

NEWSLETTER

FEBRUARY 2025

February is Age-Related Macular Degeneration Month



Age-related macular degeneration (AMD) is a chronic eye disease. It is the leading cause of irreversible vision loss in adults 60 and older. AMD causes problems with central vision and can limit the ability to read, write, and recognize faces. AMD is a result of damage to the macula. That is the part of the eye that helps you focus and see details in the direct line of sight. There are two types of AMD:

1. Dry AMD (Atrophic AMD) is more common. It is caused by the thinning of the macula over time. It usually progresses slowly over the course of several years. It can develop in one or both eyes. According to the National Eye Institute, all AMD starts as the dry form and may progress from early to intermediate and advanced stages.
2. Wet AMD (Advanced neovascular AMD) is less common but more serious. With Wet AMD, abnormal blood vessels grow in the back of the eye and damage the macula causing irreversible vision loss to occur more quickly. Dry AMD can turn into wet AMD at any stage of dry AMD but is more common in the intermediate and advanced stages. You can have dry AMD, wet AMD, or both at the same time. Wet AMD can worsen quickly if left untreated, but various treatments can stop or slow it.

AMD is serious. It causes irreversible vision loss and can cause legal blindness when left untreated. Preventative practice, including recognizing subtle symptoms and regular eye appointments, can help older adults reduce risk. According to the National Eye Institute, symptoms, depending on the stage, include:

- Early dry AMD: no symptoms
- Intermediate dry AMD: no symptoms or mild symptoms such as mild blurriness in central vision and difficulty seeing in poor lighting
- Late AMD (dry or wet): Straight lines start to look crooked, central vision is blurred or you see blank spots, colors appear less bright, difficulty seeing in poor lighting

According to the National Eye Institute, AMD treatment depends on the stage and type. In the early stages, eye doctors will likely track eye health through regular eye exams and recommend healthy lifestyle choices that support eye health. They might prescribe dietary supplements with intermediate dry AMD to stop it from turning into late-stage AMD or to prevent or slow down AMD in the other eye. There are different medicines and therapies for wet AMD and for preventing further vision loss.

Risk for AMD increases with family history of AMD, advanced age, being female, having light-colored eyes, smoking, and being Caucasian. Lifestyle choices can reduce risk. According to the National Eye Institute, it is important to reduce alcohol consumption, eat a balanced and nutritious diet, maintain your weight, exercise, maintain healthy blood pressure and cholesterol levels, wear eye protection, and quit or avoid smoking. The American Macular Degeneration Foundation recommends regular eye exams starting at age 40 if you have increased risk factors.

Source: Katherine Jury, Extension Specialist for Family Health



Homemakers News & Notes

February 4, 9:30 am - Lincoln Trail Area Homemaker Council - Area Officers and Chairmen will meet at the Marion County Extension Office.

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February 26, 1 pm – Leader Lesson Training - *Pathways to Wellness: Exploring Factors that Support Health for You and Your Community*. Join us as we explore factors beyond personal behavior that influence health and brainstorm what a community that supports health looks like.

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March 1 - KEHA Deadline for Scholarships, Grants, Contests

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March 10 at 10 am - County Homemaker Council - County Officers & Educational Chairmen will meet to discuss several upcoming events.

2025-26 Homemaker Lesson Leader Ballot—Please find included in this newsletter the lesson ballot for next program year. Clubs an/or individuals who would like to cast their vote on what lessons are delivered next year, please return to the Extension Office no later than April 4,

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2025 State Meeting – The KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in downtown Lexington. The theme is “Discover KEHA – A Hidden Treasure.” Northeast Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$149/night + tax (1-4 people). Make your reservations by **April 7** to secure the conference rate. Phone Reservations: 800-233-1234 (group code **G-KEHA** for conference rate). Details are on the [State Meeting](#) webpage. Full details and registration forms will be **COMING SOON!**



 *Follow LaRue County Extension Homemakers on Facebook!*



PATHWAYS TO WELLNESS

02/26/25 at 1 PM

How the people, places & spaces where we live, work & play influence health.

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville
(270) 358-3401

UK Cooperative Extension Service



LaRue County Homemaker Cookbooks NOW AVAILABLE!
Stop by the Extension Office or see any Homemaker member to purchase a copy for \$15.00.

LaRue County Homemakers recently catered the 2025 Extension Leadership & Awards Banquet.



upcoming FCS Events

- **February 6** at 1:00pm – Friends and Family Homemaker Club
- **February 19** at 9am – Laugh and Learn Playdate Program
- **February 12** – Quilt Club at 10am at the Extension Office
- **February 14 at 12:00 noon** – Cooking Through the Calendar (Cauliflower Bites)
- **February 18** at 10:30am – South Fork Homemaker Club
- **February 22 (Saturday)** at 10am – Putting Your Slow Cooker to Work Class
- **February 24** – Open Sewing at 10am at the Extension Office
- **February 24**– Beginner Sewing for Adults, 2pm
- **March 1**– Beginner Sewing for Adults, 9am
- **March 15 – SAVE THE DATE** for our annual Extension Expo (registration for booth space now available)
- **April 12 – SAVE THE DATE** for the Homemakers Spring Bazaar (vendor registration now available)
- **April 25 at 9am – Home-based Microprocessing Workshop** – Must register online - \$50

sew SIMPLE

Cooperative Extension Service
A SEWING CLASS FOR BEGINNERS



LEARN

- SEWING MACHINE BASICS
- HOW TO THREAD A BOBBIN
- TO SEW SIMPLE STITCHES
- ABOUT FABRIC SELECTION

02-24-25 *Monday* FROM 2-6 pm **or** **03-01-25** *Saturday* FROM 9 am -1 pm

LAURE COUNTY EXTENSION SERVICE - 807 OLD ELIZABETHTOWN RD., HODGENVILLE

→ CALL TO REGISTER, 270-358-3401 ←

Cooking Through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 2nd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

The 2025 KYNEP Calendars are still available! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service

Facebook page for more info and to view the demonstrations LIVE!

Cooking through the calendar
Cooperative Extension Service

this Month
2/14/25 @NOON

Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

Ingredients:

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

Instructions:

- Preheat oven to 400 degrees.
- Prepare a baking sheet with parchment paper.
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Gently cut cauliflower under cool, running water before chopping.
- In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
- Gently toss cauliflower florets to evenly coat with batter.
- Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (one tray goes if needed). Bake for about 20 minutes or until golden.
- In a small bowl, combine melted butter and olive oil.
- Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss and evenly coated.
- Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
- Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Air Fryer Version

- Follow steps 1-5 above.
- Make one layer of florets in the air fryer basket.
- Set the air fryer to 355 degrees F for 20 minutes, tossing florets halfway through.
- Remove to bowl.
- Drizzle melted butter and olive oil over the cauliflower.
- Return to the air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
- Repeat steps to cook the remaining florets.
- 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, 14g carbs, 15g saturated fat, 2g protein, 16g fat, 220mg sodium. % Daily Value: 28% total fat, 33% carbs, 33% protein, 40% sodium. D: 2% Daily Value of sodium. % Daily Value of iron. % Daily Value of potassium.

Source: Jessica Demps, Fayette County HSP Assistant Service Coordinator at Kentucky Cooperative Extension

LaRue County Extension Service • 807 Old Elizabethtown Rd., Hodgenville
An Equal Opportunity Organization

Marla Stillwell

Marla Stillwell

County Extension Agent for Family & Consumer Sciences Education

E-mail: marla.stillwell@uky.edu

Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>



Building strong families. Building Kentucky. It starts with us. #UKfcsxt

Homemaker Lesson Leader Ballot

This is due back to the office no later than **April 4, 2025!**

Please mark the NUMBER of votes each lesson topic gets. An X or check mark does not help us tally votes!

Members can vote for as many different topics as they want. If 1 person votes for it, please put a 1. If 17 people vote for it, please put 17. This is how we determine which topics get selected for the year!

Laughter is a Must in Life

Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.

---Number of Votes

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

---Number of Votes

Indoor Air Quality + Carbon Monoxide

This lesson seeks to increase knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement, as well as how to keep safe from carbon monoxide poisoning.

---Number of Votes

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

---Number of Votes

Build a Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

---Number of Votes

Build a Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? This serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

---Number of Votes

Making Friends with Food

Can you think of a time that you labeled foods as "good" or "bad"? Or called someone a member of the "clean plate club" or a "picky eater"? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might have a big impact on mental and physical health. This lesson discusses the importance of and reframing how we talk about food.

---Number of Votes

Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

---Number of Votes

Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

---Number of Votes

Ribbons and Regift: Choose from Your Home or Thrift

In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items.

Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

---Number of Votes

The Power of Engagement: Strengthening Communities

In this session, we'll dive into the power of civic engagement and discover how to shape a more vibrant, inclusive community. We will also discuss the impact of community involvement on local decision-making and share practical steps for staying engaged. This session is designed to inspire action and provide tools for making a positive difference in your community.

---Number of Votes

Please vote and turn this form in to your agent by **April 4, 2024!**

Please mark the NUMBER of votes each lesson topic gets. An X or check mark does not help us tally votes!

Stretching Your Dollar: What to Do When the Ends Don't Meet

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing, and saving when expenses are tight.

---Number of Votes

Healthy Outdoor Cooking Resources

Spending time outdoors is always fun, but it can be even more fun when you include food. This lesson includes food safety information, outdoor activities, and recipes that meet the Dietary Guidelines for Americans. Participants will also learn about "shinrin-yoku," a Japanese method of forest meditation.

---Number of Votes

Selecting Sheets

Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

---Number of Votes

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 group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

Every other Monday in April, May and June at 10:30am at the LaRue County Public Library! To register, call the library at: 270-358-3851

April 7 • April 21 • May 5 • May 19
June 2 • June 16 • June 30

WITS WORKOUT
 An Interactive Brain Health Program

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, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Every Other Monday, beginning April 7 through June 30

Time: 10:30-11:30a.m.

Where: LaRue County Public Library, 215 Lincoln Dr, Hodgenville, KY 42748

Register: (270) 358-3851

For more information, please contact Marla Stillwell, County Extension Agent for Family & Consumer Sciences marla.stillwell@uky.edu

Wits Workout was developed by ILLINOIS EXTENSION COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40306

Disability accommodations with prior notification.

Big Blue Book Club Returns with 10th Book!

The first Big Blue Book Club series for 2025 is here and will be My Old Kentucky Road Trip - Historic Destinations and Natural Wonders by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state that may be familiar to you and many that you will learn about for the first time.

Visit this link to register, https://uky.az1.qualtrics.com/jfe/formSV_0MqjLIJQAb8cgaa.



BIG BLUE BOOK CLUB

Big Blue Book Club is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the NEW Big Blue Book Club Website to register:
<https://ukfcs.net/BigBlueBookClub>

TO OUR FELLOW PROUD KENTUCKIANS - YOUNG AND OLD, NATIVE AND TRANSPLANT - WHO HAVE NOT YET BEGUN TO EXPLORE THE GREAT BLUEGRASS STATE. WE ARE HONORED TO BE YOUR TOUR GUIDES ON THIS EXTRAORDINARY JOURNEY

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40306

Disability accommodations with prior notification.

Interagency Council Meetings

We invite you to join us for the LaRue County Interagency Council. The Interagency Council is made up of representatives from a variety of agencies that join together to share programs and ideas to enhance and/or compliment each others work to prevent duplication. The Interagency Council meets quarterly here at the Extension Office. If you would like to be added to the meeting reminder list, please contact Marla at the Extension Office at 270-358-3401.

2025 meetings are scheduled for **February 27, May 22, August 21 and November 20 at 1:00pm EST** at the LaRue County Extension Office.


Homebased Microprocessing Workshop

Anyone interested in participating in Kentucky's Homebased Microprocessing (HBM) Program must complete a workshop. HBM workshops are from January through May across the state. Completion of a workshop is the first step toward certification and being able to sell your home-canned food at a farmers market. Registration for in-person and virtual workshops are on the University of Kentucky Homebased Processing and Microprocessing website https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing. The workshop fee is \$50.

You can make microprocessed products in your home kitchen. They must include a primary ingredient you grow, and you must process it in a boiling water bath canner or a pressure canner. Examples include pickles, salsa, tomato juice, spaghetti sauce, pepper jellies, low-sugar or no-sugar-added jams and/or jellies, and canned vegetables. Hot sauces are not included. The program requires recipe review by the University of Kentucky (\$5 per recipe) for all microprocessed products.

Add value to your produce in 2025 and start selling home-canned foods at your local farmers market. Contact us at the LaRue County Extension Service or Annhall Norris at 859-257-1812 or annhall.norris@uky.edu for additional information.

HOMEBASED MICROPROCESSING Workshop

 Cooperative Extension Service



Get certified!

ADD VALUE TO YOUR PRODUCE IN 2025 AND START SELLING HOME-CANNED FOODS.

04/25/25
9 AM - 3 PM

LaRue County Extension Service
807 OLD ELIZABETHTOWN ROAD, HODGENVILLE
270-358-3401

Register online:
UKFCS.NET/HBM



\$50 fee

Putting Your Slow Cooker to work!

Ready to make mealtime a breeze? Join us on **Saturday, February 22nd** at 10 am to discover how a slow cooker can simplify meal preparation and save you time, money and effort in the kitchen! Bring your slow cooker and we'll prep a meal together to take home and cook for dinner! Set it and forget it! This class is **FREE** and space is limited so please call ahead to reserve your spot at 270-358-3401.



Bring your slow cooker & we'll prep a meal together to take home and cook for dinner!

Call to reserve your spot, 270-358-3401.

2/22/25 | Saturday | 10 AM

FREE

LaRue County Extension Service

807 Old Elizabethtown Rd., Hodgenville
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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>

LaRue County Extension Service
807 Old Elizabethtown Road
Hodgenville, KY 42748
(270) 358-3401

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 →



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 Disabilities accommodated with prior notification.



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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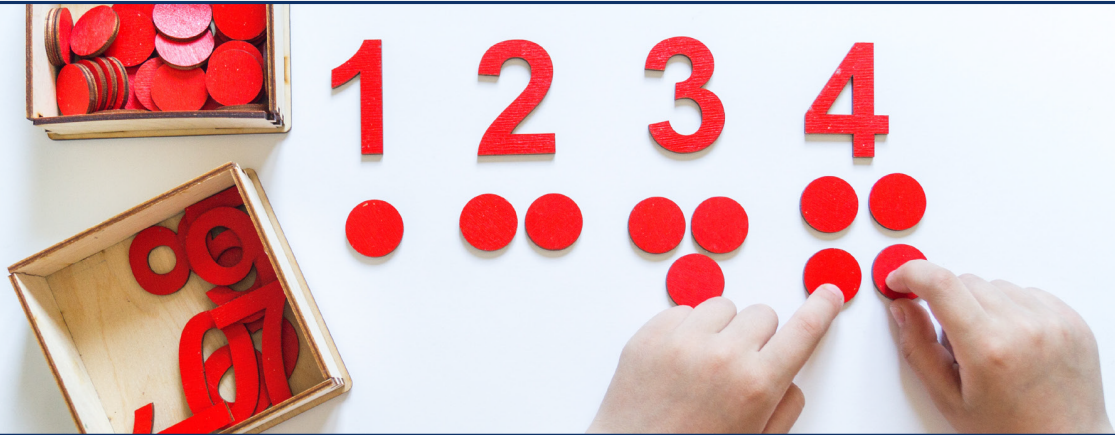
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Disabilities
accommodated
with prior notification.

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://nclid.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



KIDS KÖRNER

SIMPLE CEREAL BIRD FEEDER CRAFT

This activity is great practice for developing those fine motor skills especially in young children. Fine motor skills are generally thought of as the movement and use of hands and upper extremities including reaching, grasping, manipulating objects and hand-eye coordination. Gather up the supplies listed and get ready to watch the birds enjoy their snack!



YOU'LL NEED



- Pipe cleaners/chenille stems
- Piece of string
- O-shaped cereal

Thread the cereal onto the pipe cleaner until there is an inch or so left. You may have to bend one end of the pipe cleaner to keep the cereal from falling off. Twist the ends together and shape as desired. Tie ends together and hang outdoors for the birds.

Strawberry Cheesecake Smoothie

EAT SMART TO PLAY HARD



RECIPE STRAWBERRY CHEESECAKE SMOOTHIE

- 1 cup low-fat cottage cheese
- 1 cup fresh or frozen strawberries
- 1/2 cup low-fat milk
- 1/2 cup ice
- 1/2 teaspoon vanilla extract (optional)
- 1/2 sheet graham crackers or 3-5 pretzels, crushed

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place cottage cheese, strawberries, milk, ice, and vanilla extract in a blender.
3. Blend until smooth and creamy.
4. Pour into two cups and top with crushed graham crackers or pretzels. Serve and enjoy.
5. Refrigerate leftovers within 2 hours.

Makes 2 servings
Serving size: about 2 cups



Nutrition facts per serving: 150 calories; 3 g total fat; 1.5 g saturated fat; 10 mg cholesterol; 350 mg sodium; 16 g total carbohydrate; 1 g dietary fiber; 12 g total sugars; 1 g added sugars; 17 g protein; 6% Daily Value of vitamin D, 20% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium

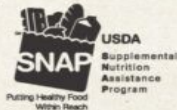
Source: Jeannie Najor, MS, RD, Program Coordinator II, University of Kentucky Cooperative Extension Service

IT'S A SNAP!

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program, provides food assistance to eligible households to cover a portion of a household's food budget. If you have difficulty buying the nutritious food that your family needs, consider SNAP.

For assistance, call toll-free:
1-855-306-8959 (8 a.m.-4:30 p.m.)

For more information, please visit:
benefind.ky.gov



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



PlanEatMove.com



Facebook.com/KYNEP



YouTube.com/UKKYNEP



Cooperative Extension Service

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

Extension Expo



UK Cooperative Extension Service

extension
EXPO
2025

MARCH 15
10 AM - 2 PM
LC HIGH SCHOOL GYMNASIUM
911 S. Lincoln Blvd., Hodgenville

CULTIVATING CONNECTIONS
GROWING A STRONGER COMMUNITY

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CONCESSIONS
LARUE COUNTY PORK PRODUCERS *Yum!*

VENDOR REGISTRATION
LC EXTENSION SERVICE
270-358-3401
807 Old Elizabethtown Rd., Hodgenville
LaRue.EXT@uky.edu
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SCAN ME




Homemakers Spring Bazaar



UK Cooperative Extension Service

HOMEMAKERS
Spring BAZAAR

4-12-25
9 AM - 3 PM

Vendor Registration



Hosted by the LaRue County Extension Homemakers

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville
270-358-3401
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