

Perry County Cooperative Extension Newsletter

 Martin-Gatton
College of Agriculture,
Food and Environment

FEBRUARY 2025

PERRY COUNTY
EXTENSION SERVICE



AGRICULTURE &
NATURAL
RESOURCES



FAMILY &
CONSUMER
SCIENCE



4-H YOUTH &
COMMUNITY
DEVELOPMENT

 933 Perry Park Road, Hazard, KY 41701

 606.436.2044

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 perry.ca.uky.edu

 perry.ext@uky.edu

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

FEBRUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Charity Sewing 9 A.M.- 12 P.M. Homemaker Meeting 12P.M.	4 Wits Workout 1 P.M.	5	6	7 Cooking Through the Calendar 10 A.M. Lunch & Learn: Meal Time Rut 11 A.M.	8
9	10	11 Wits Workout 1 P.M. 4-H Teen Club 4 P.M.	12	13 Creativity & Confections 10 A.M. Outdoor Adventure Club 4 P.M.	14 Open Sewing 9 A.M.- 12 P.M.	15
16	17	18 Sew Simple Planning Meeting 9 A.M.	19	20 Beekeepers Association Meeting 6 P.M.	21	22
23	24	25 Master Logger Program	26 1st Hay Auction 5 P.M.	27 Cultural Passport Program 1 P.M. Diabetes Connections 5:30 P.M.	28	

AGRICULTURE & NATURAL RESOURCES

THIS MONTH:

- PERRY COUNTY BEEKEEPERS ASSOCIATION
- LOGGER WEBTV PROGRAM
- HAY AUCTION
- LET'S GET SPRING READY

Happy Valentines Day everyone and welcome to February. Hopefully this month will be a little warmer and calmer than January.

We have several programs and workshops scheduled in February, March, and April. I have listed these below. We will place flyers for all of them on the Perry County Extension webpage. Several of these have a cap on registration, so if you are interested in one or several, be sure to register.

As always, if you need anything please don't hesitate to reach out!

Charles May
County Extension Agent
Agriculture &
Natural Resources
cmay@uky.edu



UPCOMING EVENTS:

Perry County Beekeepers Association

The Perry County Beekeepers Association has begun meeting again. They are meeting on the third Thursday of each month in the Extension Service Annex Building. The next scheduled meeting is **Thursday, February 20, 2025**.

Logger WebTV Program

The Perry County Extension Service will be hosting a Logger WebTV Program on **Tuesday February 25, 2025**. This program will provide 6 hours of CEU's to Kentucky Master Loggers. If you are a Master Logger and plan on attending, you will need to register on the Master Logger webpage.

Hay Auction

The Robinson research Station at Quicksand is going to conduct its first Hay Auction on **Wednesday, February 26, 2025**. If you are a hay producer and have extra hay you would like to sell, you can deliver it to the Robinson Research Station on Tuesday, February 18, 2025. But you need to make an appointment by calling (606) 666-2438 to schedule your drop-off time.

See the enclosed flyer for more information or call the Perry County Extension Service.

Root Stock Orders

If you ordered Apple and Pear rootstock, those should be in my office on **March 7, 2025**. All that Perry County was allotted has been spoken for. However, there may be a few extras so if you need some, call our office and get on a waiting list for any extras.

Perry County Bee School

The school will be held on Saturday, **March 8, 2025**, at the Perry County Extension Service Annex and main Building. It will begin at 8:00AM and run through 3:00PM.

This Beekeeping school will have a beginner track, intermediate and advanced track.

The school will have an attendance limit of 100.

There will be no registration fee. Lunch will be on your own. You can register by calling the Perry County Extension Office. See the enclosed flyer for more information.

Fruit and Vegetable growers Workshop

We will be having our annual Fruit and Vegetable growers Workshop on **Wednesday, April 23, 2025**. It will begin at 10:00AM.

It will be held at the Perry County Extension Service Annex Building. Dr Shawn Wright will be the presenter again this year. I will have more information in the March Newsletter. Be sure to register. This workshop always fills up. You can register by calling the Perry County Extension Service

Plant Orders

Due to lack of interest, I decided not to order plants this year. I apologize to anyone who was planning on ordering some. If there are plants that you really need, give me a call. I may be able to get it from another County that ordered extras.

AGRICULTURE & NATURAL RESOURCES

Let's get spring ready.

With the arrival of February, spring is just around the corner and it's time to start getting ready for this year's growing season. Even though it is still cold outside, there are some chores that need to be done outside this month.

First, February is the best time to fertilize your fruit plantings. Fertilize cherry, pear, apple, peach, plum, blackberry, raspberry, and blueberries this month. Cherry, peach, and plum trees need 1/6 pound of a 30% nitrogen fertilizer per tree per year of age. Pear trees need 1/8 pound of a 30% nitrogen fertilizer per tree per year of age. Apple trees need 1/4 pound of a 30% nitrogen fertilizer per tree per year of age. It is best to apply the nitrogen fertilizer by spreading it around the drip line of the tree. The drip line of the tree is the area underneath the canopy of the tree. Do not exceed 3 pounds of nitrogen per tree per season regardless of age.

Blackberries and raspberries need 2 to 4 pounds of a 30% nitrogen fertilizer per 100 feet of row. Blueberries need fertilized at bloom and six weeks after bloom. Use 1 tenth pound of ammonium sulfate fertilizer per plant at each time. Ammonium sulfate helps to maintain an acid PH which blueberries need. For a complete list of fertilizers requirements for home fruit plantings, contact the Perry County Extension Office and ask for publication HO-43.

If you haven't applied a complete fertilizer to your plantings in a while, it may be a good idea to have your soil tested this season. The Perry County Cooperative Extension Service will be offering free soil testing during the entire month of March.

February is an excellent time to apply miscible oil (dormant oil) to deciduous trees and shrubs. This oil will kill overwintering mites, aphids, and scale. Spray the oil when temperatures are above 40 degrees Fahrenheit, but not within 24 hours of a freeze. Because the oil kills insects by suffocation, avoid spraying on windy days to ensure that all surfaces of the plant are covered.

Some pruning can be done in February. Grapes especially need to be pruned in February to avoid late season bleeding. For most fruit trees, it is best to wait as late as possible and before dormancy break to prune.

You may have already begun receiving garden catalogues. These catalogues offer many choices and contain a wealth of information about varieties that will help prevent diseases caused by fungi, bacteria, viruses and nematodes. Most catalogues will state what to expect in disease resistance for each variety. Letters are often used as abbreviations in fine print. An example is tomato disease resistance where F is for Fusarium wilt, V for Verticillium wilt and N for root knot nematode. Using disease-resistant plants is the safest and most reliable way to control garden disease. It doesn't matter if the pathogen population is abundant, or conditions are ripe for disease development, because resistant varieties provide strong biological protection from disease. For a complete list of recommended garden varieties and garden information, contact the Perry County Cooperative Extension Service and ask for publication ID-128, Home Vegetable Gardening in Kentucky and ID-133, Vegetable Cultivars for Kentucky Gardens.

February through mid-April is the second-best time to seed or reseed your lawn. If you don't plan on tilling the soil before seeding, which is the best method to get a good seed to soil contact, it may be best to seed in February. We call this method Frost Seeding. You seed while the ground is still frozen, and the freezing and thawing helps to move the seed to the ground. Or you can seed ahead of a snow and let the melting snow carry the seed to the ground. You can also get the same results seeding on top of a snow but birds like this method to and some of your seed may be consumed.

Be sure to use recommended Kentucky turf varieties. You can contact the Perry County Extension Office for a complete list.

Stay safe everyone

**ATTENTION
BUYERS AND
SELLERS**

1st Annual East KY HAY AUCTION



UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KENTUCKY COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

5:00pm

February 26th

at The Robinson Research Station
130 Robinson Road
Jackson, KY 41339

Accepting Hay

February 18th-25th by appointment
8:00am -4:30pm

Call 606-666-2438

to
schedule your
drop-off

Auctioneer:

Jonathan Montgomery
with Montgomery Auction
Company

606-496-6530

Reed-Graham
Breathitt County ANR Agent
606-666-8812



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International programs of Kentucky Cooperative Extension serve all people regardless of economic or social status, race, gender, or ethnicity. We provide educational opportunities for all people, including those with disabilities. We are committed to providing equal opportunity for people with disabilities. We are committed to providing equal opportunity for people with disabilities. We are committed to providing equal opportunity for people with disabilities.



Disabilities
and
other special needs
are welcome.



Cooperative Extension Service

Perry County Bee School

WHEN: SATURDAY, MARCH 8, 2025
TIME: REGISTRATION BEGINS AT 8:00 A.M.
WHERE: PERRY COUNTY COOPERATIVE EXTENSION OFFICE
933 PERRY PARK RD, HAZARD KY 41701
COST: **FREE**
100 SEAT AVAILABLE


****Deadline to register is February 28, 2025
Call 606-436-2044 to pre-register****

New/Beginner Track:

- Hive Components and Beekeeping tools
- What to expect during your first year.
- What am I looking for in my hive?
- Q&A

Intermediate/Advanced Track:

- Methods of splitting hives
- Pest Control Management
- Increasing Honey Production
- Swarm Control



An Equal Opportunity Organization.

FAMILY & CONSUMER SCIENCE



**FEBRUARY
2025**

Hello February!

I am eagerly anticipating the weather to warm up so we can resume our meetings.

I have a lot of exciting plans for this month that I can't wait to share with you all!

Don't forget to sign up for any programs that interest you. This will help us make sure we are ready for everyone and keep you informed of any changes or cancellations. Let's make this month amazing together!

Kelsey Sebastian
County Extension Agent
Family & Consumer Science
kelsey.sebastian@uky.edu

- Upcoming Events
- Monthly Recipe
- Health Bulletin
- Money Wi\$e



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Lexington, KY 40506



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This Month's Events

Charity Sewing -

First Monday of the Month

The next date is Monday, February 3rd upstairs in the Perry County Extension Service office building at 9 a.m. We will continue working on baby blankets and hats for ARH and lap quilts for Bluegrass Care Navigators. This program is open to anyone willing to volunteer and is a great way to get Volunteer Hours for KEHA.

Perry County Homemakers Meeting -

First Monday of the Month

The Perry County Homemaker Meeting will be held on Monday, February 3rd at noon. This will be a pot lunch meal so please bring a dish if you plan to attend. Call the office at 606-436-2044 to be registered.

Cooking Through the Calendar -

Once a Month

Let's begin our year with healthy meals and our Cooking Through the Calendar Program. The February class will be on Friday, February 7th at 10:00 a.m. This class will be held upstairs in the regular building. This month we will make Cauliflower Bites. New calendars for the year 2025 are now available!

"Sew" Simple -

Third Tuesday of the Month

As we begin a new year of Sew Simple, please attend our planning meeting on Tuesday, February 18th at 10 a.m. We will meet to discuss projects you all would be interested in to help guide our wonderful MCV Nancy Pratt for 2025.

Cultural Passport Program -

Once a Month

Take a look into different holidays, cultures, and countries with us in 2024! Each month we will explore fun new details and recipes to sample. You will receive a passport book to have stamped! The second program of 2025 will be held Thursday, February 27th at 1 p.m. and we will be traveling to Italy.

Lunch & Learn: Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas that both you and your family enjoy? Many people simply feel overwhelmed by the constant "chore" of choosing and planning meals. Join us on February 7th at 11 a.m. for a fun and interactive lesson that emphasizes the benefits of preparing home-cooked meals and ways to add creativity and variety to your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut! Vicki Boggs, Leslie County FCS Agent, will teach this lesson. To sign up for this class please contact the office at 606-436-2044

This Month's Events

Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, and learn what you can do in your daily life to keep your brain healthy while interacting with others. This program will be offered twice a month. February dates are 4th and 11th at the Perry County Extension office at 1 p.m. Call our office to sign up.

Open Sewing Day - Second Friday of the Month

Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone! Sewing machines are available on-site for our February 7th, 9 a.m.-1 p.m. class.

Valentine Creativity and Confections

Let's celebrate the season of love on February 13th starting at 10 a.m. This hands-on class will combine creative card-making techniques with baking and candy-making. We will be designing personalized Valentine's Day cards while crafting delicious treats. Call to register at 606-436-2044.

Diabetes Connections

Join us for the 2025 Healthy Habits Challenge in our Diabetes Connections meetings! This program is in partnership with ARH and will be held in the Annex Building at the Perry County Extension Office at 5:30 p.m. This program is designed to encourage our members to adopt healthier lifestyle choices through weight loss and wellness goals, fostering long-term benefits for diabetes management. Each month we will have diabetes-related topics, education, and recipe testing. We will be incorporating monthly accountability checks with Diabetes Connections notebooks, log sheets, weigh-ins, and free health screenings. Please see the flyer with upcoming dates and we hope you will join us.

HOW TO GET OUT OF A Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

February 7, 2025

11 a.m.

**Lunch & Learn
at
Perry County Extension**



For more information, contact...
Kelsey Sebastian
Perry County Extension
606-436-2044 or klseba2@uky.edu

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VALENTINE'S DAY

Creativity and Confections

FEB 13TH, 2025

10 A.M.

933 Perry Park Rd
Hazard, KY 41701
606-436-2044

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DIABETES Connection 2025



Save the Dates!

- JAN 30** Healthy Habits Challenge Kickoff
- FEB 27** Nutrition
- MAR 27** Physical Activity and Sleep
- APR 24** Gardening
- MAY 29** Footcare for Summer
- JUN 26** Session 1 Challenge Wrap-Up/Session 2 Kickoff
- JUL 31** Eating Out with Diabetes
- AUG 28** Mental Health & Goal Setting
- SEP 25** Grocery Store Tour
- OCT 30** October 30: Medications & Technology
- NOV 20** November 20: Final Challenge Wrap-Up

Stay tuned for more info on in-person meeting location nearest you!



JOIN US AT 10A
VIA ZOOM FROM ANYWHERE
[zoom.us/my/arhdiabetesupport](https://zoom.us/j/6067893511)

For more info:

- arh.org/diabetes
- 606.789.3511 ext. 1229
- diabetesarh1@arh.org



SENIOR GAMES

May 15th Knott County Sportsplex for Kentucky Senior Games 2025.. Anyone age 50 or older living in Ky River Region can participate in a variety of fun games!

Age 50 or older

- AWARDS WILL BE GIVEN
- LUNCH WILL BE PROVIDED
- T-SHIRTS WILL BE AVAILABLE AS LONG AS SUPPLIES LAST

CONTACT US

For more information contact KRADD 606-436-3158 or Local Senior Citizen Center

Sponsored by:
KY Power/AEP, KY River Medical Center & Kradd





Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension



ADULT



HEALTH BULLETIN



FEBRUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Perry County
Extension Office
933 Perry Park Road
Hazard, KY 41701
(606) 436-2044

THIS MONTH'S TOPIC CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

Continued on the next page →



Cooperative Extension Service

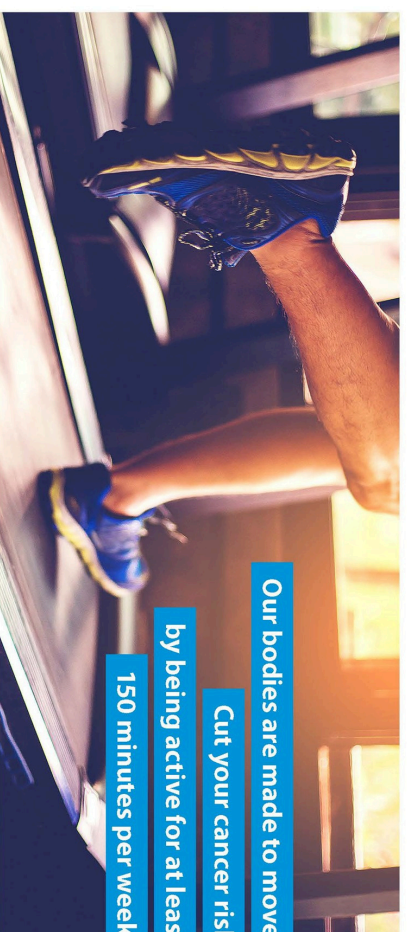
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**Our bodies are made to move.
Cut your cancer risk
by being active for at least
150 minutes per week.**

→ **Continued from the previous page**

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy



food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:
<https://prevention.cancer.gov>

ADULT HEALTH BULLETIN

Written by:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

STRENGTHS OF NEURODIVERSE CHILDREN

The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.

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CREATE OPPORTUNITIES TO TEACH



TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.
- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

RESOURCES

- <https://dceg.cancer.gov/about/diversity-inclusion/#inclusivity-minute/2022/neurodiversity>
- <https://ncld.org/join-the-movement/understand-the-issues/>
- <https://www.financialplanningassociation.org/article/Journal/NOV21-Inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

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Newsletter

February 2025



Hey Perry County!

We regret any inconvenience caused by the unpredictable weather affecting our plans!

The **4-H Teen Club** is a fantastic opportunity for high schoolers to develop leadership skills, participate in community service, and get ready for college and future careers.

For kids aged 9–18, the **4-H Outdoor Adventure Club** offers thrilling outdoor adventures, survival skill training, and hands-on education about nature and the environment.

Both clubs provide a chance to make new friends, learn and have a blast!

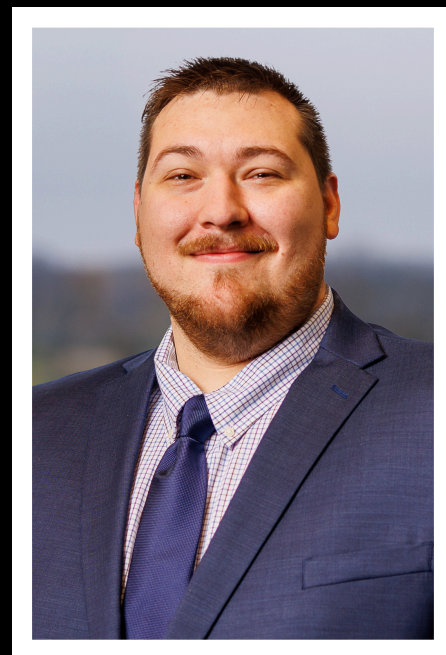
Let's seize every moment and create unforgettable memories together!
Join us now!

Jacob Singleton

County Extension Agent
4-H Youth &
Community Development
jacob.singleton@uky.edu

THIS MONTH:

- Teen Club
- Outdoor Adventure Club
- 4-H Exclusive:
- Youth Health Bulletin



4-H Youth & Community Development

Perry County Teen Club

- *Date: Tuesday February 11th*
- *Time: 4:00 – 5:00*
- *Location: Perry County
Cooperative Extension Office*
- *Participant Age: 14-18*

Join the Perry County 4-H Teen Club!

Are you a high school student looking to develop your leadership skills, get involved in your community, and prepare for life after high school? The Perry County 4-H Teen Club is the perfect opportunity for YOU!

What you'll gain:

- **Leadership Development:** Learn how to be a leader in your school, community, and beyond.
- **Civic Engagement:** Gain valuable experience in community service and making a positive impact.
- **College & Career Readiness:** Get tips and advice on preparing for college, internships, and future careers.

Connect with other teens, build your resume, and develop skills that will help you succeed in all aspects of life. This is your chance to grow, make new friends, and start planning for your future! Call our office at 606-436-2044 to sign up!

Outdoor Adventure Club

- *Date: Friday February 13th*
- *Time: 4:00 – 5:00*
- *Location: Perry County
Cooperative Extension Office*
- *Participant Age: 9-18*

Join the 4-H Outdoor Adventure Club! Explore Nature, Learn New Skills, and Have Fun Outdoors!

Are you ready for adventure? The 4-H Outdoor Adventure Club is calling all youth ages 9 – 18. Join us for a thrilling season of learning, outdoor exploration, and hands-on experiences.

In the 4-H Outdoor Adventure Club, you will:

- **Discover the World of Natural Resources:** Learn about ecosystems, wildlife, and the environment.
- **Build Survival Skills:** Practice essential survival techniques to thrive in the wilderness.
- **Gain Outdoor Safety Skills:** Know how to stay safe while enjoying the great outdoors.
- **Explore Nature:** Participate in outdoor field trips and immerse yourself in nature's wonders.
- **Make New Friends:** Connect with other youth who share your love for adventure and the outdoors!

Call our office at 606-436-2044 to sign up!

4-H Youth & Community Development

Unlock Your STEM Passion and Potential with Kentucky 4-H

Whether piloting drones, coding computers or building rockets, young people across Kentucky are finding dynamic ways to put their passion for STEM to work, with help from Kentucky 4-H's Science, Engineering and Technology (SET) program.

The program is designed to introduce young people to a wide array of developing fields of study, help them gain new technical skills and prepare them for possible careers in fast-growing STEM industries. Interested youth can explore a range of topics through 4-H SET clubs, camps and workshops, including aerospace and rocketry, agriscience, computer science and coding, electricity and energy, petroleum power and robotics.

“Since 2022, the Kentucky 4-H SET core area has averaged over 45,000 Kentucky 4-Hers participating in STEM-related programs,” said Torey Earle, Extension specialist for 4-H

Youth Development, Science, Engineering and Technology. “In addition to current programming, Kentucky 4-H SET is working to introduce new projects for youth including drones (both manual flight and coding for autonomous flight) and 3D design and printing. These will both contribute to not only current life skills but also career-readiness in STEM-related fields.”

STEM-driven 4-Hers can put their technical abilities to the test by participating in competitions on the local, state and national level in fields such as aerospace, robotics and engineering design. In recent years, Kentucky 4-H teams have taken part in the America Rocketry Challenge National Finals, which invites the top 100 qualifying teams of middle- and high-school students each year to compete among the nation's best in designing, building and launching model rockets.

Young people interested in applying their STEM skills to real-world problems can also join the National 4-H Stem Challenge. This year's topic, “Food for Thought,” focuses on the local and global impacts of food security and how youth can help to build more food-secure communities.

Those who would like to take a more active role in STEM education in their local communities and across the Commonwealth are invited to apply for the SET Teen Leadership Board, which works together each year to create and present fun, high-quality projects and programming at 4-H events to energize STEM learning for audiences of all ages.

By participating in Kentucky 4-H SET programs, young people can gain valuable skills and experiences to better prepare them for adult life, including:

- Critical thinking and problem-solving abilities
- Hands-on technical skills using new technologies, tools and software
- Teamwork experience
- Leadership abilities
- Introduction to high-demand careers in STEM fields such as engineering, computer science, and environmental science

To learn more about the Kentucky 4-H Science, Engineering and Technology program and how you can participate, contact the 4-H youth development agent at the Perry County office of the University of Kentucky Cooperative Extension Service.

YOUTH



HEALTH BULLETIN



FEBRUARY 2025

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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GIVE YOURSELF A LITTLE LOVE

THIS MONTH'S TOPIC

Keep it up!
Looking
GOOD!



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page →



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

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Disabilities
accommodated
with prior notification

Continued from the previous page →

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.

- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.

- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.

- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also

Here's what
BEAUTY
looks like...
wait -
where are you
going?!



That's
ridiculous
I'm outta
here!



as soon as
I finish this
salad, let's
go for a
nice long
walk.



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:
Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

YOUTH HEALTH BULLETIN

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