

Magoffin County Family & Consumer Sciences

June 2025

I hope that everyone has been safe during the recent storms and flooding. Our neighbors in London and Pulaski counties were not so lucky. Our prayers and any assistance that we can provide is very needed at this time.

If you have young children or grandchildren, encourage them to take advantage of the 4-H Day Camp June 17-20 at our office. It is not too late to sign up and it is going to be lots of fun and educational activities. On June 20th, we will be renting the park pool for swimming and will have a pizza party at the shelter after swimming.

For pre-school age kiddos, we will be having Patchwork Play Dates on June 10 from 10-12. If you have friends who have pre-school aged children, we would love for you to come and bring them to Play Dates. It is such a great opportunity for children to socialize with other young children their age. This month's lesson will be all about insects. The kids will be given a special surprise at the end of the class that will encourage them to get out in nature and explore.

We certainly hope that you will plan to be involved in some of our programs.

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Visit our website at
<https://magoffin.ca.uky.edu>



CEA for FCS/4-H
Youth Development
Education



Contact: Cathy Sparks, at cathy.sparks@uky.edu or 349-3216 to learn more about the playdates program or to be added to the mailing list.

 Cooperative
Extension Service

PATCHWORK

Playdates

"INSECTS"

TUESDAY, JUNE 10TH

10 AM-NOON



**Cooperative
Extension Service**


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


MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.






Cooking Through the Calendar

"Rice and Bean Salad"

Tuesday, June 24th
12:00 Noon

Magoffin County Extension Office
15 Rockhouse Fork Rd., Salyersville

Contact: Cathy Sparks, CEA for FCS and 4HYD
606-349-3216



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

Louisville, KY 40405



Disability icon





Join us at the Extension Office for

crochet club

JUNE 4TH
JUNE 18TH
10:00 AM-NOON



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Ivyton Hippie Chx Homemakers

Thursday, June 12th, 6 PM

All Things Blooming Homemakers

TBA





Embroidery Club

Magoffin County Extension Office

Wednesdays
10 AM-Noon

June 11th
June 25th

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



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June Quilt Guild Dates

Friendship Quilters, 10 AM

Friday, June 13th
Friday, June 27th

Sew What Quilters, 9 AM

Saturday, June 14th

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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ADULT

HEALTH BULLETIN



JUNE 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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

THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

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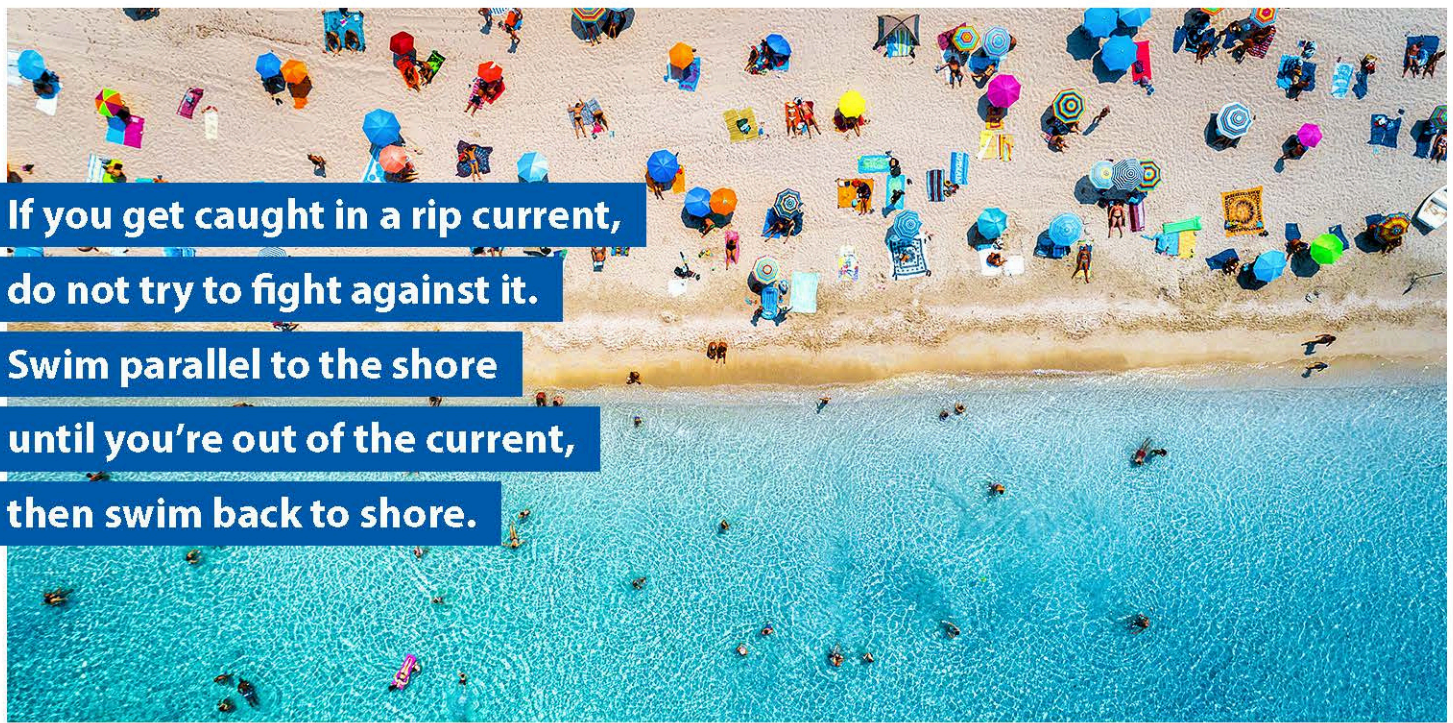
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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**If you get caught in a rip current,
do not try to fight against it.**

**Swim parallel to the shore
until you're out of the current,
then swim back to shore.**

➔ Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.
- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

Written by: Katherine Jury,
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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

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

THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.



PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

DO Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

DO Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

Cooperative Extension Service

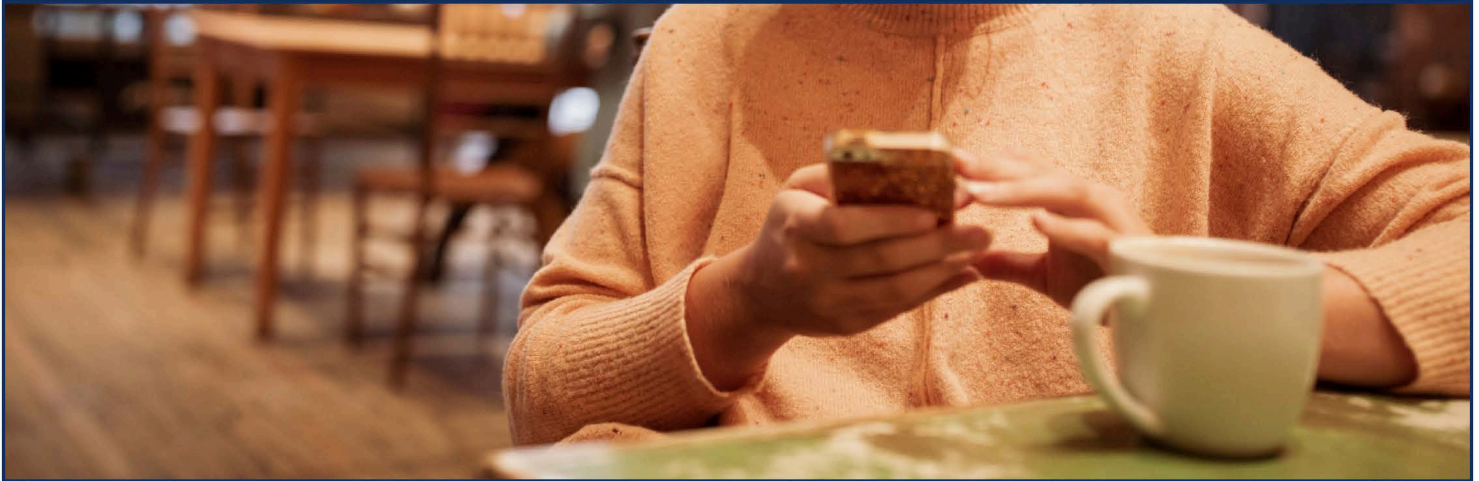
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Community and Economic Development

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Lexington, KY 40506



CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.



DO Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

DO Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

DON'T Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

DO Secure your social media accounts as much as they will permit.

DON'T Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

DO Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

REFERENCES

U.S. Department of Defense (2021). The Identity Awareness, Protection, and Management (IAPM) Guide. Twelfth Edition. https://www.arcyber.army.mil/Portals/78/Documents/FactSheets/DoD-identity-protection-guide/DoD_IAPM_Guide_March_2021.pdf?ver=FDvB5WW2UB_vxPVQBJuVww%3d%3d

United States Attorney's Office, Northern District of Georgia. (2025, January 30). Protecting Yourself While Using The Internet. <https://www.justice.gov/usao-ndga/protecting-yourself-while-using-internet>

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

**Join us for the June Diabetes Session 1
Challenge Wrap-Up and Session 2 Kickoff on
June 26th at the Extension Office**



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](https://zoom.us/j/9123456789)

For more info:

 arh.org/diabetes

 **606.789.3511**
ext. 1229

 diabetesarh1@arh.org



UNDERSTANDING DIABETES TOGETHER!

TICK

Problem Prevention!

Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters . . . ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even



wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoor, especially when working or playing in a “tick-risky habitat.”

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grass.
- Buy pre-treat clothing or treat clothes with permethrin. If you treat your clothes, follow all label instructions.
- Use DEET or other repellents before going into a risky habitat. Find the right repellent for you and your family members by using the Environmental Protection Agency Tool <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
- Do a tick check periodically while outdoors and soon after returning home.
- Throw clothes in the wash, then the dryer on HIGH heat.

Take a “tick-kit” with you while out and about. This will include items that help you locate, remove and collect ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. DO NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks.
- Tweezers or forceps.
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested.
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick.



Tick testing

Kentucky residents can send in ticks (found people and pets) for testing by following instructions through the UK's Tick Submission Program:

<https://entomology.ca.uky.edu/ticksurveillance> 2022.

What makes a location “tick-risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas – think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

Don't let ticks keep you from enjoying all the beauty of Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

Source: UK Adult Health Bulletin, May 2025



MAGOFFIN COUNTY EXTENSION OFFICE

KENTUCKY  
COOPERATIVE EXTENSION

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

HOOKED ON NATURE DAY CAMP

CALL
606-349-1236
AND REGISTER
TODAY!

JUNE 17-20, 2025

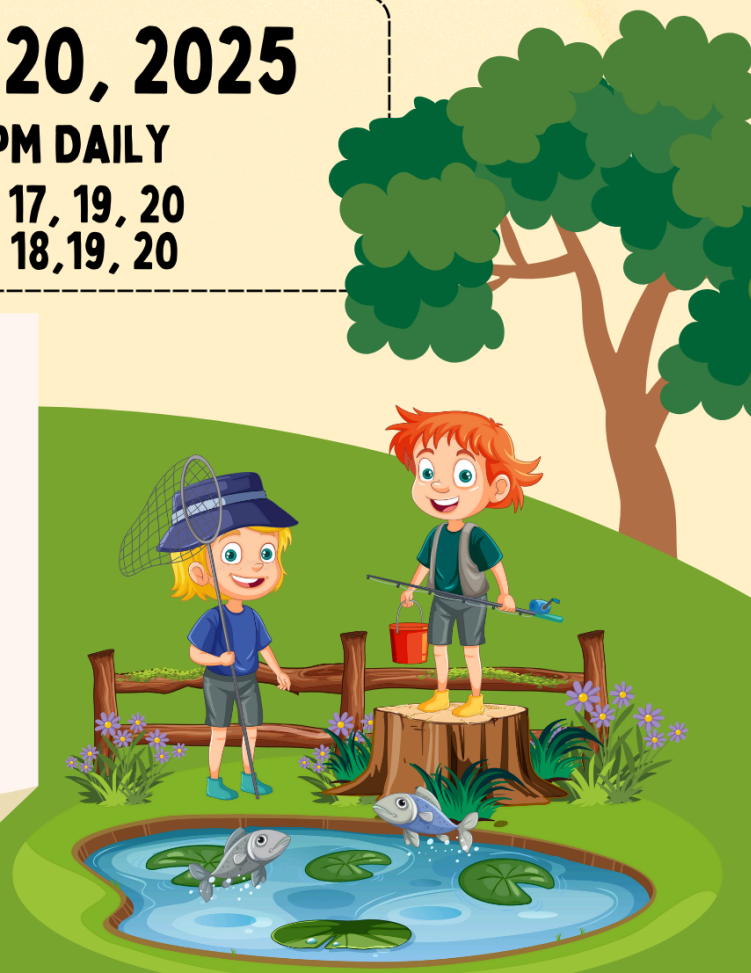
9 AM- 2 PM DAILY

K-3 JUNE 17, 19, 20

4-6 JUNE 18, 19, 20

DAY CAMP HIGHLIGHTS:

- FREE DAY CAMP FOR KIDS IN GRADES K-6TH
- Volunteer Opportunity for Teens
- Arts and Crafts
- Master the art of casting
- Mobile Science Center
- Special Guest from the Kentucky Reptile Zoo



**JOIN US AT THE MAGOFFIN COUNTY EXTENSION OFFICE FOR
DAY CAMP! CALL 606-349-1236 FOR MORE
INFORMATION AND TO REGISTER**

15 Rockhouse Fork Rd
Salyersville, KY 41465



Cooperative Extension Service

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

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accommodated
with prior notification.



June 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4 Crochet Club
10 AM

5

6

7

4-H Camp



8

9

10

Patchwork
Playdates=10
AM

11

Embroidery
Club
10 AM

12

Ivyton Hippie
Chx, 6 PM

13

Friendship
Quilt
Guild--10 AM

14

Sew What
Quilt Guild
9 AM

15

16

17

18

Crochet Club
10 AM

19

20

21

Hooked on Nature Day Camp

22

23

24

Cooking
Through
the Calendar-
Noon

25

Embroidery
Club
10 AM

26

Diabetes Support
Group Meeting
10 AM

27

Friendship
Quilt
Guild--10
AM

28

29

30

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

Spinach Slaw

2 cups chopped iceberg lettuce

2 cups chopped red cabbage

2 cups chopped green cabbage

1½ cups fresh spinach

¼ cup canola mayonnaise

¼ cup hummus, original flavor

2 tablespoon local honey

½ teaspoon garlic powder

⅛ teaspoon salt

⅛ teaspoon pepper

1. Wash, quarter, and core lettuce, red cabbage and green cabbage.

2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.

3. Wash and tear spinach leaves into small pieces.

4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis:

70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.



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