Small Steps to Health and Wealth

Small Steps to Health and Wealth is a self-paced program that encourages participants to make small changes to reach their goals of becoming healthier and/or wealthier. This 4-week online challenge is an easy way to make some changes and adds in a little healthy competition. Each day participants will report on ten tasks through our challenge website. You will receive reminders and encouragement to make changes while competing against others in the community. You can buddy up with a few others for your own team or join the Homemaker Team as we take on others for the Battle of the Businesses. The challenge begins on March 6th. For more information or to enroll call our office at 864-4167.

Join our Couch Potato Challenge

Have you decided it is time to get off the couch, but not sure how? Join our 12-week challenge and get moving. This challenge is based on the National Heart, Lung and Blood Institute’s walking plan and allows you to start at just five days a week and at a pace that is comfortable for YOU. The program includes a schedule and log to keep you on track, weekly newsletters with tips and information to keep you moving, and opportunities to join a weekly walking group. The challenge begins on February 6th and will continue through April 30th. The first 50 participants to sign up will receive a free pedometer. Call 864-4167 to sign up now or register online at www.ca.uky.edu/laurel.
## Let’s Get to Stitching

**Diamond Patch Quilt**
- Take this simple block design, colors or your choice, add a few triangles and create this lovely quilt. No outside borders needed! Perfect for the beginner or skilled quilter alike. Students will focus on accurate 1/4” seams and setting a quilt on-point. Supply list is available online or at registration. This class will be taught on Wednesday, February 1st at 10 AM. Cost is $10 and registration is required.

**Cotton Blossom Quilt**
- Students in this class will learn to create the fanciful Cotton Blossom variation of the traditional Drunkard’s Path quilt block. This class will focus on template use and curved piecing. During class students should complete one blossom. Supply list is available online or at registration. This class will be taught on Saturday, February 11th at 10 AM. Cost is $20 and registration is required.

**Tea Towel Apron**
- Come and learn to turn a tea towel into an adorable and unique apron. Students will need to bring 1/2 yard of fabric, sewing machine and basic sewing supplies. This class will be taught on Wednesday, February 15th at 1 PM. Cost is $10 and registration is required.

## Take Ownership of Your Diabetes

Have you recently been told by your doctor that for health reasons you need to reduce, monitor or control your carbohydrate intake by don’t know why? Join this series of classes and be introduced to basic diabetes information, terminology, monitoring tools, nutrition guidelines, and learn how to incorporate the information you learned into your day to day life. Students will need to bring a sack lunch. This 12-series class will be taught on Tuesdays beginning with February 7th until April 25th, 12 noon - 1 PM. Cost is $12 and registration is required.

## Homemaker Leader Lessons for February & March

Once again this month, we are offering our February lesson through the mail. This way everyone can still receive their Homemaker lesson and not worry about cancellation schedules and coming out in bad weather. The lesson for your February Club meeting is “The Ins and Outs of Downsizing Your Home” and it is included in this newsletter.

If your club meeting is canceled due to weather, each club member can take a few minutes to study the lesson on their own.

Our March Extension Homemaker Leader Lesson is “Food Storage for Emergencies.” Is your household prepared for an emergency? Would you be able to feed your family if the grocery store closed down due to some type of natural disaster. Many people are calling for families to prepare for all types of emergency. This lesson will teach you how to prepare for an emergency by storing food the safe way. This lesson will be taught on Tuesday, February 28th at 10 AM. All clubs are asked to send a representative to this lesson.
AKC S.T.A.R. Puppy Training

At the American Kennel Club, they believe that all dogs deserve training and a responsible owner. The AKC S.T.A.R. Puppy Program is an exciting new 6 week program for puppies at least 8 weeks old and is designed to get dog owners and their puppies off to a good start. This class will be taught on Thursdays, February 2, 9, 16, 23 and March 2, and 9th at 6 PM. Students will need to bring bags for cleaning up after puppy, a copy of up-to-date vaccinations, and a collar & leash. Cost is $175 and registration is required.

HomeBased Microprocessing

Signed into law November 1, 2003, KY House Bill 391 allows KY Farmers to sell home-processed products if the final product contains a primary or predominant KY-grown ingredient that was grown, harvested, and processed by the farmer. The regulations allow foods to be sold ONLY from: approved farmers markets, the processor’s farm or certified roadside stands. Prohibited foods include but are not limited to: crème-filled pies, meringues, custards, cheesecake, raw seek sprouts, garlic-in-oil mixtures, vacuum-packaged foods, baby food, and products containing meat, poultry or fish. A Homebased Microprocessor certification allows farmers to sell higher-risk, shelf-stable high acid or low acid foods including: pressure canned vegetables, pickled fruits and vegetables, tomatoes and tomato products, salsa, barbecue sauce, pepper or herb jellies, herbal vinegars, and low or no-sugar jams and jellies. Attendance to the HBM workshop is required for certification. This workshop includes the cost of both HBM exams and a light meal. The class will be taught on Monday, February 13th, 10 AM - 3 PM. Registration is required through http://fcs-hes-ca.uky.edu/content/homebased-microprocessor-workshop.

Let’s Be Creative...

Scrapbook (Paper Bag) Book
Join this class and make and take a scrapbook created from paper bags and embellishments and personalized by you. This class will be taught on Tuesday, February 7th at 6 PM. Cost is $15 and registration is required.

Molded Chocolate
Come and learn how to make sweet treats for your valentine. All supplies are included as students use a pound of chocolate to melt and mold to create delicious morsels. This class will be taught on Thursday, February 9th at 6 PM. Cost is $20 and registration is required.

Potato Basket
Join us as students learn to make this old style usable basket. All project supplies are included in the class fee. Students need to bring basket basic weaving supplies. This class will be taught on Friday, February 17th at 5 PM. Cost is $60 and registration is required.

Illustration Sketching
This class is a non-formal, teaching experience that will show you how to sketch based on how you look at things. All supplies provided. This class will be taught on Tuesday, February 21st at 10 AM or 6 PM. Cost is $15 and registration is required.
Automating Your Finances

Do you find it difficult to keep track of your monthly banking activity? If so, you may want to consider automating your finances. Over the past several years, financial institutions have introduced services that allow for you to pay bills and transfer money between accounts automatically after a one-time set up of your preferences. Automating your finances is an easy way to guarantee that your bills are paid on time and that you are on track to meeting your financial goals. Below are some considerations that you should keep in mind when automating your finances:

- **Direct Deposit.** Why make a trip to the bank on payday when you can have your paycheck automatically deposited to your account. Setting up direct deposit gives your employer permission to deposit funds into your bank account. In addition to its convenience, there are other advantages as well. Many financial institutions offer perks to customers who are enrolled in direct deposit such as waived monthly checking fees.

- **Bill payment.** Setting up automatic bill payment is easy to do and will guarantee that all of your bills are paid on time. You will need to provide your financial institution with the account number and address of the vendor to which you are making the payment. For bills that vary from month to month, such as a utility bill, you will need to sign into your account each month, enter the amount of the payment, and schedule the payment date. Most financial institutions do not charge for automatic bill payment; however, if your institution does charge, you can set up automatic bill payment directly through the vendor’s website at no cost.

- **Savings accounts.** If your company offers a retirement savings program, chances are there is an option that will allow for you to automatically deposit a portion of your paycheck into the savings account.

- **Enroll in email or text alerts.** If you are concerned about your account balances, consider enrolling in email or text alerts. Your financial institution will send an email or text alert if your account balance drops below a certain amount. Receiving these alerts can help you remain aware of how much money you are spending as well as avoid overdraft fees.

- **Automatic transfer.** If you regularly transfer funds between banking accounts, consider setting up automatic transfers. Some financial institutions even allow you to automatically transfer to accounts at other financial institutions.

- **Budgeting.** If you use a budgeting software program or website, consider linking your checking and credit card accounts so that you are able to keep track of your spending. Many of these programs and websites will categorize your spending and alert you to overspending, according to limits that you have set for your budget.

Automating your finances is a great way to cut down on the stress that you may experience when managing your finances. Additionally, it’s a great way to save money that is potentially lost to late fees, overdraft fees, and missed payments. Setting up automatic payments and transfers only require a one-time set up in many cases. For that reason, it is important to be vigilant about your finances and take the time to periodically look at your accounts to ensure that your payments and transfers are occurring as scheduled.

Judi Cissell O’Bryan

Laurel County Extension Agent
for Family & Consumer Sciences Education
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Couch Potato Challenge Continues...
Heart Disease in Men

Heart Disease

Heart Disease is actually a term used to describe a wide variety of heart conditions. The most common heart condition that is associated with heart disease is coronary heart disease. Coronary heart disease can cause a heart attack. There are other heart diseases that affect the valves in the heart or the ability of the heart to pump blood effectively. Men and women alike are at risk for heart disease, and in fact, it is a leading cause of death for both.

Did you know some of these heart disease facts about men?

- The leading cause of death for men in the United States is heart disease. It is the cause for almost 1 out of every 4 male deaths.
- 1/2 of men who die from heart disease did not have any previous symptoms.
- Of all the sudden cardiac events, 70-89% occur in men.

Key risk factors for heart disease include:
- High blood pressure
- High LDL cholesterol
- Smoking

Other risk factors include:
- Diabetes

According to the American Heart Association:
- Among men 20 and older, 33.4% of white males and 42.6% of African American males have high blood pressure.
- 41.3% of U.S. males over the age of 20 have a total cholesterol level over 200 mg/dL.
- 21.3% of males smoke cigarettes.

- Obesity
- Poor diet
- Inactivity
- Excessive alcohol use

Approximately 72.9% of men age 20 and older are overweight or obese.

Of approximately 19.7 million Americans with diabetes, about 9.6 million are men (almost 49%).

Having a healthy heart is important. This month, when you see a heart, reflect on how well you are taking care of yours.

https://www.heart.org/idc/groups/heart-public/@wcm/@wcp/ncspl/documents/downloadable/ucm_319573.pdf

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