

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

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KEHA ANNUAL MEETING TO BE HELD IN OWNESBORO ON MAY 10-12, 2022

The 2022 KEHA Annual Meeting will be held on May 10-12, 2022 at the Convention Center in Owensboro, KY.

Registration information will come out in the Spring KEHA Newsletters, these will come directly to your mailbox from the state office.

Rooms blocks are now open! Information can be found on the KEHA website for direct links and price information.

Mark your calendar, and watch for more information in upcoming newsletters.

HOMEMAKER COUNCIL MEETING SET FOR FEBRUARY 10

Just a friendly reminder that the next Homemaker Council Meeting will be held on Thursday, February 10. The Executive Council will meet at 9:00a.m. in the Conference Room of the Extension Office.

The Homemaker Council will meet at 10:00a.m. in the Large Meeting Room of the Extension Office.

This is the rescheduled date for the meeting that was to take place on January 19, 2022.



February 2022

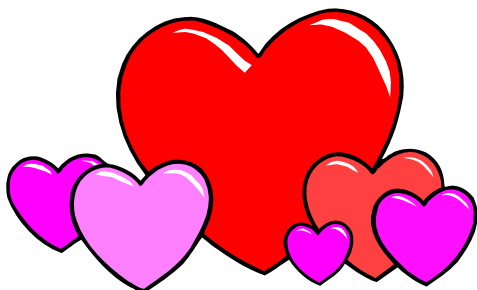
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

SCHEDULE OF EVENTS

- Feb. 9: Quilt Guild Sit-N-Sew — 9:00pm at Extension Office
- Feb 10: Rescheduled Home-maker Council Meeting— 10am Extension Office
- Feb. 14: Valentine’s Day
- Feb. 23: Quilt Guild meeting— 10:00am at Extension Office

ROLL CALL

What is your favorite snow day memory?



THOUGHT FOR THE MONTH

“February is short and very Sweet.”
-Charmaine J Forde

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SCHEDULE OF EVENTS

- March 9: Quilt Guild Sit-N-Sew—9am at Extension Office
- March 10: Cultural Arts Corner—Easter Eggs—Extension Office—MUST PRE-REGISTER
- March 17: St. Patrick’s Day
- March 18: Homebased Micro-processor Class—9:30AM-3:00PM—\$50 Fee
- March 16: Homemaker Executive Committee Meeting—9:00am at Extension Office
- March 23: Quilt Guild Meeting — 10:00am at Extension Office

ROLL CALL

Name your favorite outdoor activity in the spring.

Looking Ahead:

- April 22: County Homemakers Annual Meeting (tentative date)
- May 10-12: KEHA Annual Meeting Owensboro, KY

THOUGHT FOR THE MONTH

There are no unimportant acts of kindness.



FEBRUARY/MARCH LEADER LESSON

“USE LESS, SPEND WISE CHALLENGE”

We are all guilty of useless spending and useless consumption habits. However, as families across Kentucky have less to spend with inflation on the rise, it is becoming increasingly important to learn smarter ways to stretch our dollars and manage our resources. When you couple tighter budgets with pandemic-related supply shortages, this year may continue to look and feel different from years past.

To better manage in these tough times, we are challenging you to become more mindful consumers by participating in the Use Less, Spend Wise Challenge. Participants will complete activities designed to help use wisely and spend less, all while discovering no- and low cost ways to connect with others. See pages 7-11 for additional information.

USE LESS, SPEND WISE CHALLENGE

Here is how to join us for this FUN Challenge:

- The Challenge will begin Monday, February 14, 2022 & run through Friday, March, 25, 2022
- Invite family members to participate with you
- Choose eight goals from the Use Less Spend Wise Activity Sheet
- Focus on completing those eight goals during the six week challenge
- Share your successes on the program evaluation & return to your local Extension Office



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CREATIVE WRITING CONTEST ENTRIES DUE MARCH 1

KEHA Creative Writing entries are due to KEHA Cultural Arts Chairman, Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042. A cover letter is required for all submissions. Please contact the Extension Office prior to mailing if you need a copy of the cover letter.

KEHA CULTURAL ARTS AWARDS

If you had an article that received 1st place at the Northeast Area Annual Meeting, please bring the article to the County Extension Office and it will be taken to the KEHA Annual Meeting in Owensboro on May 10-12, 2022. Have your article at the Extension Office by May 6, 2022; and have it properly labeled.

If you do not have a registration card, contact the Extension Office at 606-836-0201.

2022 GREENUP COUNTY HOMEMAKERS ANNUAL MEETING

The 2022 Greenup County Homemakers Annual Meeting will be held on Friday, April 22, 2022 (tentative date).

Registration is from 9:00am-10:00am with the meeting starting promptly at 10:00am.

The location, price, and speaker for the meeting will be announced at a later date.

CULTURAL ARTS CORNER: EASTER EGGS

Join Greenup County Homemaker, Debbie Short, in a spring themed Cultural Arts Corner. Participants will learn a creative way to make Easter Eggs, to create a colorful spring décor item for you or a friend! The workshop will be March 10, 2022 beginning at 10am in the Extension Office large meeting room. Class fee is \$4.00, covering all supplies. Final project will be 2.5 inches long by 3 inches tall.

Space will be limited, contact the Extension Office at 606-836-0201 and reserve your spot today.

Additional details on page 17 of this newsletter.



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HOMEBASED MICROPROCESSING WORKSHOP 2022

Friday, March 18th
9:30AM-2:00PM
In-person

**GREENUP COUNTY COOPERATIVE
EXTENSION SERVICE**

For more information and to register call 606-836-0201 or visit
https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing

Join our in-person workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

USE LESS. SPEND WISE.

TAKE THE USE LESS, SPEND WISE CHALLENGE!

USE LESS	DITCH THE DISPOSABLES Go a day without disposables like paper plates, napkins, plastic baggies, straws, and cutlery. Instead choose items that can be washed and reused.	DECLUTTER A SPACE Tackle a cluttered area of your home. A junk drawer? Closet? Attic or basement? Clear out what you no longer need or use. Sell or donate what may benefit someone else.	STUFF SWAP Finished a book? Changed home décor styles? Kids outgrown toys or clothes? Host a “stuff swap” with your friends or neighbors. Everyone brings items they no longer use to swap.	GIFTING EXPERIENCES Rather than gifting a “useless” item, choose to give someone an experience instead. Plan a day to go to a low- or no-cost museum, park, or local landmark.
	MINIMIZE YOUR MAIL Sign up for paperless statements with a service provider and shred unneeded paperwork. Learn how long to keep what bill at http://bit.ly/moneywise_organize .	HYDRATE FROM HOME Bottled water, sodas, and to-go beverages create waste for the environment (and your wallet). Bring a reusable water bottle or cup with you on the go.	TAP THE THERMOSTAT Save on heating and cooling bills by adjusting your thermostat at least two degrees. Dress in layers for warmth, or open a window to let in cool breezes.	FOREGO THE BOWS This year, give gifts in useful containers that double as part of the gift, rather than using throw-away packaging and wrapping materials.
SPEND WISELY	PACK A LUNCH Commit to packing your lunch at least 3 days this week. Skip the drive-thru value meal and value your wallet instead.	SHOP YOUR PANTRY Inventory your freezer and pantry then make a weekly meal plan using what you have on hand first rather than buying more groceries.	SMART GOAL SETTING Choose a SMART financial goal to work toward this year, then draft a plan. SMART goals are Specific, Measurable, Attainable, Relevant, and Timed.	BE A BARISTA If you love specialty coffee and tea, challenge yourself to bypass the barista and brew your beverages from home this week. At \$3 to \$5 per cup, you’ll save a latte!
	REPAIR YOUR LEAKS Inspect your spending habits. Jot down frequent purchases – from dining out, to coffee, hobbies, streaming, pets, or shopping trips. Look for ways to plug spending leaks that are draining your budget.	CHANNEL YOUR CHEF Think of your favorite restaurant meal, then make a copycat version at home for less. Find a recipe, shop for ingredients, and taste the savings.	CURB CONSUMPTION Break the habit of useless spending. Challenge yourself to a no-spend day. Plan ahead for groceries and gas, and apart from bills, choose a day to commit to no extra spending. Successful? Go for a second day.	BUILD A BUDGET Break down your monthly bills, expenses, debt, and income. Using the included Basic Budget Builder, create a working budget to help you visualize your income vs. expenses.
PRICELESS	TAKE A HIKE Enjoy the fresh air and go for a 30-minute walk around your neighborhood or a local park, or find a free trail to hike.	HOMEMADE HAPPINESS Handmake a gift for someone this year. Consider your time, talent, and resources to create a gift from the heart.	BOTTLE UP TIME As if you could forget the past few years, make a time capsule with items to remember this unique time in history.	GIFT YOUR TIME Choose someone who could use a hand, and offer to help them with a DIY project or task that could save them money.
	GET YOUR GAME ON Bored? Try a board game! Or a puzzle, charades, videogame, cards, or outdoor fun – from cornhole to catch. Game nights minimize costs and maximize memories.	READ A BOOK Unplug from technology with a book. Try reading a chapter book aloud with your kids, or finish a novel. Browse free selections for all ages at your local library.	SELF-CARE SAVINGS Invest in yourself with some no-cost TLC. Unwind with a DIY mani-pedi, watch a movie, or tackle an overdue home project – something that rejuvenates you. No retail therapy needed.	DIGITAL DINING Don’t let physical or social distance keep you from sharing a meal with your loved ones. Set up a digital call while you dine. For even more fun, coordinate your recipes.

USE LESS, SPEND WISE CHALLENGE EVALUATION

Thank you for participating in the USE LESS, SPEND WISE Challenge! We hope it helped you USE LESS, SPEND WISELY, and make PRICELESS memories!

Please return this form to your local Cooperative Extension Office.

First & Last Name: _____ County: _____

Phone Number: _____ Email: _____

1. How many people in your home joined you in the Challenge? (Including yourself) _____
2. Using the grid on the back of this survey, indicate which activities you completed by marking through them with an X. (Mark all that apply)
3. Are there additional ways you were able to USE LESS and SPEND WISELY during the Challenge?

4. Did you keep a daily spending diary at any point during the Challenge? (Circle) Yes No
If yes, how many days did you track your spending? _____
If yes, what spending habits surprised you? _____
5. Did you use the Basic Budget Builder at any point during the Challenge? (Circle) Yes No
6. Did you identify any personal spending leaks during the Challenge? (Circle) Yes No
If yes, what spending leaks did you identify? _____
7. Why did you choose to participate in the USE LESS, SPEND WISE Challenge?

8. What did you learn by taking part in the Challenge? What was your biggest takeaway?

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, or physical or mental disability.

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USE LESS > USELESS

We are all guilty of useless spending and useless consumption habits. However, as many families across Kentucky have less to spend with inflation on the rise, it is becoming increasingly important to learn smarter ways to stretch our dollars and manage our resources. When you couple tighter budgets with pandemic-related supply shortages, this year may continue to look and feel different from years past.

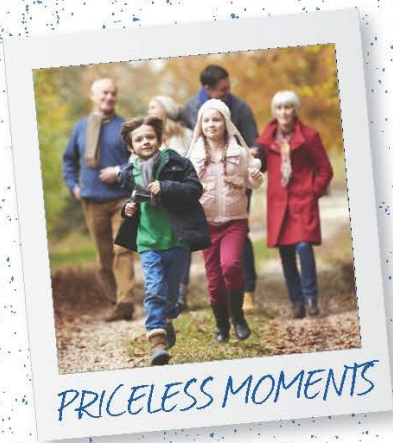
To better manage in these tough times, we are challenging families across the Commonwealth to become more mindful consumers by participating in the Use Less, Spend Wise Challenge. Participants will complete activities designed to help them use less and spend wisely, all while discovering no- and low-cost ways to connect with others.

The Use Less, Spend Wise Challenge launched in 2020 in honor of Use Less Stuff Day, which is celebrated the third Thursday of November. The informal holiday began as a way to encourage Americans to rethink what they buy and use. By changing “useless” consumption habits, we not only help the environment but our wallets and relationships too! Any day is a good day to take the Use Less, Spend Wise Challenge and become a more mindful consumer.



SPENDING LEAKS

Benjamin Franklin once said, “Beware of little expenses: A small leak will sink a great ship.” Mindless and useless spending often go hand-in-hand. Spending leaks are those small, seemingly harmless purchases that have the potential to drain your budget over time. Consider the little things you buy often, such as snacks, beverages, digital downloads, lottery tickets, or other impulse buys. These are your spending leaks. To track your spending leaks, consider keeping a daily spending diary. Record every purchase or expense, no matter how small, for a set amount of time like a week or month. This will give you an accurate representation of your daily spending habits and can help you detect spending leaks or useless spending trends. Small expenses can add up quickly. Consider what expenses you can do without. How could you save money by spending differently?



PRICELESS MOMENTS

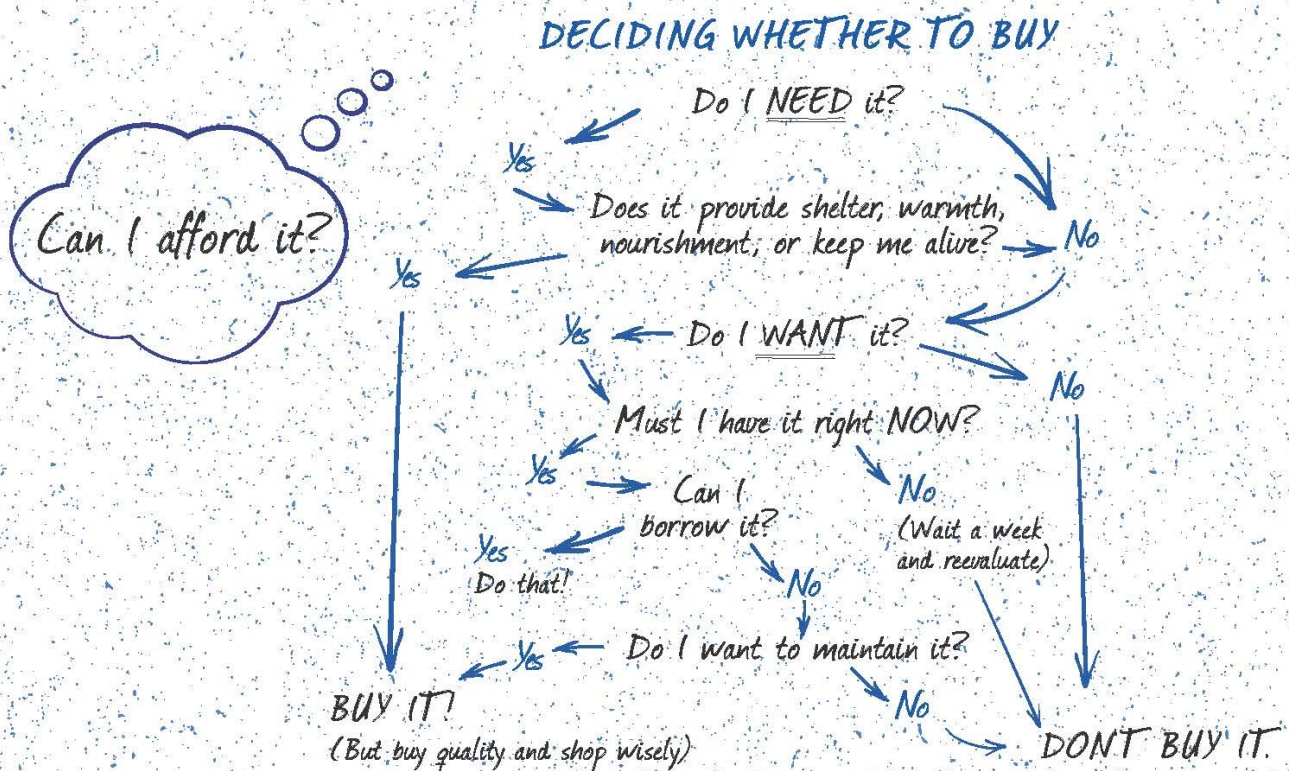
Time is one of our most valuable assets. However, the value we place on our time is often an underrated commodity and undermanaged resource. By devoting time to a personal or professional project, we become vested in its success. When we invest our time in something or someone, we tend to value the object or connection more. When we invest time in others, our relationships are strengthened, and we make valuable memories. As you explore ways to use less and spend wisely this year, consider how you invest your time. The benefits may be priceless!

SHARE A PHOTO OF YOURSELF PARTICIPATING!

#USELESSPENDWISE

NEEDS VS. WANTS

When we make a purchase, it generally falls into two categories: Needs and Wants. **Needs** are things we must have in order to survive, such as food, clothes, and shelter. Needs also include things we may be required to take care of, such as debts and obligations. **Wants** are goods or services we desire or wish to have. We can choose to go without our wants. Doing without may cause disappointment, but will not affect survival. When there is not enough money in our budget for everything, we must make a choice. Do we need it, or do we want it? The next time you find yourself debating a purchase, use this decision tree as you weigh your options. Delaying wants allows you to research quality and price, or even explore other options such as borrowing.



If you constantly find yourself asking, "Where does my money go?" then chances are good you need to develop a basic budget. In short, a budget compares your expenses to your income. When expenses exceed income, DEBT is created. Conversely, when income exceeds expenses, you generate opportunities to SAVE. To build a basic budget, begin by listing each source of monthly income for your household, as well as each expense totaled for a month. To help you brainstorm, use the included Basic Budget Builder worksheet.

CHALLENGE GUIDELINES:

Take the Use Less, Spend Wise Challenge!

Contact your local Kentucky Cooperative Extension office for details and guidelines for participating in the Use Less, Spend Wise Challenge.

CHALLENGE CONSIDERATIONS:

WHO will join the challenge with you? Be sure to communicate the purpose and goals with your family before you begin!

WHAT is your primary goal for participating?
Ex: USE LESS (to reduce environmental waste); SPEND WISE (to reduce useless spending); and PRICELESS (to connect with others inexpensively).

WHEN will your challenge begin and end? Your county Extension agent will provide you with the dates and details to help you **USE LESS** and **SPEND WISE!**

WHERE do you log your participation? After completing the designated number of activities, submit a program evaluation to your county Extension office.

WHY participate? Budgets are stretched thin and resources are tight. The challenge is designed to help you become more mindful of useless spending and consumption habits.

HOW? Have fun and share your success as you go! Post photos on Facebook or Instagram as you participate in the challenge using the hashtag #UseLessSpendWise.

USING LESS

Four ways to use less are to omit, conserve, downsize, and reuse.

When you **OMIT** things, you decide to cut out or reduce material consumption. For example, reducing your disposable waste by using less paper and plastic products like plates, napkins, and cutlery.

When you **CONSERVE**, you look for ways to lower energy use and the consumption of natural resources. For example, turning off lights when you leave the room.

When you **DOWNSIZE**, you decide to donate, sell, or discard things you no longer need or use. For example, do you really need 25 ceramic coffee mugs or clothes you haven't worn in a decade?

Finally, when you **REUSE** something, you decide to reuse or repurpose things you already own (or things from a previous owner) before making a brand-new purchase. For example, shopping consignment saves money and gives new purpose to existing "stuff."

SPENDING WISELY

The goal is not to spend nothing, but to spend wisely. Identifying short and long-term financial goals can help you plan for the present and the future. In these uncertain times, become a wise consumer by establishing intentional spending habits. Develop a budget, plan purchases, eliminate debt, save for emergencies, and invest in your financial future. Start by developing **SMART** financial goals.

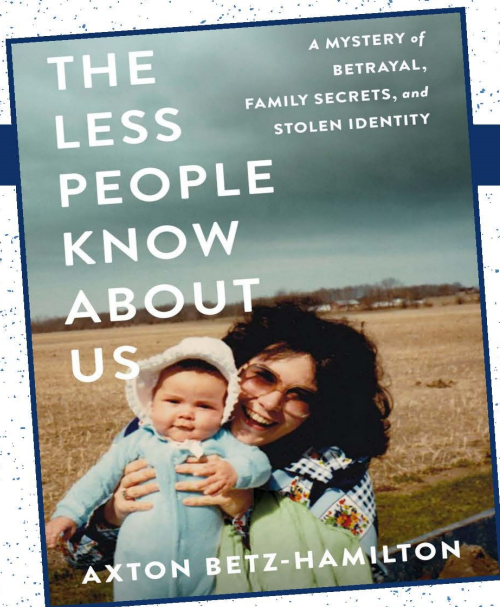
SMART goals are:

- Specific (Be detailed about what you want to accomplish.)
- Measurable (How will you measure your progress?)
- Attainable (Is the goal realistic? How will you achieve it?)
- Relevant (Does the goal mean enough to you personally to inspire you to work hard?)
- Timed (When do you plan to reach your goal? Give yourself an end date.)



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BIG BLUE BOOK CLUB



We are excited to
announce the return of

BIG BLUE BOOK CLUB

**THE LESS PEOPLE KNOW
ABOUT US: A MYSTERY OF
BETRAYAL, FAMILY SECRETS,
AND STOLEN IDENTITY**

by

AXTON BETZ-HAMILTON

Our first book of 2022, *The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity* by Axton Betz-Hamilton is a riveting, true story of the life-changing impact of identity theft. The author and identity theft expert shares the story of her life that “inspired her career and nearly destroyed her family.”

**Big Blue Book Club will be
April 14, 21, and 28 at 11 am ET.**

Just click this link

<https://ukfcs.net/BBbc2022Book1>

to register **by April 1** or scan the QR code.



The first 200 registered participants will receive a free copy of the book.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2022

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

THIS MONTH'S TOPIC:

BANK ACCOUNTS FOR KIDS – LEARNING FINANCE BY DOING

As parents, we discipline children so that they develop self-discipline as adults. Healthy parenting involves setting boundaries and allowing children to make wise choices within those parameters. Whether learning household responsibility through chores or learning to spend money sensibly, we learn best by doing. It is important to provide children with hands-on financial experience so that they can become young adults with stronger personal finance skills.



BEGIN WITH BANKING

Begin by introducing your child to the banking system at a young age. Let them go with you to your bank or credit union to cash or deposit a check, for example. Show them different transaction options, from in-branch banking, to drive-through and ATM transactions, to online banking. Explain that banks or credit unions are financial institutions that are regulated by the federal government, which means the money you keep in the bank is insured. If you have separate savings and checking accounts, discuss what it means to earn "interest" on the money you save versus what it means to "debit" or withdraw money from your account for purchases. Having personal finance discussions with your child will help them prepare to manage their own bank accounts someday.

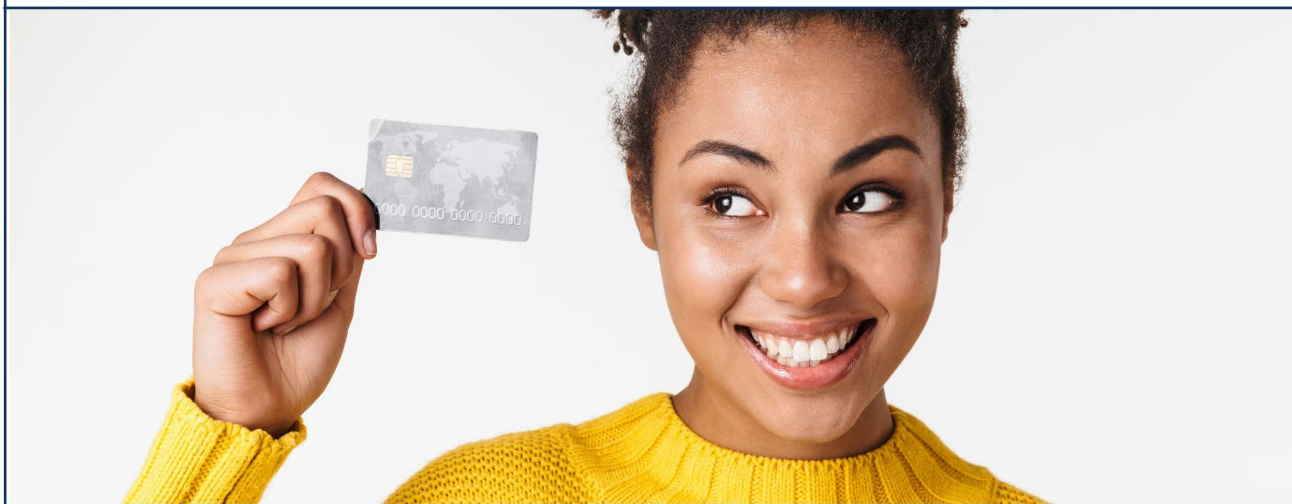
SAVINGS ACCOUNTS FOR KIDS

When you feel your child is ready to upgrade their "piggy bank," help them open a savings account. This can be a good way for children to save money they receive as gifts or allowance. Start by visiting your financial institution to learn what youth accounts they offer. Typically, child savings accounts are opened with the child and parent having joint ownership. This gives the child access to the account while allowing you to monitor it. You will be able to set limitations on the child's access and privileges. Some financial institutions offer mobile apps to help parents monitor the account while the child practices their money management skills.

Before you open a savings account for your child, find out the interest rate and make sure fees are low. Ideally, the account would not require a minimum balance or carry monthly maintenance fees.



BEFORE YOU OPEN A SAVINGS ACCOUNT FOR YOUR CHILD, FIND OUT THE INTEREST RATE AND MAKE SURE FEES ARE LOW



Once the account is set up, talk to your child about goal setting and how savings can help them reach those goals. Suggest good financial habits such as saving a portion of allowance money regularly. Review statements together and discuss how compound interest works. (And if you're unsure, schedule a meeting at your local bank to learn together.)

DEBIT CARDS FOR KIDS

As adolescents mature and demonstrate they can be responsible with money, a next step may be opening a checking account for your child that allows them to use a debit card for purchasing. This can also be done through your financial institution if they offer youth checking options. Be sure your child understands penalties for "overdrafts," or spending more money than what is in the account. Talk with your bank or credit union about what mobile or app features accompany the account.

Another option for child debit cards includes prepaid debit accounts specifically designed for youth, with the parent in control. There are many options, but some examples are Greenlight,

GoHenry, FamZoo, or Current. If you choose a prepaid checking option, it may prevent your child from spending more money than is loaded on the card to avoid overdraft fees.

Youth debit card accounts may come with special features such as automating allowance payments, parental monitoring, spending alerts, and/or limiting how much can be spent and where. Some include youth financial education built into the app. Parental controls, features, and monthly service costs can vary widely, so it is important to comparison shop before deciding. Most of these debit cards charge monthly service fees, and some prepaid cards might also charge reload fees.

BEING "MONEYWISE"

Whichever account options you choose, talk with your child about the importance of saving and spending wisely. Information is available from University of Kentucky Cooperative Extension Service and from Kentucky Saves. Help your child note their savings goals by taking the Kentucky Saves pledge at <http://www.kentuckysaves.org/>.

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ADULT HEALTH BULLETIN



FEBRUARY 2022

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)

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THIS MONTH'S TOPIC: CHECK YOUR VISION



February is National Age Related Macular Degeneration (AMD) and Low Vision Awareness Month. AMD is a leading cause of vision loss, affecting more and more Americans each year. According to the National Eye Institute, 4.2 million Americans ages 40 and older are visually impaired. By 2030, when the last baby boomers turn 65, that number is projected to reach 7.2 million.

What is low vision?

Low vision is when even with regular glasses, contact lenses, medicine, or surgery, people have difficulty seeing, which makes everyday tasks difficult to do.

What is AMD?

AMD is an eye disease that can blur your central vision. It slowly steals vision as it

Continued on the back →

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Disabilities
accommodated
with prior notification.

If you're at risk for AMD or low vision because of your age, family history, or other factors, it's important to get regular eye exams.

→ Continued from page 1

affects the retina, a paper-thin tissue lining the back of the eye, and causes the cells in the area to die.

Am I at risk for AMD or low vision?

Your risk increases as you get older. People age 55 and older are more likely to have low vision and AMD. The risk is higher for people who:

- Have a family history of AMD
- Are Caucasian
- Smoke

If you're at risk for AMD or low vision because of your age, family history, or other factors, it's important to get regular eye exams. You can have a comprehensive dilated eye exam to check for common eye problems. If you have not had an exam in a while, schedule one now.

How can I lower my risk for AMD?

Research shows that you may be able to lower your risk of AMD and reduce vision loss by making these healthy choices:

- Quit smoking — or don't start.
- Get regular physical activity.
- Maintain healthy blood pressure and cholesterol levels.
- Eat healthy foods, including leafy green vegetables and fish.
- Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
- Wear sunglasses that block 99% to 100% of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Wash your hands before taking out your contacts, and cleanse your contact lenses properly to avoid infection.
- Practice workplace eye safety.

AMD is a progressive disease — that means symptoms usually get worse over time. You may notice mild symptoms, like mild blurriness in your central vision or trouble seeing in low lighting. Over time, colors might seem less bright



and the blurry area may get bigger or you may see blank spots. Straight lines looking wavy is a warning sign for advanced AMD. If you notice this symptom, see your eye doctor right away.

If you have noticed low vision, here are some things you can do to help increase vision:

- Improve the lighting in your home and office. This may not necessarily mean that you should increase the lighting or the brightness, but instead reduce the glare, which is often a problem for people with low vision.
- Use high contrast for reading and writing.
- Use large print books or try other media, like books on CD or an e-reader.
- Use a handheld magnifier.

Be sure to check your vision regularly by visiting an eye doctor to keep track of how your eyes are doing with regular eye exams. Eating healthy, staying active, and not smoking are ways you can improve and maintain your vision.

RESOURCES:

- <https://eye.ufl.edu/2021/02/01/february-is-amd-macular-degeneration-low-vision-awareness-month>
- <https://www.cdc.gov/visionhealth/healthyvisionmonth>
- <https://lighthouseguild.org/low-vision-awareness-month>

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
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Cultural Arts Corner

Decorative Easter Eggs

Thursday, March 10th
10:00AM—NOON



Greenup Extension Office
35 Wurtland Ave.
Wurtland, KY 41144
Call 606-836-0201

Class fee of \$4.00, payable to Debbie Short,
will cover all supplies.

Deadline to register is Friday, March 4th.

Class size is limited so call today!





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Greenup County Extension Services
35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

Lora B. Pullin

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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