

FAMILY & CONSUMER SCIENCES

Anderson County Extension Family & Consumer Sciences Newsletter February, 2025 Building Strong Families



Cooperative Extension Service
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Please fill out the '25-'26
Leader Lesson ballot and
return to the Extension
Office by March 30th! Your
input helps determine next
year's lessons. Found at
the end of this newsletter.

Important Dates:

- February 1—Basket Guild, 10—3 p.m.
- February 3—Bingocize, 10—12 p.m.
Quilt Guild, 5:30 p.m.
- February 6—EH Project Day, 9—2:30 p.m.
- February 7—Bingocize, 10—12 p.m.
- February 8—2nd Saturday Sew, 10—4 p.m.
- February 10—Bingocize, 10—12 p.m.
Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
- February 14—Bingocize, 10—12 p.m.
- February 15—Homemaker Craft Day, 10—2 p.m.
- February 17—Bingocize, 10—12 p.m.
- February 20—Homemaker Council Meeting, 10 a.m.
- February 21—Bingocize, 10—12 p.m.
- February 22—Quilting Bees, 10—4 p.m.
- February 27—Lunch & Learn, 11 a.m.
- March 13—County Cultural Arts Contest

Lunch & Learn

February 27, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271 to register!

FREE!!

Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing "Cauliflower Bites" this month!



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

7 Tips from FEMA to Keep Older Adults Safe During the Winter

According to FEMA, it is important to be prepared for the risks and danger associated with winter. If you are an older adult or care for an older adult, winter storms, cold weather, and power outages can make staying safe and getting proper health care a challenge. FEMA suggests following these tips to help you assess your needs and develop your plan to be sure you are #WinterReady (<https://www.ready.gov/winter-ready>).



- 1. Prevent Falling.** Avoid icy or snowy sidewalks, use delivery services when possible, dry the wheels of your mobility device(s) when coming in from the outdoors, use doors or entrances with the least amount of snow or ice, keep sidewalks shoveled and sanded, arrange for snow removal to reduce risk of heart attack, wear non-skid, rubber-soled shoes, use railings.
- 2. Prevent Hypothermia.** You are at risk of hypothermia if you are exposed to cold temperatures and your body temperature drops below 95 degrees. This is a serious condition that can cause organ damage and irregular heartbeat. Signs and symptoms include slow or slurred speech; feeling tired, angry, or confused; pale skin; swollen face; and cold hands and feet. If you or someone you know has signs of hypothermia, call 911, move to a warm place, warm up with blankets, and drink warm beverages.
- 3. Take Note of How Certain Medicines and Medical Conditions React in Cold Weather.** Certain medications and medical conditions, including diabetes, thyroid problems, Parkinson's, and memory loss may need extra attention during cold temperatures. FEMA recommends that people with medical conditions talk to a health-care professional about what conditions impact body heat and what you can do.
- 4. Stay Warm During Power Outages.** Make a plan for power outages. This includes staying informed with a battery-powered radio for updated emergency information, assigning an emergency contact and communication plan, and learning generator safety and the risks of carbon monoxide poisoning if using one. Preserve heat by closing curtains and doors to rooms not being used, eat regularly, drink warm liquids if possible, dress in layers of loose-fitting clothes. Cover your head and feet.
- 5. Create an Emergency Plan and Toolkit.** Assess your needs before a crisis. Assign a contact person and communicate with them regularly. Be sure at least one person in your network has a key and access to your home, knows where you keep emergency supplies, and can use lifesaving equipment or administer medicine. Use FEMA's worksheets and checklists to help make your plan. [Take Control in 1, 2, 3—Disaster Preparedness Guide for Older Adults](https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf) (https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf)
- 6. Stay Warm Indoors.** Set your thermostat at 68 degrees, use towels or draft stoppers to prevent cold air leaks, use blankets to keep warm, wear loose-fitting warm layers, cover your head and feet, stay active to generate heat, eat hot meals and snacks, and drink warm fluids throughout the day. To warm up your hands and feet, use heating pads or hot water bottles.
- 7. Emergency Food and Assistance.** Check to see if you are eligible for programs. [Low Income Home Energy Assistance Program \(LIHEAP\)](https://www.acf.hhs.gov/ocs/map/liheap-map-state-and-territory-contact-listing) (<https://www.acf.hhs.gov/ocs/map/liheap-map-state-and-territory-contact-listing>) helps pay heating bills or get emergency services during a crisis. The [Weatherization Assistance Program \(WAP\)](https://www.energy.gov/scep/wap/how-apply-weatherization-assistance) (<https://www.energy.gov/scep/wap/how-apply-weatherization-assistance>) can be used for home improvements that save money on energy; the [Food assistance programs for older adults | USAGov](https://www.usa.gov/senior-food-programs) (<https://www.usa.gov/senior-food-programs>) can help with food depending on income.

All of this information and additional detail can be found online. Go to FEMA's *7 Winter Safety Tips for Older Adults* at <https://www.fema.gov/blog/7-winter-safety-tips-older-adults>.

Reference: FEMA. (2024). *Programs for Older Adults*. FEMA. (2024). *Winter Safety Tips for Older Adults*. Retrieved 10/10/24 from <https://www.fema.gov/blog/7-winter-safety-tips-older-adults#:~:text=Set%20your%20heat%20to%20at,fitting%2C%20lightweight%2C%20warm%20clothing>
Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

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