

# December



# 2024

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

**Cooperative Extension Service**  
Daviss County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480

## DATES

**December 10**  
Wreath Workshop

**December 13**  
RSVP for Crafts

**December 16**  
Tune in to WBKR

**December 16**  
Quilted Star No Sew Ornaments

**December 18**  
Holiday Crafts with the Homemakers

**December 25- January 1**  
Office Closed for the Holidays

# QUILTED STAR No Sew Ornaments



Monday, December 16

10:00 am

Class size is limited.

at Daviss County  
Extension Office

## Pecans are here!!

We have bags of halves, pieces,  
and chocolate covered halves.

SCHERMER  
- PECANS -

Cost is \$12 a bag.

**Daviss County Extension Agent  
for Family & Consumer Sciences  
Education**

Please call to RSVP: 270-685-8480.

No fees or supplies needed.



The Daviss County  
Extension Office will closed  
for the winter holidays  
beginning on December 25.

We will reopen for the New Year at 9:00 am on  
Thursday, January 2, 2025.

## IN THIS ISSUE

**UPCOMING DATES AND EVENTS** 1

**HOLIDAY CRAFTS WITH HOMEMAKERS** 2

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# *Holiday Crafts* *With the Homemakers*

**Wednesday, December 18**

**10:00 a.m. - 2:00 p.m.**

**RSVP by Friday, December 13**

**by calling 270-685-8480**

**COST:**

\$5 to make 2 projects

Please bring a glue gun

If interested in making the crafts at the top of the page, please bring your own wine glass(es) or wide mouth jar.

*Heavy snacks  
will be provided*





# ADULT HEALTH BULLETIN



**DECEMBER 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

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**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



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- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

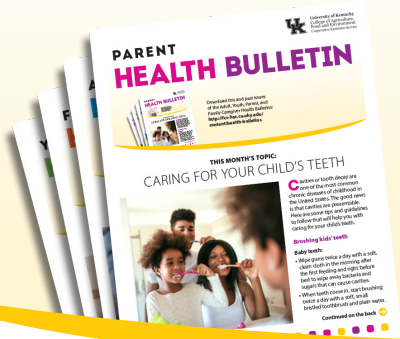
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**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock



# PARENT HEALTH BULLETIN



**DECEMBER 2024**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# PREVENT ILLNESS THIS HOLIDAY SEASON



**T**he holiday season is a busy time of year — there are many places to go, things to do, people to see, and fun to be had. Help keep yourself and your family feeling well this season by teaching good hand-washing habits and helping your kids stick to them.

There are six steps to hand-washing. Wash your hands alongside your child to demonstrate and talk through all the steps:

- 1.** Wet your hands with clean, running water.
- 2.** Turn off the tap, and apply soap.
- 3.** Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 4.** Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

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**Washing hands  
with soap and water  
is the best way  
to get rid of germs  
in most situations.**

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- 5.** Rinse your hands well under clean, running water.
- 6.** Dry your hands using a clean towel or an air dryer.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Kids often need reminders of when to wash their hands as well. Encourage your family to wash their hands at these times:

- Before and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

Do you feel like a broken record reminding your family how and when to wash? The following

tips can make hand-washing seem more fun, and become a staple part of your family's daily routine:

- Use a small kitchen or sand timer to help kids visualize how long to wash their hands
- Let your kids pick out the scent or color of soap
- Sing aloud when washing — let them pick the song (any song at least 20 seconds)
- If finding the right water temperature is a problem, use a marker to show where to turn the faucet
- Post a joke or comic on the bathroom mirror for your kids to find and read while they wash.
- Place reminder stickers around the house — on the pet food container, on the top of the garbage can, on the tissue box, etc. — to remind family members when to wash their hands

**REFERENCE:**

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>

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**PARENT  
HEALTH BULLETIN**

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Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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

## THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

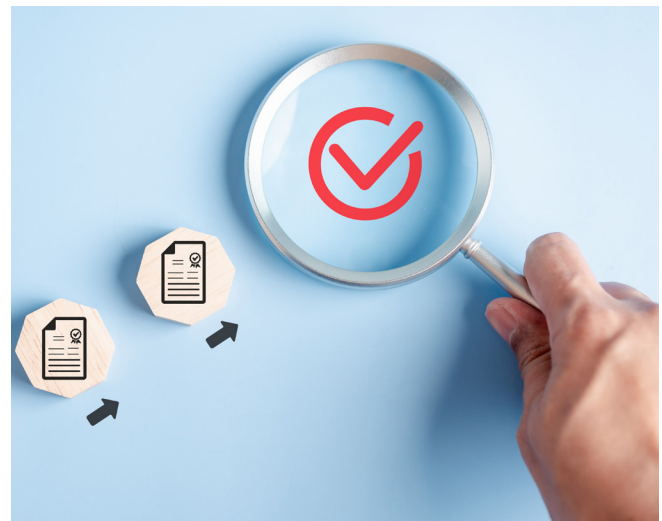
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

### GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

### STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



## “IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

### BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

### RESOURCES

*American Psychological Association.* <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

*News Literacy Project.* <https://newslit.org/>

*The Role of Consumer Protection Agencies.* [https://fcs-hes.ca.uky.edu/files/moneywise\\_june\\_2024.pdf](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

Written by: Melinda McCulley, Extension Specialist for Instructional Support

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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