress and make you a more effective problem solver. Work through the list one problem at a time, while working through each problem one step at a time. Small change is the key to success.

Recognize How You Deal with Stress

You have begun to work towards addressing your financial problems and that is great. However, many of us have unhealthy habits or coping mechanisms that we turn to when times get hard. For instance, many people smoke or overeat when they feel stress. Unfortunately, these behaviors usually make our stress worse, they are bad for our

health, and they cause us to spend more money! As a result, our financial stress only seems to get worse.

Consider replacing these behaviors with a healthier way of coping. For some people, this might mean taking a walk outside. Others may find that their stress is reduced when they exercise or meditate. Find what works for you.

Ask for Help

People are more effective at initiating and maintaining change when they have a support system that can hold them accountable and offer emotional support. You do not have to face your problems alone. Talk to someone about your financial stress. You may desire to seek professional help, but if not, you can at least reach out to friends and family for support. Tell your support system about your problem and your plan to address it. Letting them know specifics will enable them to be more effective in supporting you to change your financial situation.

Most of all remember this: You did not dig yourself a hole in a day and you will not be able to dig yourself out in a day either. Addressing financial stress is a process. It takes time. But with a specific action plan, you can begin managing your financial stress today.

Reference: "Stress in America" Survey (APA, 2017)

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

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

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accommodated
with prior notification.



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

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





Broccoli Salad with Creamy Feta Dressing

| | | |
|--|---------------------------------|--|
| ½ cup reduced-fat feta cheese, crumbled | 2 cloves garlic, minced | 1 can (7 ounces) chick peas, drained and rinsed |
| ½ cup non-fat plain yogurt | ½ teaspoon black pepper | ½ cup red bell pepper, chopped |
| 1 tablespoon lemon juice | 3 cups broccoli, chopped | ½ cup red onion, chopped |

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl.

Add broccoli, chickpeas, red pepper and onion.

Toss to coat.

Serve at room temperature or chilled.

Yield: 5, 1 cup servings.

Nutritional Analysis: 100 calories, 3 g fat, 7 g protein, 13 g carbohydrate, 5 mg cholesterol, 260 mg sodium.

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

March 2011

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COOPERATIVE
EXTENSION
SERVICE



Source: www.fruitsandveggiesmatter.gov

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