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Cooperative Extension Service

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# Raising Kids, Eating Right, Spending Smart, Living Well

## TIMELY TIPS

February 2018

### February is...Heart Disease Awareness Month

#### DID YOU KNOW?

- Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2008 were in men.
- In 2010, coronary heart disease alone was projected to cost the United States \$108.9 billion. This total includes the cost of health care services, medications, and lost productivity.

#### What is heart disease?

The term "heart disease" refers to several conditions. The most common type in the United States is coronary artery disease, which can cause heart attack, angina, heart failure, and arrhythmias.

#### Symptoms of a heart attack

The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, arm, shoulder, chest or back.
- Feeling weak, light-headed, or faint.
- Shortness of breath.

#### You are at risk if you are...

- Genetically predisposed (someone in your family has had it).
- Overweight or physically inactive.
- Smoke or drink.
- Not eating properly.

#### What can be done?

- Exercise
- Eat a healthy diet
- Maintain a healthy weight
- Don't smoke
- Limit alcohol use

By Karen Grajczyk, Resident Advisor, The University of Toledo

For more information visit the American Heart Association's website at <http://www.heart.org/HEARTORG/>

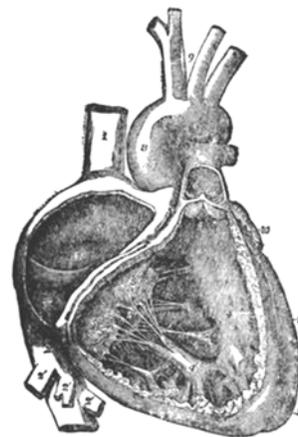


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## COOPERATIVE EXTENSION OFFICES

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One kind word can warm three months of winter. ~ Japanese Proverb

## Am I at risk for Vitamin D deficiency?

**Vitamin D** is an vital nutrient that your body needs for keeping bones strong, signaling for cell growth, immune functioning and decreasing inflammation. Vitamin D is a vitamin that we cannot only eat, but also make within our own bodies. When ultraviolet rays from the sun hit your skin, it starts the process to produce vitamin D. Winter weather can keep us inside and decrease the amount of vitamin D our bodies make.

Cold weather might decrease vitamin D production for many of us, but there are also certain populations that are at risk for vitamin D deficiency throughout the year. If you are in one of the following populations, check with your doctor about checking your vitamin D status to make sure that you are not deficient.

- **Older adults:** Many older adults spend a lot of time indoors because decreased mobility makes it difficult to get around. If you are an older adult or care for someone who is, make it a point to go outside often. Sun exposure to the skin should also be longer than people who are younger. As the skin ages, it can't make vitamin D as easily and needs longer sun exposure.
- **People with darker colored skin:** People with darker skin color have more melanin in their skin, which reduces the skins ability to produce vitamin D. A greater length of sun exposure is needed to get sufficient amounts of vitamin D.
- **Breastfeeding infants:** The amount of vitamin D in breast milk is dependent upon the mother's vitamin D status. The American Academy of Pediatrics recommends supplementing breastfed babies to meet the recommended 400 International Units per day of vitamin D.
- **People with limited sun exposure:** Many of us have lives that need a lot of indoor time (even in the summer). Some people cover their skin with clothes and this might decrease vitamin D production. Remember to supplement your diet because of limited sun exposure.
- **People with Irritable Bowel Syndrome (IBS):** People with diseases that might cause issues with fat digestion, are at risk for vitamin D deficiency because vitamin D is fat soluble. If you have a condition that inhibits fat absorption in your body, speak with your doctor about receiving enough vitamin D.
- **Obese individuals and/or those who have had weight loss surgery:** People who are obese might require more vitamin D than those with a [BMI less than 30](#) due to the way vitamin D is stored. People who have had gastric bypass surgery may also be at risk for low vitamin D because of where vitamin D enters the body. These individuals might have to have greater intakes to reach the same amount absorbed.

If you fall into one of these categories, make sure that you are consuming enough vitamin D to prevent any consequences that come with vitamin D deficiency.

Source: Michigan State University

## COOKING WITH KIDS—HOOKED ON SALMON STICKS

- 1 (14.75 OZ.) can pink salmon, drained
- 16 saltine crackers, crushed
- 1 egg
- 1 tablespoon vegetable oil
- Non-stick cooking spray

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shape into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

**Number of servings: 8**

**Serving size: 1 fish stick**

Nutrition facts per serving: 120 calories; 7 g total fat; 1.5g saturated fat; 0g trans fat; 200mg sodium; 5g carbohydrate; 0g fiber; 11g protein.

Source: *What's Cooking? USDA Mixing Bowl*

## Spending Smart



### My Money Five

Making the most of your money starts with five building blocks for managing and growing your money. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

#### The Five Principles

**EARN** – Make the most of what you earn by understanding your pay and benefits.

**SAVE & INVEST** - It's never too early to start saving for future goals such as a house or retirement, even by saving small amounts.

**PROTECT** – Taking precautions about your financial situation, accumulate emergency savings, and have the right insurance.

**SPEND** – Be sure you are getting a good value, especially with big purchases, by shopping around and comparing prices and products.

**BORROW** – Borrowing money can enable some essential purchases and build credit, but interest costs can be expensive. And, if you borrow too much, you will have a large debt to repay.

Source: MyMoney.gov



## Setting Boundaries

Research shows that children do better in life when they live with clear, consistent and fair rules. Parents often struggle with this aspect of parenting, worrying that they are too strict or too lax, but saying “no” at times is actually a way of helping your children learn how they can survive in the world.

Parents can also help their children be the best they can be when our expectations for them are both high and reasonable. These expectations let your children know you believe in them.

On the other hand, if your expectations are too high, your children may feel pressured about living up to unattainable standards. Or they may feel unhappy with their efforts, even when others see them as successful.

As you are considering rules and expectations with your children, think about these things:

1. When rules are broken, do the consequences keep your children from doing it again because they really want to do what's right? Or are they acting the way you want them to because they are afraid of what will happen if they don't?

2. Do you involve your children in setting limits and determining consequences? Do you explain why you set the limits you do?

Parenting isn't easy but seeing your child mature and grow and make good choices is very rewarding.

*Source: North Carolina Cooperative Extension*



## Take Precaution on Ice: Prevent Falls

During the snowy and icy months, a person's risk of falling increases. Typical injuries include broken ankle, hip, arms and shoulders as well as head and back injuries. LIM College recommends the following safety steps to help you be careful in the winter.



- Walk like a penguin-flat footed and take short steps
- Wear footwear that provides traction, such as flat and waffled rubber soles versus heels or leather
- Step down, not out from curbs so that your foot does not slide
- Be extra careful transitioning from one type of surface to another
- Keep your arms free so that they can be used for balance
- Avoid talking on cell phones
- Use handrails going up and down stairs
- Be aware of black ice— a thin layer of ice that is difficult to see
- Avoid jogging outdoors
- Wear brightly colored cloths so that cars can see you
- Wear hats, scarves and mittens to keep you warm.

*Reference: LIM College. (2015). Preventing slips and falls on ice. Retrieved from <https://www.limcollege.edu/safety/safety-tips/january-2015>*

*Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment*

# NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

## Books as Learning Tools When Children Can Relate

Books can be a great tool to help young kids learn about important moral lessons. So what type of books are best at teaching these lessons? There are differences between books that make it easier for kids to learn the moral of the story. First, it is important to choose a book level that fits the child's language and verbal ability. Second, choose a book that has humans acting out the positive behavior. Researchers found that children aged 4-6 years showed greater sharing when they were read a story with humans instead of animals acting out the positive behavior. Young children may be able to relate to the story better with human characters. They are more likely to apply what they learned to real life. When animals with human traits were the subject of the book, kids were less likely to model those positive behaviors. It might be because they still see speaking animals as animals, not as humans. Keep in mind that story time can lead to positive behavior change under the right conditions. Try choosing books that are age appropriate and have human characters to better help kids apply those positive behaviors to real life.

*Reference: Larsen NE, Lee K, Ganea PA. Do storybooks with anthropomorphized animal characters promote prosocial behaviors in young children? Dev Sci. 2017; e1-9. e12590. <https://doi.org/10.1111/desc.12590>*

*Source: Joann Lianekhammy, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment*



## Up-Coming Classes

### **NOURISHING YOUR EYES AND SKIN**

**1:30–3:00 PM. (Kenton County Extension Office, 10990 Marshall Road, Covington, 859-356-3155 to register).**

**THU, 2/8—EYES**—Learn the risk factors of vision loss and what foods you can eat to minimize the risks.

**THU, 2/15—SKIN**—Learn what can cause skin damage and how to maintain skin health through nutrition, hygiene and protective measures.

### **FRIDAY FOOD FUN: MMM...MAPLE SYRUP**

**FRI, 2/16, 10:00 AM–NOON. (Boone County Enrichment Center, 1955 Burlington Pk., Burlington, Upper Level).** Join the fun as we learn about maple syrup and its use in recipes.

### **INTERNATIONAL PROGRAM: ENGLAND**

**FRI, 2/23, 1:00 PM. (Boone County Enrichment Center, 1955 Burlington Pk., Burlington, Lower Level).** Join the Boone County Extension Homemakers for a visual tour and talk on England with a few foods to sample. Boxes of cereal will be collected for distribution to local families in need.

### **MONEY TALK FOR ADULTS**

**MONS, 3/5, 3/12, 3/19, & 3/26, NOON–2:30 PM. (Boone County Extension Office, 6028 Camp Ernst Road, Burlington).** Discover basic information about money, finances, and investments that all adults should know in this 4-session program (plan to attend all). Participants receive a 192-page workbook to help them improve their knowledge, assess their situation, or set goals.

### FOR MORE INFORMATION CONTACT

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