

Magoffin County Family & Consumer Sciences

August 2025

SUMMER IS ON ITS WAY OUT AS THE STUDENTS GET READY TO START BACK TO SCHOOL. I HOPE THAT EVERYONE HAS HAD A GREAT AND SAFE SUMMER AND HAVE MADE LOTS OF GOOD FAMILY MEMORIES.

KEEP IN MIND THAT OUR FARMERS' MARKET IS OPEN EVERY TUESDAY AND FRIDAY FROM 3-6 PM AND THE FARMERS HAVE SOME WONDERFUL, QUALITY VEGETABLES AND FRUITS TO SELL. ALSO, THERE ARE VENDORS WHO HAVE DELICIOUS BAKED GOODS TO SELL. KEEP THAT IN MIND FOR FAMILY GATHERINGS.

WE WILL BEGIN TAKING DUES FOR HOMEMAKERS' MEMBERSHIP IN LATE AUGUST, SO MAKE PLANS TO PAY YOUR DUES AND YOU WILL RECEIVE A BASEBALL STYLE T-SHIRT. WE PROBABLY WILL BEGIN ACCEPTING DUES THE LAST WEEK IN AUGUST.

KIDS NEED TO GET PREPARED TO SHOW THEIR FAVORITE PETS AT THE FOUNDER'S DAY PET SHOW ON FRIDAY, AUGUST 29TH. WE WILL BE ANNOUNCING DETAILS VIA SOCIAL MEDIA, NEWSPAPER AND LOCAL TV STATION. WE LOVE GETTING TO SEE THE KIDS GET INVOLVED IN 4-H ACTIVITIES.

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Visit our website at
<https://magoffin.ca.uky.edu>

Cathy Sparks

CEA for FCS/4-H
Youth Development
Education



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Family and Consumer Sciences
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Community and Economic Development

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Lexington, KY 40506



Embroidery Club

Magoffin County Extension Office

Wednesdays
10 AM-Noon

August 13th
August 27th

Call the Extension
Office at 349-3216 to
learn more about the
program.



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Join us at the Extension Office for
crochet club
AUGUST 6TH
AUGUST 20TH
10:00 AM-NOON


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Cooking Through the Calendar

"Slow Cooker Asian
Pork Tacos"

Thursday, August 21st

Magoffin County Extension Office
15 Rockhouse Fork Rd., Salyersville

Contact: Cathy Sparks, CEA for FCS and 4HYD
606-349-3216

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August Guild Dates

Friendship Quilters, 10 AM
Friday, August 8th
Friday, August 22nd

Sew What Quilters, 9 AM
Saturday, August 9th

Call the Extension Office at 349-3216 for more information.
Visit our website at <https://magoffin.ca.uky.edu> to learn more about
Extension programming.

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HOMEMAKER DUES FOR 25/26 YEAR-\$12.00

WE WILL BEGIN COLLECTING HOMEMAKER DUES FOR THE
YEAR ON AUGUST 25TH. WHEN YOU PAY, YOU WILL RECEIVE A
BASEBALL STYLE HOMEMAKER T-SHIRT.
MAGOFFIN HOMEMAKERS NEED YOU!



UK Cooperative
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Patchwork Playdates

“Fun in the Sun”

Tuesday, August 5th

10:00 AM



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ADULT HEALTH BULLETIN



AUGUST 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Magoffin County
Extension Office
15 Rockhouse Fork Road
Salversville, KY
41465
(606) 349-1236

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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One of the best things
you can do is drink
plenty of water,
even if you don't feel thirsty.
Wear light-colored,
loose-fitting
clothes and a hat
to protect yourself
from the sun.

→ Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

<https://www.cdc.gov/heat-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

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

THIS MONTH'S TOPIC: COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

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DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more. As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
- **Be Kind and Clear.** Use "I" statements like, *"I feel worried about our credit card bill."* Don't blame or generalize.
- **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
- **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
- **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.
- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

REFERENCES:

American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

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Salysersville, KY 41465

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Creamy Cucumber and Chicken Salad

½ pound chicken breast
1 tablespoon fresh lemon juice
1 cup slivered almonds
½ cup nonfat plain Greek yogurt
3 ounces reduced fat cream cheese
2 tablespoons Dijon mustard

½ teaspoon sea salt
1 teaspoon ground black pepper
2 tablespoons fresh chopped dill
2 medium cucumbers, chopped
1 cup dried cranberries
8 lettuce leaves

Marinate chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

