

# FAMILY & CONSUMER SCIENCES NEWSLETTER SPRING 2025



*Summer Make it Taste it Fry it!  
sneak peak!*

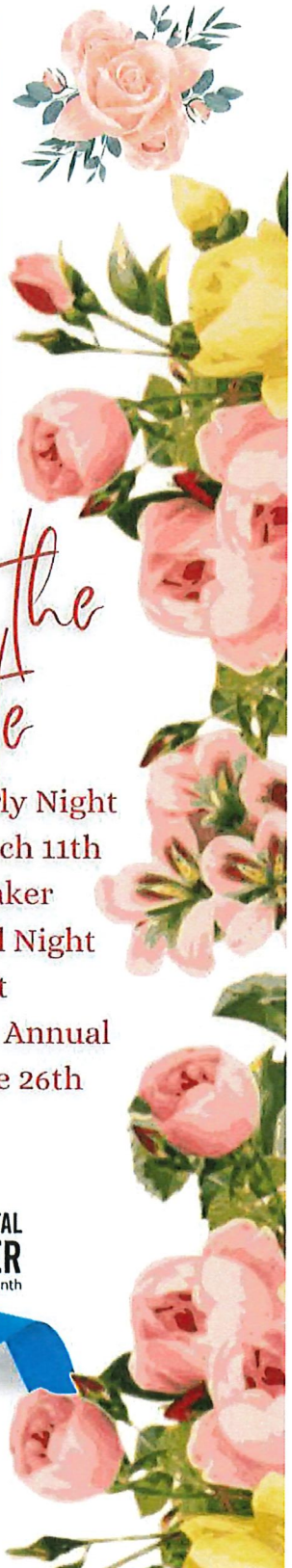
SPRING IS JUST AROUND THE CORNER & SO ARE MANY PROGRAMS THAT WE HAVE BEEN PLANNING FOR YOU HERE AT THE OFFICE!  
BE SURE TO ALSO KEEP CHECKING OUR FACEBOOK PAGE!

JUNE 17TH & 18TH SUMMER BAGS & HATS  
JULY 15TH & 16TH SUMMER DOOR HANGERS

Shannon Smith

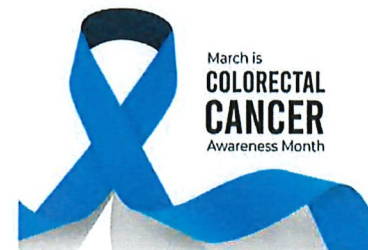
## Meals Made Easy Series

March 18th - Trending Meals  
April 15th - Cooking with Eggs  
June 3rd - Grilling  
Cost is \$5, please register by the Friday prior to class



*Save the Date*

\*Farm & Family Night at MCTC March 11th  
\*Homemaker International Night May 1st  
\*Homemaker Annual Meeting June 26th



March is  
**COLORECTAL  
CANCER**  
Awareness Month



## Lunch & Learn Series

**11:30-1:00**

at Bracken County Extension Office **FREE** Light lunch will be served

|  |  |   |
|--|--|---|
| <b>SEPTEMBER 25</b><br>DISASTER PREPAREDNESS   | <b>OCTOBER 23</b><br>BREAST CANCER AWARENESS                           | <b>NOVEMBER</b><br>FOOD S...                |
| <b>DECEMBER 18</b><br>SURVIVAL OF THE HOLIDAYS | <b>JANUARY 15</b><br>HEART ATTACK AND STROKE, TALKING WITH YOUR DOCTOR | <b>FEBRUARY</b><br>HEALTHY E/ MOVE FOR L... |
| <b>MARCH 19</b><br>FRAUD, HOME SAFETY          | <b>APRIL 16</b><br>FIRST STEPS RECOGNIZING MISSED MILESTONES           | <b>MAY 21</b><br>ESTATE PLANNING            |

**MORE DATES ADDED FOR SUMMER!**  
JUNE 11TH  
JULY 9TH  
AUGUST 13TH

Please register by scanning QR code or call the office at (606)-735-2141



Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Lexington, KY 40506





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto: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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4-H Youth Development  
Community and Economic Development

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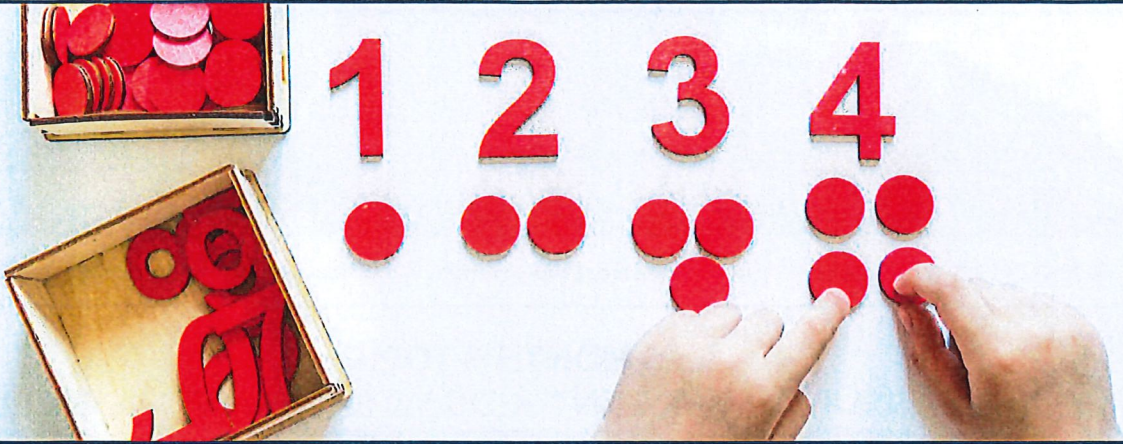
Lexington, KY 40506



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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://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



# 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>

Bracken County Extension  
1120 Brooksville-Gtown Rd  
Brooksville Ky 41004  
606-735-2141

## THIS MONTH'S TOPIC

# CAN YOU STOP CANCER BEFORE IT STARTS?



**T**he 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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**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





# GLASS with Sass

March 19th  
6:00 PM - 8:00 PM  
Bracken County Extension Office  
(606) 735-2141

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



Join us for a night of fun as Pam McGlone from Glass with Sass will teach us the basics to the art of glass mosaics. With over 25 design options to choose from, participants will get to make their very own masterpiece. Cost includes decorative tiles/glass, adhesive, grout, sealer, snacks and more!

**COST IS \$35!  
MUST PRE-PAY AT  
REGISTRATION!**

**REGISTRATION  
DEADLINE MARCH 14TH!**

**CHECKS CAN BE MADE  
TO PAM MCGLONE**

Design Options:

- Awareness Ribbon
- Butterfly
- Cactus
- Camper
- Cardinal
- Circle
- Coasters (Round)
- Coasters (Square)
- Coffee Cup
- Cross
- Deer
- Dog Paw
- Easter Egg
- Fish
- Floppy Ear Bunny
- Flower
- Football
- Heart
- Kentucky (state shape)
- Owl
- Peep
- Pineapple
- Rectangle
- Sea Turtle
- Shamrock
- Starfish
- Sunshine
- Tractor

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# MAKE IT TAKE IT TRY IT!

APRIL 22ND & 23RD 6:00 PM

(WE WILL BEGIN AT 5:00 FOR ANYONE WHO WOULD LIKE AN EARLIER START!)

**UK** Cooperative Extension Service

## FLOWER BOX PLANTERS \$40

# 1



# 2



# 3



**PAINT YOUR OWN CUSTOM SPRING DESIGN FLOWER BOX PLANTERS ARE \$40, DOOR HANGERS ARE \$30—INCLUDES ALL SUPPLIES & IN-PERSON INSTRUCTION WITH GLENDA LOGAN.**

**KY PROUD PLATE IT UP RECIPES PREPARED BY FCS AGENT SHANNON SMITH WILL ALSO BE AVAILABLE TO SAMPLE. MUST PAY AT TIME OF REGISTRATION, CHECKS CAN BE MADE TO GLENDA LOGAN.**

**REGISTRATION DEADLINE APRIL 16TH.**

**PLEASE REGISTER WITH EXTENSION ONLY, ONLY OPTIONS SHOWN ON FLYER WILL BE AVAILABLE.**

## DOOR HANGERS \$30

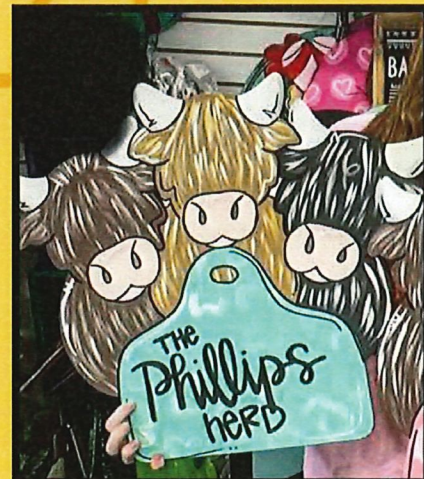
# 4



# 5



# 6



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# Mommy & Me



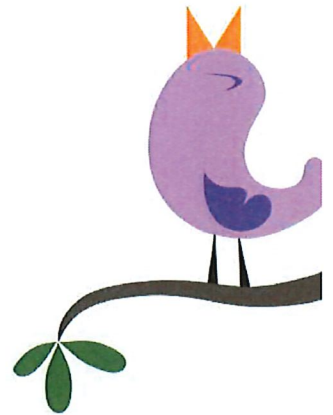
# Paint Night

Bracken County Extension Service

(606) 735-2141

<https://www.facebook.com/BrackenCountyExtensionService/>

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.



A fun painting adventure for you and your child (of any age)! For a cost of \$25 you'll receive two canvases for joining side-by-side (shown below), and all the paints and brushes you need for this wonderful collaboration. Includes in person instruction with Glenda Logan & fun charcuterie snacks prepared by FCS Agent, Shannon Smith.

Monday May 12th  
**5:30 PM**



**COST IS \$25, MUST PRE-PAY  
MAKE CHECKS PAYABLE TO  
GLENDA LOGAN  
REGISTRATION DEADLINE IS  
THURSDAY MAY 8TH  
REGISTER WITH BRACKEN  
COUNTY EXTENSION OFFICE**

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Bracken County

1120 Brooksville Germantown Road

Brooksville, KY 41004

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,  
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky  
40546, the UK Office of Equal Opportunity, 13 Main Building,

University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the CES Program and Staff Development website for additional guidance. Questions may be directed to Stacy Miller at [stacy.miller@uky.edu](mailto:stacy.miller@uky.edu) or (859) 257-1727.