

# Marshall County FCS NEWS



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.  
**Marshall County**  
2081 Mayfield Hwy.  
Benton KY 42025  
marshall.ca.uky.edu  
[\(270\) 527-3285](tel:(270)527-3285)

## Upcoming Events

- 1/20 - Office closed for Martin Luther King day
- 1/28 - Learning Session, 'Move your Way' 10am
- 2/3 - Extension Homemaker Advisory Council meeting 9:30
- 2/4 - Basket class with Wendy 9-3
- 2/4 - Sewing with Robynn 1-3:30
- 2/6 - Quilting with Robynn 11-3:30
- 2/10 - Maker Monday 9-noon
- 2/10 - Busy Bees potluck & meeting, 12-2pm
- 2/11 - Hardin Club meeting 10am
- 2/12 - Olive Club meeting 9am
- 2/13 - Sharpe Club meeting 9am
- 2/13 - Cultural Arts Day 9:30-10:30
- 2/15 - Basket class with Wendy 9-3
- 2/27 - Learning Session, 'Indoor Air Quality' 10am

**Reminder that if schools are closed due to weather, programs will be cancelled.**

*There are many opportunities to get involved with FCS Extension this time of year!*

**Extension Homemaker Clubs** always welcome new members and have educational activities for everyone to experience!

Robynn, with the **Master Clothing Volunteers**, has classes for those interested in sewing and quilting. Even if you have little to no experience, it's never too late to learn!

**Maker Monday** is an opportunity to share new skills or ideas with all who are interested throughout the community. It is open to everyone.

There is a **Learning Session** just for you if you are interested in learning more about physical activity; also a session about indoor air quality. Bring a friend to either or both sessions!

The **Marshall County Cultural Arts Day** will be February 13, with check-in from 9:30-10:30. Call the office if you need a copy of rules & categories or visit [keha.org](http://keha.org) for more information.

Everyone is welcome to attend **Homemaker Advisory Council** meetings. It's the best way to learn what is going on and how you can get involved!



**May 6-8, 2025**  
**Hyatt Regency**  
**Lexington KY**  
**"Discover KEHA--**  
**A Hidden Treasure"**

## Cooperative Extension Service

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

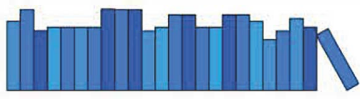
## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





Keep an eye on social media for more details about the **March Big Blue Book Club - 'My Old Kentucky Road Trip'**.

## DRESSING FOR COLD WEATHER

adding layers will help keep you warm as the temperature drops

### CHILLY

- 1-2 layers (jacket)
- long layer (pants)
- outer layer to keep out wind, rain
- warm shoes water proof

### COLD

- 2-3 layers (jacket)
- gloves
- warm hat
- outer layer to keep out wind, wet snow
- boots water proof
- 1-2 layers (pants)

### EXTREME COLD

- 3+ layers (jacket)
- 1 insulating (jacket)
- gloves
- warm hat
- face mask
- outer layer to keep out wind
- boots water proof
- 2+ layers (pants)

[weather.gov/safety](http://weather.gov/safety)

## Recipe Corner...

### Kale and Potato Soup

- |  |  |                                |
|--|--|--------------------------------|
| <b>4 teaspoons</b> olive oil                     | <b>6</b> red potatoes, diced                   | <b>¼ teaspoon</b> black pepper |
| <b>1</b> chopped yellow onion                    | <b>½ cup</b> chopped carrot                    |                                |
| <b>3 cloves</b> garlic, minced                   | <b>4 cups</b> shredded kale                    |                                |
| <b>1 box</b> (48 ounce) low-sodium chicken broth | <b>½ pound</b> cooked chicken breast, shredded |                                |

- In a large saucepan, **heat** the olive oil over medium heat for 1 minute. **Add** chopped onion and garlic and **cook** uncovered for 5 minutes.
- Add** chicken broth, potatoes and carrot; cover and bring to a boil.
- Reduce heat** and simmer for 20 minutes.
- Mix** in the kale, chicken and black pepper. **Cover and simmer** for 15

minutes or until kale is tender.

**Yield:** 6, 1½ cup servings.

**Nutritional Analysis:**  
270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein.

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



*Vicki Wynn*

Vicki Wynn  
Agent for Family & Consumer Sciences  
[vicki.wynn@uky.edu](mailto:vicki.wynn@uky.edu)

Jan/Feb 2025

# Dementia Caregiver Workshop



**Tuesday, February 25th | 9am - 12 Noon ET**

The Dementia Caregiver Workshop is designed for those who are caring for someone who is navigating the dementia journey. Join local and statewide experts who will provide you with a better understanding of the disease and strategies to help you and your loved one.

## Topics will include:

- \*Disease Education
- \*Communication Strategies
- \*Home Safety
- \*Community Resources
- \*Research Opportunities

Register Online at  
<https://tinyurl.com/48577fnm>  
or call 859-323-5550



**Join us in-person or online**

UK Sanders Brown Center on Aging  
2199 Harrodsburg Rd, Lexington KY  
(in-person registration limited)





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>

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

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





**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:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 1

Marshall County Extension Office 2081 Mayfield Hwy. Benton KY 42025 (270)527-3285

## THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

### HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

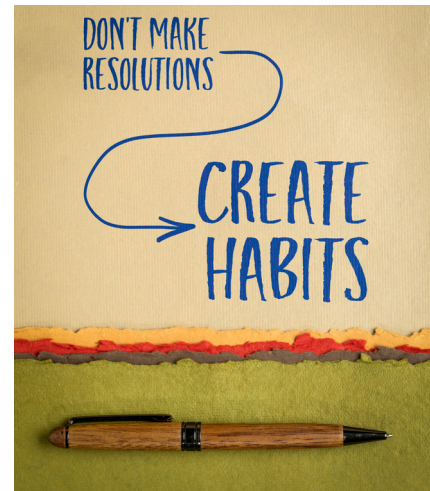
#### Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

### HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.





Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b> Hunger	<b>Obvious:</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible:</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving:</b> Food	<b>Attractive:</b> If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	<b>Unattractive:</b> Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
<b>Response:</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward:</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> Appoint someone to hold you accountable and remind you of your commitment.

### CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

**New Habit:** \_\_\_\_\_

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult:</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

Written by: Kelly May | 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