



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

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

July 2024

DATES

July 4

Independence Day - Office Closed

July 13

Food+Art+Health Day at the
Farmers' Market

July 16

Fair Entries Accepted 4-7 pm

July 17-20

Daviess County Fair

July 21

Fair Entry Pick up 2-4 pm

August 1

Cultural Arts items due

August 6

Daviess County Homemaker
Annual Meeting

August 15-25

KY State Fair

August 20

Homemaker Lesson trainings
Daviess County

August 21

Homemaker Lesson trainings
Henderson County

August 27

RSVP date for Green River Area
Homemaker Meeting

FARMERS' MARKET

The Farmers' Market is in full swing and is open every Saturday 8am to noon, Tuesdays 8am to noon, and Thursdays from 4-7pm.



IT'S FAIR TIME!

Check out the fair catalog for adult and 4-H categories. Catalogs of entry categories are available at the Daviess County Extension Office and online at <https://daviess.ca.uky.edu/dc-fair>. Fair entries will be accepted on July 16 from 4-7 pm.

The Kentucky State Fair is August 15-25. For more information, visit www.kystatefair.com. If you go, be sure to visit Cloverville to see all the amazing items entered by 4-H members across the state.

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

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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.

FOOD+ART+HEALTH DAY JULY 13

Healthy communities thrive where nutritious food is accessible and the arts flourish.



Join us to learn about health and wellness and enjoy live music, performing arts, kids' activities, a community art project and much more.

Join Owensboro Health at the Owensboro Regional Farmers' Market to celebrate Food+Art+Health!

July 13 Schedule

8 to 10:30 a.m. – Randy Lanham and Friends
 10:30 to 10:45 a.m. – Owensboro Dance Theatre
 10:45 to 11:15 a.m. – Encore Musicals
 11:15 to 11:30 a.m. – RiverPark Center
 11:30 a.m. to Noon – Theatre Workshop of Owensboro

CANNING CLASS AT THE WHITE CHATEAU

Monday, July 22nd



Two options for classes:

10 am-noon OR 5:30-7:00 pm

These classes will be hands-on, basic water bath canning. We will be canning salsa and discussing correct freezing procedures.

Registration Fee: \$5

Stop by the Extension Office with cash or check to pay and secure your spot.

Deadline: July 17th

Class size is limited



The classes will be at the White Chateau, 8753 Mulligan Rd. Owensboro, KY 42301

Another canning class will be offered August 19th at the White Chateau.

Watch the upcoming newsletter for more information.



HOMEMAKER HAPPENINGS

Cultural Arts Entries

The Green River Area Homemaker Council voted to move the cultural dates for our area so items can be viewed at the Area Annual Meeting in the fall. So, if you have any cultural arts items made or if you plan to make any you have some time! Cultural arts items for Daviess County are due to the Daviess County Extension Office by August 1st by 4pm. Please have the category and sub-category ready when you turn them in. They will be judged at the county level (displayed at the county annual meeting on August 6th) and the blue-ribbon winners will go on to the Area Annual Meeting where they will be displayed and judged again to determine the ones that will go to state at the annual KEHA state meeting in May, 2025.

Categories are included in this newsletter and you must be a paid Daviess County Homemaker member to enter.

**Daviess County Homemaker Annual Meeting
August 6, 2024 at 11:00 a.m.**

More info in this newsletter

Foyer Decorations

The extension office decorates for July.
Trinity, you have August.

Lesson Trainings for 2024-2025

The schedule of lessons is included in this newsletter.

Be sure someone from your club comes to participate in the training and picks up club information.

Save the date! Green River Area Homemaker Meeting (see below)

Green River Area Homemakers Annual Day



Tuesday, September 24, 2024
Registration begins at 10:00 am

Hartford Christian Church
122 W. Walnut Street
Hartford, KY 42347

RSVP Shelia Decker, Ohio County Homemaker President
(270)256-2650 by August 27, 2024



Daviess County Homemakers Annual Meeting

Tuesday, August 6,
2024
11:00 a.m.

At Daviess County Extension Office
4800A New Hartford Road

Join us for lunch, awards, fun, and a
short business meeting.

Additional Information for Annual Meeting

Meat for the lunch will be provided. Please bring additional foods based on your club:

- Homespun - Dessert
- Maceo - Vegetables
- South Hampton - Salads
- Trinity - Bread and Drinks
- Southern Belle - Additional Salads and Vegetables

This year's meeting theme is quilts. If you have any quilts that can be used for decorations, please contact Anita Bruner at 270-929-2899.

2024—2025 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON ALL ABOUT SUCCULENTS

August 20 (Daviess) August 21 (Henderson)
Learn why succulents are popular houseplants. Learn the different families and varieties as well as requirements for growing them successfully.

★ **Miscellaneous**

11:00 A.M. LESSON TRAINING

OCTOBER LESSON INDOOR AIR QUALITY

August 20 (Daviess) August 21 (Henderson)
Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement. *Presented by Hardin Stevens, UK*

★ **Environment, Housing & Energy**

NOVEMBER LESSON COMPOSITION IN PHOTOGRAPHY

October 15 (Daviess) October 16 (Henderson)
Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

★ **Cultural Arts and Heritage**

JANUARY LESSON TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

October 15 (Daviess) October 16 (Henderson)
Learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

★ **Management and Safety**

FEBRUARY LESSON CREATING WELCOMING COMMUNITIES

January 21 (Daviess) January 22 (Henderson)
Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects.

★ **International**

MARCH LESSON HOW TO GET OUT OF A MEALTIME RUT

January 21 (Daviess) January 22 (Henderson)
Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.

★ **Food, Nutrition, & Health**

APRIL LESSON COMMUNICATION ESSENTIALS FOR GOOD IMPRESSIONS

March 18 (Daviess) March 19 (Henderson)
Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

★ **Leadership Development**

MAY LESSON STRONG BONES FOR LIFE: PREVENT OSTEOPOROSIS

March 18 (Daviess) March 19 (Henderson)
Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

★ **Family & Individual Development Lesson**



2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

Categories and Subcategories

- 1. APPAREL**
 a. Accessory
 b. Appliqued
 c. Basic Sewing
 d. Quilted
 e. Specialty
- 2. ART, 3-Dimensional**
 a. Carving
 b. Sculpture
- 3. ART, NATURAL**
 a. Wood
 b. Other
- 4. ART, RECYCLED (Include a before picture)**
 a. Clothing
 b. Household
 c. Other
- 5. BASKETRY**
 a. Cane
 b. Dyed Material
 c. Miniature (under 4 inch)
 d. Novelty
 e. Plain
- 6. BEADING**
 a. Bead Weaving
 b. Non-jewelry Item/Wearable
 c. Miscellaneous
- 7. CERAMICS**
 a. Hand-formed
 b. Molded
- 8. COUNTED CROSS STITCH**
 a. 14 Count & Under
 b. 16-22 Count
 c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 a. Accessories
 b. Fashion
 c. Home Décor and Afghans
 d. Thread
- 10. DOLL/TOY MAKING**
 a. Cloth
 b. Handmade Toy other than Porcelain/China or Cloth
 c. Porcelain/China
- 11. DRAWING**
 a. Pastels
 b. Pen and Ink
 c. Pen and Ink with Oil Roughing
 d. Pencil or Charcoal-Black
 e. Pencil-Color
- 12. EMBROIDERY**
 a. Basic
 b. Candle Wicking
 c. Crewel
 d. Machine
 e. Ribbon
 f. Smocking
 g. Swedish
 h. Tinting/Lace Making
 i. Miscellaneous
- 13. FELTING***
 a. Needle Method
 b. Wet Method
- 14. HOLIDAY DECORATIONS**
 a. Autumn
 b. Spring
 c. Summer
 d. Winter
- 15. JEWELRY**
 a. Beaded
 b. Mixed Media (wire, chain maille, mixed with beads)
 c. Original Design
- 16. KNITTING (HAND – with knitting needles)**
 a. Accessories
 b. Fashion
 c. Home Décor and Afghans
- 17. KNITTING (OTHER – machine / loom)**
- 18. NEEDLEPOINT**
 a. Cloth Canvas
 b. Plastic
- 19. PAINTING, ART**
 a. Acrylic
 b. Oil
 c. Watercolor
- 20. PAINTING, DECORATIVE**
 a. Metal
 b. Wood
 c. Other
- 21. PHOTOGRAPHY (mounted or framed)****
 a. Black & White
 b. Color
- 22. QUILTS*****
 a. Baby-size or Lap-size (hand quilted)
 b. Baby-size or Lap-size (machine quilted)
 c. Hand Appliqué (hand quilted)
 d. Hand Pieced (hand quilted)
- 23. PAPER CRAFTING**
 a. Card Making
 b. Origami
 c. Quilling
 d. Scrapbooking****
- 24. RUG MAKING**
 a. Braided
 b. Hooked
 c. Punch Needle
 d. Woven
- 25. WALL or DOOR HANGING**
 a. Fabric
 b. Other
- 26. WEAVING**
 a. Hand (macrame, caning)
 b. Loom (includes pin weaving)
- 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)**
- 22. QUILTS*** (continued)**
 e. Machine Appliqué (machine quilted)
 f. Machine Pieced (hand quilted)
 g. Machine Pieced (machine quilted)
 h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
 i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
 j. Technology Based (hand or machine quilted)
 k. Miscellaneous (hand or machine quilted)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

ADULT HEALTH BULLETIN



JULY 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

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1. See a doctor. If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next page 



Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

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2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



PARENT HEALTH BULLETIN



JULY 2024

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THIS MONTH'S TOPIC

YOUR CHILD AND SKINCARE: WHAT YOU NEED TO KNOW



Skincare has become a popular topic among school-age kids lately, thanks to viral videos on social media and marketing campaigns from skincare companies targeting younger audiences. But how necessary, or even safe, are these products for kids?

Traditionally, skincare products have targeted adults. They make claims to address cosmetic problems such as wrinkles, dark spots, or loose skin. These are not problems that kids or teens typically need to fix. In fact, using products unnecessarily can cause problems, such as drying out skin, causing rashes, or making skin oilier and causing acne. In extreme cases, over-the-

Continued on the next page



Sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

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counter skincare products have caused chemical burns and damage to eyes in young users.

But don't shut down the conversation about skincare products altogether. Consider this an opportunity to discuss with your child the valuable lessons of skin protection, hygiene, and peer pressure.

Skincare companies love to market multistep skincare routines that may include beaded cleansers, masks, scented moisturizers, and oils. Kids do not need many of these products. However, their interest in skincare products can be a terrific way to discuss the use of skin protection, like sunscreen. Your child may be interested to know that sun protection is the best way to prevent premature wrinkles, sunspots, and most importantly, skin cancer. There are many sunscreen products on the market today, and some products specifically made for faces. These face products tend to boast a few added benefits, such as being tear-free or not running into eyes and have applicators like roll-on sticks or small brushes. Make sure to choose a sunscreen that is at least 30 SPF or higher for face and body application.

Kids of all ages also need to wash their face as a part of their daily hygiene routine. If your child has developed an interest in using special skincare products for their face, an age-appropriate choice may be to find a gentle face cleanser and moisturizer. There is no need to splurge on designer products though. Generally, avoid products that include fragrance, any harsh active ingredient, or abrasive additives like beads or sand. Drug stores or groceries have many affordable choices. Talk with your child about how to wash their face, using warm (not hot!) water, cleansing before moisturizing, and always washing off sunscreen at the end of the day.

As kids get older, it is normal for them to become more concerned about what others do and think. Your child may have become interested in skincare



because their friends are or because they have seen a favorite celebrity in a skincare ad. This is a great opportunity to discuss with your child that everyone has unique needs, skincare included. You may also want to bring up the money that skincare companies invest in influencer marketing, and the profits that those companies stand to make by convincing people to buy products that they may not need.

Always discuss concerns about your child's skin, breakouts, or potential reactions to skincare products with your child's doctor or other health-care provider.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

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HEALTH BULLETIN

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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

THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.



HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.



WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

Contributing Author: Alexia Cassidy, Family Financial Counseling Student, University of Kentucky
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



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