



## Family & Consumer Sciences Newsletter

## Martin County December 2024

Welcome to the December 2024 edition of our Family and Consumer Sciences newsletter! November was a month filled with exciting programs, including our MCHS Canning Class, Laugh and Learn sessions, and our Thanksgiving Break "To Go" program. As we embrace the holiday season, we are thrilled to share even more exciting events with you—so be sure to stay tuned for upcoming programs!

## **Upcoming Events**

Cookies w/ Mrs. Claus- Dec 4th

Live Wreath Workshop- Dec 5th

Laugh and Learn-Dec 13th

4H Snack Box-Dec 23rd

## Contact Info



Asya Jarrell **Extension Agent for FCS Martin County Extension Services** 9 Holy Street Inez, KY 41224 Phone: (606) 298-7742 Email:martin.ext@uky.edu





#### Cooperative **Extension Service**

agriculture and Natural Resources iamily and Consumer Sciences -- H Youth Development

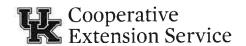
### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## 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



s 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

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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Lexington, KY 40506



























#### Cooperative Extension Service

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

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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 MONEYWI\$E 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

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- 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



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Limited Spots Available

AN EQUAL OPPORTUNITY ORGANIZATION





**MARTIN COUNTY 4-H** 

# CHRISTMAS PAJAMA DRIVE

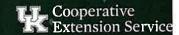
DONATIONS WILL BE GIVEN TO MARTIN
COUNTY STUDENTS PRIOR TO SCHOOL
HOLIDAY CELEBRATIONS

DROP OFF AT

MARTIN COUNTY EXTENSION OFFICE

ANYTIME BEFORE 12/6/24

An equal opportunity organization







# Holiday SWEET CHARCUTERIE

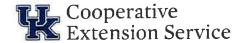
**DECEMBER** 

MONDAY | 23 | @ 11 AM

9 HOLY ST. **INEZ KY 41224** 

Registration Opens December 16th

**An Equal Opportunity Organization** 



#### **Program and** Staff Development

### Long form Non-discrimination Policy

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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 or (859) 257-1727.

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