

February is not only a time for celebrating love, but also a month dedicated to raising awareness about heart health. Recognized as Heart Health Month, February serves as an opportunity to educate and encourage people to take charge of their cardiovascular well-being.

Heart disease is the leading cause of death worldwide, affecting millions of people each year. The good news is that many heart-related issues are preventable with healthy lifestyle choices.

During this month, health organizations highlight the importance of maintaining a balanced diet, staying physically active, managing stress, and avoiding smoking.

A heart-healthy diet includes plenty of fruits, vegetables, whole grains, and lean proteins while reducing sodium, unhealthy fats, and processed foods. Regular physical activity—like walking, cycling, or swimming—helps keep the heart strong, while reducing the risk of conditions like high blood pressure and cholesterol.

Managing stress through relaxation techniques or hobbies is another crucial factor in maintaining heart health.

February is a great time to check in on your heart health by scheduling a check-up with your healthcare provider, monitoring blood pressure, and evaluating personal risk factors.

Whether you're setting health goals or simply learning more, take this month to love your heart—your future self will thank you!

On February 10th, you can jump-start your heart health by attending our GO RED! Nicholas County Event. Doors will open at 5:30 p.m. with the program beginning at 6 p.m.. The best part, a meal will be provided. Be sure to call the office to register. Bring your spouses, bring a friend, this event is open to EVERYONE so we can have the biggest impact on heart health in Nicholas County.

As mentioned above, relaxation can lower your stress levels that affect your heart and what better way than to pick up a new hobby. With the help of Mr. Jerry Johnson, we will be beginning an adult mountain dulcimer class. This is open to all adults of any level of experience with the mountain dulcimer. We would love to have you join us! No dulcimer is required!



FEBRUARY 2025

IN THIS ISSUE

Agent Update.....	1
Flyers.....	2-3
Plant Order.....	4
Health.....	5
Moneywi\$e.....	6
Calendar.....	7
Recipe.....	8



GO RED! Heart Disease Awareness Event



**February 10th at 6 p.m.
Doors Open at 5:30 p.m.**

Join us for a **FREE** meal, as well as cardiac and stroke risk assessments!
Hear from Cardiologist, Dr. Yaz Daaboul about heart disease.
DOOR PRIZES will be given away!

Call (859) 289-2312 to register or click the link above!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
All of our Extension materials are available in Spanish, Vietnamese, and Chinese. We also offer materials in Braille and large print. If you need materials in a different language, please contact us at 859-289-2312. We are committed to providing services to all people. If you need accommodations, please contact us at 859-289-2312. We are committed to providing services to all people. If you need accommodations, please contact us at 859-289-2312.



Ashley A. Vice

Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-1452
ashley.vice@uky.edu

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic 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. Lexington, KY 40506



Nicholas County, Let's Celebrate Heart Health!

It's a month full of activities designed to support heart health for women.

Saturday, February 1
Paint the Town Red

Friday, February 7
National Go Red for Heart Disease Awareness Day
Wear Red to School Day for Heart Disease Awareness

Monday, February 10
Nicholas County Go Red for Heart Disease Event
Nicholas County Livestock Barn, 0 Concrete Road, Carlisle
Doors open at 5:30 p.m. Speakers begins at 6:00 p.m. Please RSVP by calling (859) 289-2323 no later than February 5.
Guest Speaker: HMH Cardiologist Yaz Daaboul, M.D.
Free meal and free risk screenings will be provided. Door Prizes will be awarded.

Sunday, February 16
Wear Red to Church Day for Heart Disease Awareness



Cooperative Extension Service
Family and Consumer Sciences

LEARN TO PLAY THE DULCIMER

for adults

No previous musical experience required—just bring your curiosity and willingness to learn! 🎵

Spaces are limited, so sign up today and start your musical journey with the dulcimer!

MORE INFORMATION :
(859) 289-2312

UK Martin-Gatton
College of Agriculture,
Food and Environment

Please join us for



KNIT WITS

How to Make Ghee 101

FEBRUARY 13TH AT 6 P.M.
Nicholas County Livestock Barn
1471 Concrete Road- Carlisle, KY
RSVP (859)289-2312

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic 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, veterans 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.
Lexington, KY 40506



Join Us & Rise above THE CALAMITY!

Join us for a disaster exercise in the fictional world of Calamity County! Teams will navigate the chaos and creatively solve assignments. At the conclusion of the game we will discuss our own emergency operations plan in relation to community readiness for animal needs.

When: 🍌 January 9th at 10:30 a.m.

where: 🍌 Nicholas County Livestock Pavilion
1471 Concrete Road
Carlisle, KY 40311

RSVP: 🍌 Call: (859) 289-2312 Text: (859) 473-1452

Anyone can use and benefit from LADDER!
Emergency Managers | Extension Educators | Public Health Professionals Livestock | Producers | Local Government Officials | First Responders | Veterinarians | Animal Control Personnel | Shelter & Response Personnel | And YOU!

ladder.ca.uky.edu

LADDER (Local Approach Discussion-Based Disaster Exercises and Readiness) is an MBEEP consistent exercise.

Project supported by USDA National Institute of Food and Agriculture Smith Level Special Needs Competitive Grants Program (2018-41210-28701 & 2021-41210-35031)



FLYER BOARD

FARM & FAMILY NIGHT

Save the Date:

March 11th, 2025



Presenting our Title Sponsor



Tickets available after February 3rd

Questions? Call (606) 301-6118



WORKFORCE SOLUTIONS

NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

MEETINGS

Save the Date



SEPTEMBER 26TH

NOVEMBER 26TH

Rescheduled for **JANUARY 21ST**

February 25th **MARCH 25TH**

MAY 15TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



Cooperative Extension Service



Cooking Through the Calendar

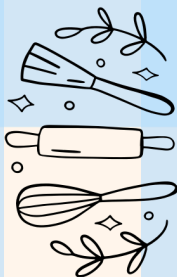


Cauliflower Bites

February 25th at 11 a.m.

Nicholas County Extension Office

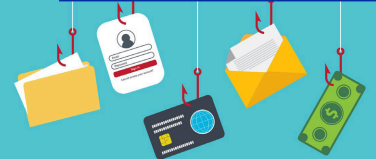
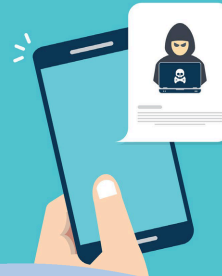
Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.



Leader Lesson February



UK Cooperative Extension Service



A Bad Deal in Disguise: Types of Scams

Can you recognize common scams? Scammers may try to trick us by appearing in disguise. This makes it difficult to know when something is "too good to be true." The Federal Trade Commission received 2.9 million fraud reports in 2021, with a total of \$6.1 billion in losses. Join us to learn about scammers who trick us with their disguises, as well as steps you can take to avoid fraud.

DATE: February 25th

TIME: 10 a.m.

LOCATION:

Extension Office

Cooperative Extension Service

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



Lexington, KY 40506



UK Cooperative
 Extension Service
 Nicholas COUNTY
 EXTENSION OFFICE
PLANT ORDER
2025



All plant orders due February 14th

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____



Item	Quantity (bundle of 25 plants)	Unit Price	Total Price
Seascape Strawberries		\$8.00	
Earliglow Strawberries		\$8.00	
Flavorfest Strawberries		\$8.00	

**** IF ORDERING BLUEBERRIES, IT IS RECOMMENDED TO PURCHASE TWO DIFFERENT VARIETIES FOR POLLINATION****

Item	Quantity (per plant/crown)	Unit Price	Total
Jewel Black Raspberry		\$13.00	
Chandler Blueberry		\$13.00	
Duke Blueberry		\$13.00	
Triple Crown Blackberry		\$13.00	
Marge Elderberry		\$13.00	
Hinnomaki Red Gooseberry		13.00	
Jersey Knight Asparagus		\$2.00	
		<u>Total Due</u>	

Orders payment is required by February 14th, 2025
Make checks payable to: Nicholas County Extension
Office

Taxes included in price

Payment Information:
 Amount Paid: _____
 Date: _____
 Received by: _____
 Check no. _____ or Cash _____

**WE WILL CONTACT YOU WHEN ORDERS ARE READY
 FOR PICK-UP. IF YOU HAVE ANY QUESTIONS, CALL
 859-289-2312**

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.

Cooperative Extension Service

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



Disabilities accommodated with prior notification

Lexington, KY 40506

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

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

February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Groundhog Day 	3 FCS at Senior Citizens	4 Headquarters 	5 	6 Domestic Divas Ellisville Moorefield	7 Wear RED to work or school for Heart Health Month 	8 4-H Sewing Camp Day-volunteers needed Volunteers Needed
9	10 HMH Go RED! Event	11 Quilting	12	13 LADDER Training Ghee Class	14 Plant Orders Due Happy Valentines Day	15
16 Wear Red to Church for Heart Health Month	17 	18	19 FCS at Senior Citizens Busy Bees at NCPL 	20	21	22
23	24 FCS at Senior Citizens	25 Cooking thru Calendar Council Leader Lesson	26	27	28 	



Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water.

Place over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender.

Drain the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

<http://plateitup.ca.uky.edu>

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



Nicholas County

368 East Main

P.O. Box 3

Carlisle, Kentucky 40311

Return Service Requested