

Newsletter

Family and Consumer Science

Cooperative Extension Service
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February

Calendar at a Glance

The Ballard County Homemaker Cultural Arts and Heritage Day will be on Monday March 3, 2025 starting with check in at 9:00 am. Those that are interested in exhibiting an item be on the look out for a separate mailing that will have categories and other important information regarding the day.

If you have any questions regarding Cultural Arts please call the office 270-665-9118.

SAVE THE DATE for this year's Spring Into Green that will be held at the Marshall County Extension Office on March 17th, 2025.



Sarah E. Drysdale
Extension Agent for
Family and Consumer Science

January 17 @ 10-11
Laugh and Learn Playdate

January 20 MLK Day
OFFICE CLOSED

February 6 @ 5:00 pm
Eco-Friendly Zero Waste
Workshop

February 14 @ 10-11
Laugh and Learn Playdate

February 20 @ 12:30-5:30
Blood Drive

March 3 @ 9 am - 2 pm
County Cultural Arts Day

March 3 @ 3:30
County Homemaker Council

March 17 @ Marshall County
Spring Into Green

March 21 @ 10-11
Laugh and Learn Playdate

March 25 @ 6:30
County Extension Council



KEHA News

2025 KEHA State Meeting Room Block Open Now! Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

Nominations for KEHA State Board – The following KEHA state officer and chairman positions will be open for election in spring of 2025:

- Secretary
- Management and Safety Chair
- 4-H Youth Development Chair

These positions will be elected for three-year terms from July 1, 2025, to June 30, 2028. If you have questions about qualifications call the office or look at the KEHA Handbook online at <https://keha.ca.uky.edu/>

Lifelong Learning Series

Move Your Way: Exercise for Everyone
Kelly Alsip

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. .

Hickman Co.	01/31 @ 10 am
Graves Co.	01/29 @ 10 am
Marshall Co.	01/28 @ 10 am
McCracken Co.	01/30 @ 10 am

If you are going to the lesson. PLEASE call ahead to the lesson Hub in order to receive all materials for your club.

Craft Class

This month's craft will be taught by Myra Hook.

Busted Canvas

Date and Time: Feb. 13 at 6:00 pm

Cost: \$12



****Picture is just an example. There will be a variety of materials available at the class**

LIMITED TO 10

Please RSVP by Monday Feb 10 by calling the office 270-665-9118

Eco-Friendly Zero Waste Kitchen Workshop

This fun and interactive workshop we will be learning about ways to reduce waste in the kitchen by creating eco-friendly alternatives to plastics.

Take Home

3 Beeswax Wraps in vary size

**If you have your own fabric you would like to bring you are welcome! Needs to be at least two fat quarters (17 inches X 22 inches), 100% cotton and washed .*

FEBRUARY 6, 2025

STARTING AT 5:00 PM

**BALLARD COUNTY
EXTENSION OFFICE,
110 BROADWAY,
LACENTER, KY, 42056**

FREE

To register call the Extension Office at 270-665-9118 or email sarah.drysdale@uky.edu
RSVP by February 3, 2025



**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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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



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

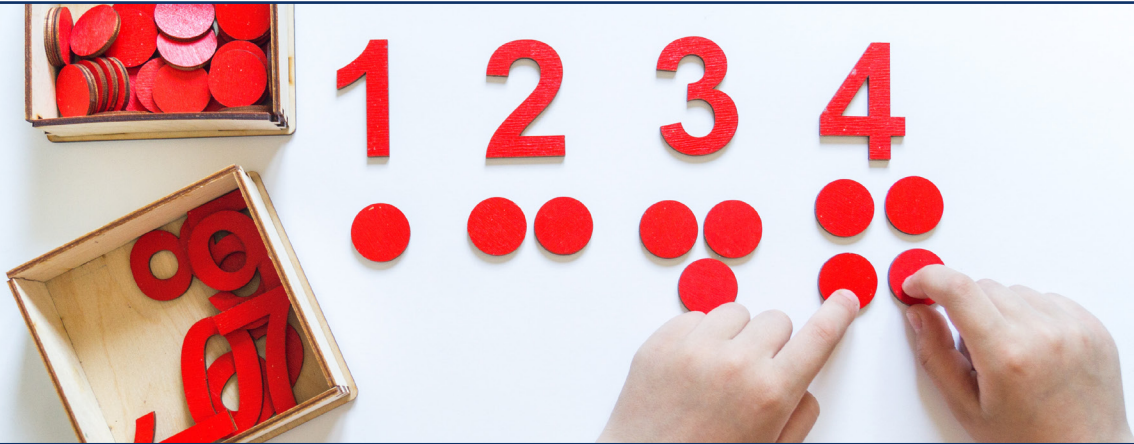
The challenges of neurodiversity can sometimes be tough for kids and parents, but



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>

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