

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER

 Cooperative
Extension Service

Winter 2024/2025

YOU ARE NOT ALONE: COPING WITH GRIEF TRIGGERS DURING THE HOLIDAYS

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- Prepare and plan. Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.
- Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.
- Reflect on your memories. Tell stories, write or find ways to communicate that

are most comfortable to you.

- Create a tradition. Use the date for a special remembrance or celebration.
- Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.
- Volunteer your time to a cause. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

Contact your Floyd County Extension office for more resources, tips and information. (606) 886-2668.

Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

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Andrea Slone

Andrea J. Slone
County Extension Agent for
Family & Consumer Sciences Education

Floyd County Extension Service
3490 Ky. Rt. 321
Prestonsburg, KY 41653
(606) 886-2668

Web: ces.ca.uky.edu/Floyd/
FamilyConsumerSciences

Facebook:
www.facebook.com/FloydExt

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accommodated
with prior notification.

ADULT

HEALTH BULLETIN



DECEMBER 2024

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

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

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**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



→ **Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**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.

DECEMBER 2024

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

THIS MONTH'S TOPIC:

BEING A RESPONSIBLE CONSUMER OF INFORMATION

With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a "public good." As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make "copies" of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET "GERMS"

What can you do to prevent the spread of viral online "germs"? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people's voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.

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“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, "Let the buyer beware." When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from "bait and switch" to "phishing scams" (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you "consume" (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, "If it seems too good to be true, it probably is," holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

Written by: Melinda McCulley, Extension Specialist for Instructional Support

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



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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

Important Homemaker Updates!

- Homemaker Dues are due ASAP! \$10 need to be sent to Cathy Goble at PO Box 701 Allen, KY 41601.
- Homemakers are accepting donations for the homeless shelter. Items include: shampoo, lotion, toothbrushes, toothpastes, disposable razors, shaving cream, and deodorant. If you would like to donate any of these items, you can bring them to the Floyd County Extension Office .
- Circle of Friends Homemakers is having a Christmas Party on December meeting on December 2nd at 11:00. Bring a wrapped Christmas ornament, men's tube socks (gray or black for veterans home), and a party food item.

The 2024-2025 Kentucky Extension Homemaker year is set to start September 2024! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

Facebook: <https://www.facebook.com/groups/floydcohomemakers>

Allen Homemaker Club Meetings will be held monthly at the Allen Baptist Church on the first Monday of each Month at 11 AM.

May Valley Homemaker Club Meetings will be held monthly at the Martin Church of Christ on the third Tuesday of each Month at 10 AM

Monthly Lesson Topics:

September: Understanding Suicide

October: Addiction 101

November: Pathways to Wellness

January: Indoor Air Quality

February: Move Your Way: Exercise for Everyone

March: Air Fryer

April: Mealtime Rut

May: Grancooks



SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be only be meeting on first Wednesday of December & the 15th and 22nd in January at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Woolies

The Woolies will be meet on Second Wednesday of December and January at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

The Evening Quilt Group will not meet in December, but will meet the third & fourth Monday of the January at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

Dinner for Two

Cooking as a Team

Bring your spouse, significant other, friend, or relative and learn how to cook together as a team!

Floyd County Extension Office
3490 KY RT 321
Prestonsburg, KY 41653

Dates:

January 10, 2025
February 14, 2025
March 14, 2025

REGISTRATION REQUIRED.

PLEASE CONTACT TO REGISTER:

Floyd County Extension
Office at
(606) 886-2668

All dates will begin at

6:00 PM



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LEXINGTON, KY 40546



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December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>Allen Homemakers</u> 11 AM	3	4 <u>Nimble Thimble Quilt Guild</u> 10 AM	5	6	7
8	9	10	11 <u>Woolies</u> 10 AM	12 <u>CEC/ District Board</u> 5:30 PM	13	14
15	16	17 <u>May Valley Homemakers</u> 10 AM	18	19	20	21
22	23	24	25 OFFICE CLOSED	26 OFFICE CLOSED	27 OFFICE CLOSED	28
29	30 OFFICE CLOSED	31 OFFICE CLOSED				



January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE CLOSED	2	3	4
5	6 <u>Allen Homemakers</u> 11 AM <u>Evening Quilt Group</u> 5:30 pM	7	8 <u>Woolies</u> 10 AM	9	10 <u>Dinner for Two</u> 6 PM	11
12	13	14	15 <u>Nimble Thimble Quilt Guild</u> 10 AM	16	17	18
19	20	21 <u>May Valley Homemakers</u> 10 AM	22 <u>Nimble Thimble Quilt Guild</u> 10 AM	23	24	25
26	27	28	29	30	31	

FLOYD COUNTY
 3490 KY Route 321
 Prestonsburg, KY 41653
 RETURN SERVICE REQUESTED

Sorghum Gingerbread Pear Muffins

1 cup whole-wheat flour	½ teaspoon ground ginger	½ cup sorghum syrup
½ teaspoon baking powder	¼ teaspoon salt	½ cup unsweetened applesauce
½ teaspoon baking soda	1 egg	1 pear , peeled, cored, and diced
½ teaspoon ground cinnamon	½ cup buttermilk	

Preheat oven to 375 degrees F. **Grease** 12 muffin cups or line with paper liners. In a mixing bowl, **combine** the flour, baking powder, baking soda, cinnamon, ginger, and salt. In a separate bowl, **mix** together the egg, buttermilk, sorghum syrup and applesauce until smooth. **Add** the egg mixture to the flour mixture and **combine** until the batter is just moistened. Gently **fold** in the diced pears. **Fill** the muffin cups with the

mixture. They will be full. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.
Yield: 12 muffins. Serving size, one muffin.
Nutritional Analysis: 90 calories, 1g fat, 0g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 20g carbohydrate, 2g fiber, 13g total sugars, 10g added sugars, 2g protein

