

# FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families  
Madison County Newsletter

## UK Cooperative Extension Service

Madison County Cooperative Extension  
230 Duncannon Lane  
Richmond, KY 40475  
(859) 623-4072  
<https://extension.ca.uky.edu/>

February, 2025

Self-Care Sanctuary

**February 7th**  
**10AM-1PM**

Indulge in a luxurious pampering session centered around home spa products and self care to achieve total relaxation, rejuvenation, and a radiant glow from head to toe.

**SPECIAL OFFERS**

- \* HOMEMADE BODY & SKINCARE TREATMENTS
- \* MINDFULNESS AND RELAXATION ACTIVITIES
- \* GUILT-FREE HEALTHY SNACKS
- \* MESSAGES W/ CERTIFIED THERPISTS!

Madison County Extension Office  
Sign up Today!  
859-623-4072

Massages scheduled prior to program!  
\$15 for 15 minutes time slots!  
(payment due at program)

## MADISON COUNTY HOMEMAKERS ANNUAL CRAFT FAIR

**Now accepting vendor applications!**

- Saturday March 29th
- 10 AM to 2PM

Any and all crafts welcome!  
Call to reserve your table(s) TODAY!  
\$25 each for Homemaker Members/ \$30 each for non-members  
Make Checks payable to: Madison County Extension Homemakers

(859) 623-4072

230 Duncannon Lane  
Richmond KY 40475

Jessica Hunley

**Family & Consumer Sciences Agent,  
Madison County**  
Hunley.jessica@uky.edu  
(859) 623-4072

### 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



## SPECIALTY CLUBS/GROUPS/CLASSES

**Now through March 31: We are on WINTER HOURS!** No meeting shall start before **10:00 am** (this includes club members setting up food, etc., ahead of time.) Starting December 1st, clubs and groups that have a regular starting time of 9 am, will move to 10 am. Please review **SNOW POLICY!**

**MONDAY NIGHT SEWING SALON** (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, check board for room assignment. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.

**SEW MUCH OR SEW LITTLE** ) **2nd and 4th Tuesdays, 10am-1pm**, Room 3, annex bldg.

**SOUTHSIDE SLOW STITCHING** (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

**CREATIVE HANDS** (quilting) **1st and 3rd Thursday @ month, 10am-1pm**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252.

**GARDENERS OF MADISON COUNTY** (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. Upcoming programming notes:

- **February 12:** David Rice will be presenting about bees and beehives information;
- **March 12:** Member, Sherri will teach us to make bird feeders from pinecones. No need to bring anything!

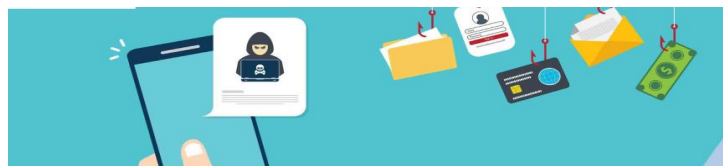
All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

**PAPER KUTZ** (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm**, check board for room assignment. Questions, call Connie Lawson, 859-582-5505.

**HAPPY SCRAPPERS** (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, check board for room assignment. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

### EVONNE KINCER CARD CLASS:

**February 18, 10-noon or 5:30-7:30pm.** Please bring your supply kit including a tape runner and liquid glue. Class fee is \$10. To attend email Evonne [evkaykin@yahoo.com](mailto:evkaykin@yahoo.com) and specify preferred class time.



## LEADER LESSON

### 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.

**Tuesday, February 25  
11:00 a.m.**

**FREE program. Call  
to reserve your space:  
859-623-4072**

**Madison Co. Extension Ctr.  
Annex Bldg. Room 2**

**This is a free presentation held at the Madison County Extension Service, all are welcome!  
Call 859-623-4072 to register for this lesson.**

Mark your calendar for upcoming Leader Lessons:

- **March 25: Using Your Airfryer, 11am**
- **April 24: Composition in Photography, 11 am**



### SNOW POLICY:

**If Madison County Schools are closed due to inclement weather, all homemaker, 4-H and horticulture meetings, clubs and workshops are cancelled for that day and evening.** In some cases, these events may be rescheduled. If in

doubt, please call **859-623-4072**. School closings are broadcast on TV, radio, and we always try to post our closures or delayed openings on our Facebook pages.

# Cook with Cheri Cooking for 1 or 2

Join Cheri for a **free** weekly lesson and healthy hands-on cooking class, then stay to enjoy your efforts!

**Fridays, April 4, 11, 18 and 25, 2025, 11am-1pm**, seating is limited, and you must be able to attend the full series.

**Registration is required for setup & supplies: Call 859-623-4072**

**Location:** Madison County Extension Center  
230 Duncannon Lane, Richmond, KY 40475



## 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)



Cooperative Extension Service

SAVE THE DATE!  
**GARDEN PARTY**  
BENEFIT FOR OVARIAN CANCER  
MORE INFO COMING SOON!

230 DUNCANNON LANE | June 3rd, 2025  
RICHMOND KY 40475

More details to be announced!

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

**PICKLEBALL**  
*Open-Court!*  
COMING SOON!

**WEDNESDAYS**  
**APRIL 1ST THROUGH**  
**SEPTEMBER 30**

**MADISON COUNTY EXTENSION OFFICE**  
230 Duncannon Lane Richmond KY 40475

**More Information :**  
[hunley.jessica@uky.edu](mailto:hunley.jessica@uky.edu)

## Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or [psfr222@uky.edu](mailto:psfr222@uky.edu).

**GAP (Grandparents As Parents): February 5, 11am-1pm @ the Richmond Library, Room 138.** Please call for set up and supplies. Guests, Sally Dannenburg, with Mind in the Making.

**SMALL FRIENDS: February 18, 11am to 1 pm at the Extension Office.** Come for a great time of fun and fellowship, giggles and parenting tips. Reservations are needed for supplies and set up for you and your little ones, prenatal to 5 years of age. It is a great place to make new friends. Small Friends learn about friendship, fun crafts, healthy snacks, and story times.

**PARENT MATTER (Parenting Encouragement):** These are parent only meetings; new members are welcome; coffee and tea provided. Our meeting locations are at both Madison County Public Libraries as follows:

- **Richmond Library on February 5, 3pm to 4:30pm in Room 136.** Please call for set up and supplies.
- **Berea Library on February 11, 11:30am to 1pm.** Please call for setup and supplies.

**KEYS TO GREAT PARENTING (KGP): KGP** is an informal, FREE 10-week course designed for parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and childcare is not provided. Referrals are welcome.

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

HOSTED AT LOCAL  
ELEMENTARY  
SCHOOLS!

# LAUGH AND LEARN PLAYDATES

## 2025 Playdates SCHEDULE

January 24th		Waco @ 1:30PM
February 14th		Waco @ 1:30PM
February 21st	Shannon Johnson @ 10AM	
March 14th		Waco @ 1:30PM
April 18th	Shannon Johnson @ 10 AM	Waco @ 1:30PM

For more info contact: Jessica Hunley- FCS Agent  
[hunley.jessica@uky.edu](mailto:hunley.jessica@uky.edu)

21st Annual Bluegrass Regional

# Grandparents Raising Grandchildren Conference

Featured Speaker:  
Dr. Clarissa Roan-Belle  
Licensed Psychologist  
Higher Horizons

March 19, 2025  
8:00 AM - 3:30 PM

Clarion Hotel,  
1950 Newtown Pike  
Lexington, KY

Register: <https://sites.google.com/view/gapofky/home>

# Cook with Me

Family Cooking series  
Children ages 4 and up!

**NOTE: We've added additional classes! Email Jessica for other dates if these don't work for you!**

January 23rd  
February 27th  
March 26th  
April 30th  
May 20th  
At 5:30 PM

**FREE!**

All materials provided

230 Duncannon Lane  
Richmond KY 40475

FOR QUESTIONS: EMAIL  
[HUNLEY.JESSICA@UKY.EDU](mailto:HUNLEY.JESSICA@UKY.EDU)

## FOCUS ON CREATIVE ARTS IN MADISON COUNTY

### CRAFTING WITH THE BEST:

Class dates/crafts below; class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

**February 7, 1:30-3:30PM:**

Heart Pennant with Evonne Kincer. Supplies needed: Scissors/ Pinking Shears (if you want to bring your own), deck of poker cards, Valentine/ Love-themed ribbon— ½” to 1” ribbon; Poly-fil will be provided.



**March 3, 10-noon:** Potholder Reminder Notepad with Paulette Edster. Supplies needed: 2 of the same potholders, scissors and glue gun/gorilla glue sticks (if you want to bring your own). Small circle magnets, pen and pad will be provided, also we have some potholders donated, but participants may want to bring a set of potholders to their own taste.



**April 4, 10-noon:** Cardmaking with Kathy Langosh. Supplies needed: Light weight glue or double sided tape, bone paper folder (ruler), scissors.



## OUT OF THE ART: THE HEART SPEAKS

### LECTURE SERIES PRESENTING:

## Lloyd Alvis Agee

**February 26 @ 6PM (Room 1, Annex)**

When Lloyd Alvis Agee was growing up on his parents' Richmond horse and tobacco farm, he became fascinated with drawing and painting, completing his first oil painting at age 13. He paints almost everything, but landscapes are his favorite. Lloyd is a local artist and a native of Madison County. He enjoys living and working in the county he loves, and is a featured artist at Gallery on Main, and art instructor at Richmond Area Arts Center, and board member of Gallery on Main and Kentucky Guild of Arts and Craftsmen in Berea. Join us on **February 26th at 6:00pm** when he will share more about his art journey.

If you are interested in attending this free presentation, **please call to reserve your seat, 859-623-4072.** Light refreshments will be served.



## Seed Swap

**Thursday, February 27, 2025 ~ 10 am to 12 noon**

**Madison County Extension Office, Richmond, KY**

Interested in learning more about saving seeds? Come to the Seed Swap! We will have a lot of information to share about seed saving and gardening.

If you have seeds to share, great! But if not, that's OK, come anyway! We should have plenty for everyone.

Acceptable seeds are those saved from open-pollinated varieties of plants or any unused seed from packets. If you have questions about types of seeds to bring, contact Amanda Sears, 859-623-4072 or [Amanda.sears@uky.edu](mailto:Amanda.sears@uky.edu).

If you plan to attend the Seed Swap, let us know by calling 859-623-4072 so we can know how many handouts to prepare!



**KEHA:** Kentucky Extension Homemaker Association website is: <https://keha.ca.uky.edu/>

Facebook page: <https://www.facebook.com/OfficialKEHA>

Our Facebook page for all the upcoming news and class information, <https://www.facebook.com/MadisonCoFCS/>.

Also, you can visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>.



**THE APPLE PATCH** By Cheri Stacy, Nutrition Assistant Senior

# Cauliflower Bites

**Prep Time: 15 minutes**  
**Cook Time: 19 minutes**

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings  
 Serving Size: 1/2 cup bites  
 Cost per recipe: \$3.87  
 Cost per serving: \$0.48

### Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

### Source:

Jacqui Denegri,  
 Fayette County NEP  
 Assistant Senior,  
 University of Kentucky  
 Cooperative Extension



Recipes from the 2025 Food and Nutrition

*Recipe Calendar*

**The 2025 Food & Nutrition Recipe Calendar is available starting January 2nd.** We have a limited supply and it is not mailed out. Please come by the office at your earliest convenience to pick up a copy while they last. Also available in Spanish. First come first served; we do not hold them.



# PARENT HEALTH BULLETIN

 Cooperative Extension Service



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>

Madison County Extension Office  
230 Duncannon Lane  
Richmond, KY 40475  
(859) 623-4072

## THIS MONTH'S TOPIC

# SUPPORTING SELF-LOVE THROUGH A POSITIVE BODY IMAGE



February may get you thinking about hearts or love. Love for children, family, friends, someone special, or even yourself. What are some ways you show children you love yourself? A positive body image is one piece of self-love. Body image is the way you think and feel about your body. When children have a positive body image, they have greater confidence, self-esteem, and overall well-being.

Body image is affected by social media, pop culture, friends, and family. Body image changes over time, and your child will need support as they grow and change. Children can have a negative body image at any age. But adolescence is the time of highest risk for developing a negative body image.

Continued on the next page →



An important first step is to reflect on your body image.

Do you talk in a positive or negative way about your body?

The way you feel and talk about your body, or other people's bodies,

will affect how your child feels and talks about their body.

## → Continued from the previous page

You are an important resource to support your child. Regardless of the age of your child, these tips can help your child, and you, develop a more positive body image.

- **Be a positive role model.** An important first step is to reflect on your body image. Do you talk in a positive or negative way about your body? The way you feel and talk about your body, or other people's bodies, will affect how your child feels and talks about their body. Also consider the eating and physical activity habits you model. Eating nutritious foods and doing physical activity set a positive example for children about how to care for their body.
- **Talk about health and habits instead of weight.** Skip talking about diets or losing weight. Instead, focus on how eating nutritious foods provides energy to play, learn, and grow. Encourage your child to be active in ways they enjoy. Discuss how they feel after eating tasty, nutritious foods or after physical activity. Help them link the benefits of food and activity to what their body can do and how they feel, not its size.
- **Honor bodies as they are.** Bodies come in all shapes, sizes, and colors. Talk in a way that celebrates differences. Focus on what bodies are capable of rather than how they look. Rather than

praising your child for how they look, provide praise about character traits like work ethic, courage, or humor. Teach your child a person's value is not linked to their body size or appearance.

- **Teach children to be critical consumers of media.** The media often portrays edited or unrealistic images that can lead to harmful comparisons. Discuss images and messages your child sees online. Manage settings and help your child unfollow accounts that say harmful things about body size or extreme diet or activity behaviors.
- **Encourage your child to talk with a trusted adult.** Preparing children for the changes they will experience as they grow and develop can help them understand and adjust to changes. Let children know you are available to talk about feelings, changes, or concerns with their body, or they can talk to another trusted adult.

## REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

PARENT HEALTH BULLETIN

Written by: Courtney Luecking, PhD, MPH, RDN  
Designed by: Alyssa Simms  
Stock images: Adobe Stock

## 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.

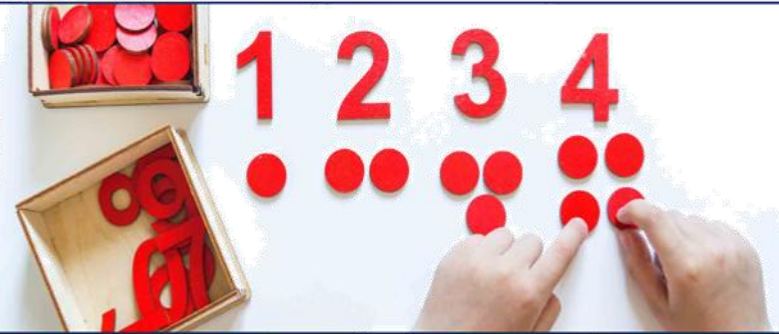
### STRENGTHS OF NEURODIVERSE CHILDREN

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://ncl.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