



Magoffin County Family & Consumer Sciences



February 2025

The first month of 2025 has been a brutal one. Here is to hoping that “Old Man Winter” is about finished sending us bad weather and extremely cold temperatures.

There are lots of exciting plans coming in the future for programs and learning opportunities. We hope that you will take advantage of some of them. Looking at the February calendar, you will note that the “Addiction 101” Lunch and Learn that was scheduled for January has been rescheduled for February 6th at noon. This program is designed to help families to identify the likelihood of addiction in their family and to detect signs of addiction in their loved ones. There is also information that will be provided of how and where to seek help.

Additionally, there is a “Pathways to Health” Lunch and Learn scheduled for February 13. This program will assist participants in knowing what avenues to take to get and stay healthy. If you would like more information about either of these programs, please call our office or visit our website at <https://magoffin.ca.uky.edu>.

Please, remember that if school should be canceled for the day, programs are also canceled. We want everyone to stay safe and not take chances when weather is bad.

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Cathy Sparks

**CEA for FCS/4-H
Youth Development
Education**



**Cooperative
Extension Service**

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Embroidery Club

Magoffin County Extension Office

Wednesdays
10 AM-Noon

February 12th
February 26th

Call the Extension Office at 349-3216 to learn more about the program.



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February Quilt Guild Dates

Friendship Quilters

February 14th, 10 AM
February 28th, 10 AM

Sew What Quilters

Saturday, February 8th, 9 am

Call the Extension Office at 349-3216 for more information.
Visit our website at <https://magoffin.ca.uky.edu> to learn more about Extension programming.

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FCS Advisory Council Meeting

Tuesday, February 11, 2025, Noon

Lunch will be served.

Patchwork Playdates Winter Break

Looking forward to seeing you
March 18, 2025

2025 Schedule coming soon!



Enjoy your break!



Join us at the Extension Office for
crochet club
FEBRUARY 5TH
FEBRUARY 19TH
10:00 AM-NOON

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Homemaker Council Meeting

Monday, February 24, 2025 Noon

Lunch will be served.



Please join us as we learn how to detect addiction, how to find help, and much more!

ADDICTION 101

LUNCH & LEARN

FEBRUARY 6, 2025, NOON

Magoffin County Extension Office
15 Rockhouse Fork Road
Salyersville, KY 41465

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Lexington, KY 40506

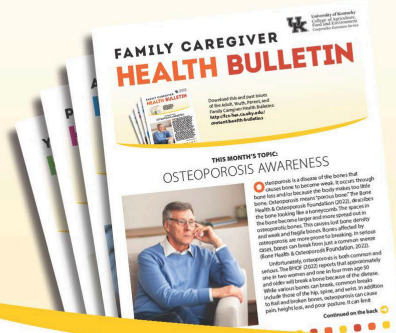


2025 Calendars are available at the Extension Office.



FAMILY CAREGIVER

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>

Magoffin County Extension Office
 15 Rockhouse Fork Road
 Salyersville, KY 41465
 (606) 349-3216

THIS MONTH'S TOPIC

IN SICKNESS AND IN HEALTH: CARING FOR AN AGING SPOUSE OR PARTNER



Caring for an aging spouse or partner has its challenges, mainly when the health of one or both partners declines. It is not rare for older couples touched by issues of health and aging to reexamine their relationship expectations.

When a spouse becomes a caregiver for their partner, it is common for one or both partners to have many feelings.

- **Guilt.** The caregiver feels guilt for being the “healthy” one, and the care receiver may feel guilt for being a burden.
- **Anger.** One or both partners may feel angry that they have been robbed of a healthy lifespan and may not be able to do things they had planned.
- **Resentfulness.** The caregiver may feel like the act of caring is taking over the relationship and they are being overlooked or ignored.

Continued on the next page 



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→ Continued from the previous page

- **Depression.** Both spouses are at risk of depression because of fear and worry over things like loss of freedom, pain, money stress, anticipatory grief, loss, role shifts, social comparison to other couples who do not have health problems, etc.
- **Unpreparedness.** Shifts in health and relationships can happen quickly. This might leave little time to plan for the mental toll of health decline and caregiving.

What can you do to prepare for times of sickness?

- **Talk.** When couples start out, it is common to talk about career, housing, and family, but it may not be a priority to think or talk about life in old age. But you should have this conversation. You also need to revisit it to help plan for a time when health fails and you need caregiving for one or both partners. Sharing both care and end-of-life wishes is vital

Don't be afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

because it stresses personal values and helps caregivers make better choices. This deep level of connection fosters trust and closeness.

- **Accept change.** A changed relationship can cause grief. Take time to process the change and new roles and duties that

may result. Talk to family and friends about your situation and any sorrow you may feel. Think about talking to a health-care expert or support group.

- **Teach yourself.** Learn about your partner's health issue(s), outlook, treatment, and choices. Ask their health-care provider questions. Check with trusted health websites and disease-specific groups. Local support groups can also offer educational support.
- **Share decision-making.** Talk about treatment choices and health-care decisions as a team.
- **Respect wishes.** Both partners need to set limits that respect wishes and ability.
- **Ask for help.** As caregiving tasks build, you might not be able to do it alone. Don't be

afraid or ashamed to ask for help. Help could be family members, friends, neighbors, faith-based groups, volunteer and/or paid services.

- **Take rest.** Rest gives you time to recharge, even if it is just for a short time.
- **Keep up your partner's dignity.** When fitting and appropriate, involve an aging or ill partner in decision-making about daily living and care. When you're able, give your partner tasks to help them feel a sense of purpose, value, and success. Remember that your partner is not a disease or health issue. Your partner is a living person with unique needs, life experiences, and identity.
- **Stop blame.** Do not judge or blame your partner for their situation.
- **Stay positive.** A good frame of mind lowers stress, helps strength, and adds to a caregiver's ability to handle challenging situations. A good outlook adds to total well-being, quality of life, and relationships.
- **Be loving and keep your connection.** Make room in your life to be partners, friends, and lovers. Do loving things like you did before the disease, even if you must alter it to the present situation. Date nights might change into movie nights at home or listening to a book, for example. Celebrate anniversaries, honor traditions, write love letters. If possible, keep up a physical and/or loving relationship. Thank each other for both the big and little things.

Do not let age or sickness rock the basis of your union. When prepared, loyal partners can work together through challenging health situations.

REFERENCES:

- Johns Hopkins Medicine. (n.d.). Supporting a Spouse through a Health Challenge. Retrieved 12/17/24 from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/supporting-a-spouse-through-a-health-challenge>
- Nelson, C. (n.d.). Caring for an Aging Spouse: Unique Challenges. Retrieved 12/17/24 from <https://caregiver.com/articles/aging-spouse-challenges>
- Woodruff, L. (2022). AARP. How to Be a Partner, Not a Parent, When Providing Care for a Spouse: Ways to keep the romantic connection alive despite illness or injury. Retrieved 12/17/24 from <https://www.aarp.org/caregiving/health/info-2022/keep-romance-alive.html>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging
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Designed by: Rusty Manseau
Stock images: 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

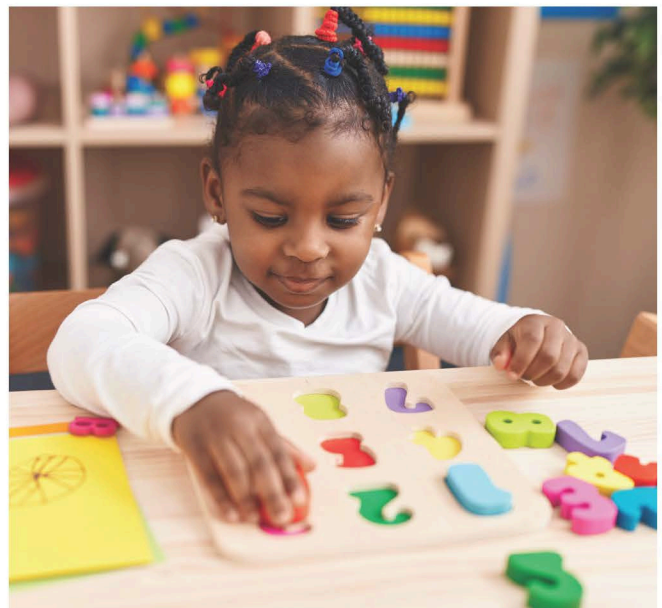
Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. 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>

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

2025 *Cooking Through the Calendar* *Lunch and Learns*

Join us each month at the Magoffin County Extension Office for a tasting of our monthly calendar recipe.

Tuesday, February 25th

Thursday, March 20th

Tuesday, April 15th

Tuesday, May 20th

Tuesday, June 24th

Tuesday, July 15th

Tuesday, August 26th

Tuesday, September 16th

Tuesday, October 21st

Tuesday, November 18th

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Save The Date!



4-H



CAMP

Call the Magoffin County Extension Office at 606-349-1236 to find out how you can begin your camp payment plan.



JUNE 3-6, 2025

\$75

BEGIN MAKING PAYMENTS TODAY!

OUTDOORS

SWIMMING

FUN & GAMES

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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 locations nearest you!



JOIN US AT 10AM VIA ZOOM FROM ANYWHERE
zoom.us/my/arhdiabetes-support

For more info:

 arh.org/diabetes

 **606.789.3511**
ext. 1229

 diabetesarh1@arh.org



UNDERSTANDING DIABETES TOGETHER!

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Crochet Club 10 AM	6 Addiction 101 Lunch & Learn Noon	7	8 Sew What Quilt Guild-9AM
9	10	11 FCS Advisory Council -Noon Lunch served	12 Embroidery Club 10 AM	13 Pathways to Wellness Lunch & Learn Noon	14 Friendship Quilt Guild 10 AM	15
16	17	FCS Training Week Carter County			21	22
23	24 Homemakers' Advisory Council Noon- Lunch provided	25 Cooking Through the Calendar Noon	26 Embroidery Club 10 AM	27 Diabetes Support Group- 10AM	28 Friendship Quilt Guild 10 AM	

Magoffin County
P.O. Box 349
Salyersville, KY 41465



Strawberry Green Tea

-
- | | |
|--|--------------------------|
| 13 cups water | 1 cup honey |
| 13 green tea bags, regular size | 1 lemon, optional |
| 1 pound fresh strawberries | |
-

- 1. Wash** strawberries and remove the tops.
 - 2. Chop** the berries with a hand chopper in a large pot.
 - 3. Add** water to the chopped berries and bring to a boil, stirring occasionally.
 - 4. Remove** from heat and let mixture cool for 5 minutes.
 - 5. Add** tea bags and submerge. Steep tea for 2 to 3 minutes.
 - 6. Strain** the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher.
 - 7. Add** honey and stir until dissolved.
 - 8. Chill** and serve.
 - 9. Garnish** with a lemon slice or a fresh strawberry if desired.
- Yield:** 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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

