

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



Photo courtesy of: Arianna Smith

FEBRUARY 2025

LETTER FROM YOUR AGENT



Rosa Smith
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Family & Consumer Sciences Ed.
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Can you believe it's already February? It's a great time to check in on those New Year's resolutions and refocus on your goals. With National Heart Month here, let's show a little extra love to our hearts by eating better, moving more, and managing stress—small steps really do make a big difference!

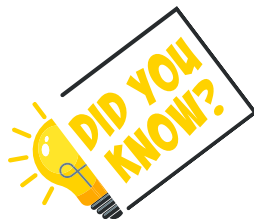
I'm excited to share some great programs coming up to help you along the way:

- Cooking through the Calendar: Learn new heart-healthy recipes you'll love!
- Bingocize: A fun mix of movement, health tips, and bingo—perfect for all!
- Walking Your Way: Starting in March, this program will help you build a regular walking routine at your own pace.

I'd love to see you at one (or all!) of these programs. Let's make February a month of growth and healthy habits together! ❤️

Let me know if you'd like more details or to sign up!

Warm wishes,
Rosa Smith
Owsley County FCS Agent



February is National Heart Month in the United States, making it a great time to focus on heart-healthy foods! Foods rich in omega-3 fatty acids, like salmon and walnuts, as well as fiber-packed options like oats, beans, and berries, can help keep your heart in tip-top shape.



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Extension Service

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

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Disabilities
accommodated
with prior notification.

FCS Focus

hello February



Owsley County Book Club

5:00pm

February 27th- Before We Were Yours
March 20th- Book TBD



Keys to HomeOwnership

February 25th @ 6pm
March 25th @ 6pm



Loaves of Love

February 22nd @ 2pm

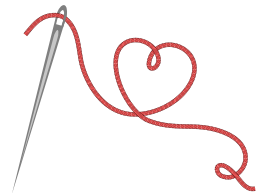
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Stitch & Chat

Held on the second Friday of each month at 9am

February 14th
March 14th
April 11th



Owsley County Homemakers

February 6th- Lunch-n-Learn "Mealtime Rut" @ 12:00pm
February 11th- Lunch-n-Learn "Time well Spent" @ 12:00pm
March 19th- Lunch-n-Learn "Entertaining Little Ones" @ 12:00pm
April- Homemaker Spring Meeting (Breathitt County)
May 14th -Lunch-n-Learn " Osteoporosis" @ 12:00pm



All Sessions held at 1:00pm

Feb 3rd	March 6th
Feb 4th	March 11th
Feb 11th	March 14th
Feb 13th	March 19th
Feb 21st	March 21th
Feb 26th	March 25th
Feb 28th	March 28th



Cooking Through the Calendar

All sessions held at 4:00pm

February 14th
March 14th
April 11th



Junior Homemakers

February 11th @ 3pm
March 13th @ 3pm
April 17th @ 3pm

Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley C. Public Library at 3:30pm

February 4th- Theme: Ice
March 11th- Theme: Dinosaurs
April 8th- Theme: Being Healthy
May 13th- Theme: Sports
June 17th- Theme: The Beach



If the Owsley County School District is closed due to weather then extension programs will be cancelled.

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FCS Program Updates

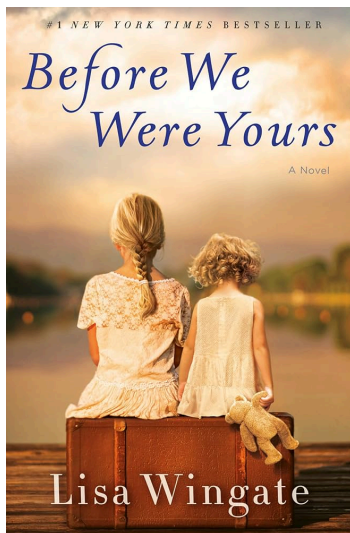


Fun at Laugh and Learn Playdate

Early Learners and their siblings joined in on some jungle fun making pet snakes, finding the jungle animals, eating banana boats and animal crackers, and reading stories. Laugh and Learn Playdate is open to ages 5 and under each month to enhance Kindergarten readiness skills. Join us for our next playdate on February 4th at the Owsley Public Library. You can pre-register by calling the Extension Office.

Owsley Co Homemakers

Owsley County Homemakers had to reschedule their January meeting on "Time Well Spent". This meeting has been rescheduled for February 11th @ 12:pm noon.



Book Club

Weather has not been on our side this month, but we have been creative in our meeting schedules. Book Club this month was a "Book Pick Up" where participants picked up their books for next month's meeting which also included a reminder bookmark and a delicious recipe from Plan Eat Move.

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.



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://nclld.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



Italian Shrimp Pasta

Servings: 8

Serving Size: 1/8 of pasta dish

Recipe Cost: \$15.54

Cost per Serving: \$1.94

Nutrition facts per serving: 310 calories; 7g total fat; 1g saturated fat; 0g trans fat; 70mg cholesterol; 510mg sodium; 45g carbohydrate; 5g fiber; 3g sugar; 16g protein; 6% Daily Value of vitamin A; 2% Daily Value of vitamin C; 6% Daily Value of calcium; 10% Daily Value of iron

Ingredients:

- 1 pound whole-wheat linguini or angel hair pasta noodles
- 3 tablespoons olive oil, divided
- 1 pound frozen, peeled and deveined shrimp (any size), thawed
- ½ of a 0.6 ounce packet dry Italian dressing mix
- 8 ounces fresh mushrooms (any type), sliced
- 2 cups fresh spinach

Directions:

1. Prepare pasta according to package instructions and drain.
2. Heat 1 tablespoon olive oil in a large skillet. Add the shrimp and Italian dressing mix. Saute for 1 minute.
3. Add the mushrooms and spinach to skillet and continue cooking until shrimp is cooked through and has turned pink, mushrooms are tender and spinach is wilted.
4. Pour shrimp mixture into pasta. Add remaining olive oil and stir to combine.

Note: If pasta is too dry, add another tablespoon of olive oil. The additional oil will add calories from unsaturated fat.

Source: Laura White-Brown, former Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



February 2025

Family & Consumer Sciences

Sunday

Monday





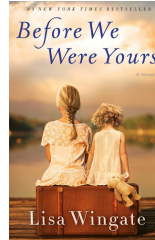

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
2	 Bingocize @ 1	3	 Bingocize @ 1 Laugh & Learn @ 3:30 (Public Library)	4	5	6	8
9		10	 Lunch-n-Learn @ 12  Bingocize @ 1 Jr. Homemakers @ 3:00	11	12	13	15
16	 Cooking Through the Calendar @ 4:00pm	17	18	19	20	21	22
23		24	Keys to HomeOwnership @ 6 	25	26	27	28
			 Bingocize @ 1	 Book Club @ 5	 Bingocize @ 1	 Bingocize @ 1	 Loaves of Love (Bread Workshop) @ 2pm