



2025

UK Cooperative Extension Service

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

DATES

July 4
 Office Closed
July 15
 Check in fair entries
July 16-19
 Daviess County Fair
July 21
 Tune into WBKR
July 23
 Farm Succession Seminar
July 26
 Farm and Family Ag Day
 at Panther Creek Park
July 28
 Home cleaning program at library
August 14-24
 Kentucky State Fair
August 18
 Tune into WBKR
August 19
 Homemaker Lesson training
August 26
 Cooking Program

FARMERS' MARKET

Along with Katie and Sharayha at the Extension booth, be sure to stop by the Master Gardener's booth on Saturdays. They are adding adult and youth activities this year. The adult topic on July 5th will be herbs. The youth activity for July is Suncatchers on July 26th.



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

**Cooperative
 Extension Service**

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
 accommodated
 with prior notification.

Check out www.kystatefair.org for more information on this year's State Fair. Also, be sure to plan your visit and include Cloverville to see all the 4-H exhibits from around the state!

KENTUCKY STATE FAIR

AUGUST 14 – 24



KY EXPO CENTER



Travel around the world with Extension! Our adult cooking program will be a series of flavors from different countries.

August 26th is the first of the series. See the August newsletter for an announcement of the country.

Registration is required and will open August 4.

November 11th is the second date, and two more dates will be announced closer to the end of the year for spring.

WBKR
92.5 The Country Station!

Be sure to tune in around 8:10 am on July 21st for on-air reviews of July's calendar recipe: Chicken Burgers.



DAVIESS COUNTY
PUBLIC LIBRARY

Home Cleaning Products...safe, healthy, and green!

Check out the Daviess County Public Library website for more details and to register for this program on July 28th at 6pm, presented by Katie Alexander.

<https://daviesscounty.librarycalendar.com/events/month>



Daviess County Fair is July 16-19 at the Lions Club Fairgrounds.

We will be taking entries for our open division on July 15th from 4-7pm at the fairgrounds.

We have new categories this year in baked foods and sewing! Check out all of our fair categories for entries by coming by the Extension Office or on our webpage at

<https://daviess.ca.uky.edu/dc-fair>.

KENTUCKY FARM SUCCESSION SEMINAR

BUILDING THE BRIDGE TO YOUR FARM'S FUTURE

JULY 23, 2025

OWENSBORO CONVENTION CENTER



7:30	Registration
8:15	Opening Remarks
8:30	Building the Bridge to your Farm's Future Aleta Botts
9:00	Farm Succession – Challenges & Opportunities Wesley Tucker
10:30	Break for Networking
10:45	Ten Traits of Top Managers Dr. Steve Isaacs
12:00	Lunch
12:45	Positives of Passing it On! Jolene Brown
2:45	Break for Networking
3:00	Panel of Key Advisors
4:10	Keepers, Appreciation, Celebrations Jolene Brown

Farm businesses are in a constant state of change. Each year farm operators, family, and employees experience changes in age, health, equity, and opportunity costs. Other factors, including interest, taxes, births, deaths, marriage and divorce, can all affect the vitality of a farm business. The Kentucky Farm Succession Seminar looks to bring knowledge of how to handle these changes to make it easier for you and your business. Come and listen to national experts, extension specialists, and local resources discuss these topics and more!



IF YOU WISH TO REGISTER , SCAN THE QR CODE OR COMPLETE AND RETURN THE FORM BELOW

Name: _____

Phone Number: _____

Address _____
Street City State Zip Code

Email: _____ Number of People Attending _____

☐ Check # _____ Check Amount* _____ ☐ Cash Amount* _____

*\$35 per person, \$40 per person by card with QR code registration

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PRESENTER PROFILES

Jolene Brown



Jolene Brown is a walking-talking spokesperson and champion for the people of agriculture. She's a farmer in Eastern Iowa, contributor to Successful Farming magazine's popular family business column, author of two great books and an inductee in to the prestigious CPAE Speaker Hall of Fame. Her worldwide audiences appreciate her fun-filled spirit and valuable information.

Dr. Steve Isaacs



Steve Isaacs serves the UK College of Agriculture, Food & Environment as an Extension Professor in Agricultural Economics and co-director of the Kentucky Agricultural Leadership Program. Steve has won Extension and teaching awards at the state, regional, and national level. He has international farm management experience in Africa, Europe, New Zealand, and South America.

Aleta Botts



Aleta Botts serves as the Coordinator for the Kentucky Farmland Transition Initiative, a project launched by Kentucky Farm Bureau to help keep farmland in the hands of active farmers. Aleta brings 25 years of experience in government, nonprofit, and private sectors to this role.

Wesley Tucker



Wesley Tucker is a Farm & Ranch Transition Specialist with University of Missouri Extension and cattle producer in the Ozarks. He has 24 years experience assisting agricultural producers throughout the U.S. His passion is assisting families through complicated family dynamics, so the farm can be a thriving business for future generations.

PANEL OF KEY ADVISORS

Lora Lee Robey



Lora Lee Robey, Esq. is a proud Kentuckian and graduate of the University of Kentucky College of Law. Robey's practice areas include probate and estate planning, real estate transactions, entity creation, business advisement, and farm succession.

Josh Searcy



Josh Searcy is the Director of Trust and Investment Services at Independence Bank, where he brings legal expertise and financial leadership to clients across the Commonwealth. With a legal career spanning over 14 years, Josh has an impressive background in representing financial institutions, governmental bodies, and individuals across a wide range of legal matters.

Suzy Martin



Suzy Martin has been a specialist with the Kentucky Farm Business Management Program for 25 years. She works with member farms to provide financial planning, economic analysis, comparative benchmarking, financial statement generation and more through personal, one-on-one consultations.



Return to the Daviess County Cooperative Extension Office
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Make checks payable to Grain Day, Inc

Traveling with Children

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

Before you go:

Talk about the trip. Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. Explain how you'll travel — car, plane, or train — to help build excitement and ease anxiety.

Identify potential challenges. Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

Set behavior expectations. Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or "We don't ask for candy at the store," work for all ages. Even adults use this — like telling yourself you're not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

Get kids involved in packing. Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they'll need help.

Entertainment options. Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles, and word searches are great alternatives.

Plan for delays. Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack, and use the bathroom. While this can add time to your travels it makes happier travelers.

During your trip:

Stick to routines. Try to maintain regular meal, nap, and bedtime schedules. It may take creativity, but it is worth the effort.

Let kids take the lead. Invite your children to make decisions: "Which trail should we take?" or "What do you want to see first?" This builds confidence and keeps them engaged.

Safety. Carry a few basics — water, snacks, flashlight, and a small first-aid kit.

Expect meltdowns. They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

After your trip:

Reflect together. Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.

2025 FAMILY & FARM AG DAY

JULY 26, 2025 / 10A - 2P

PANTHER CREEK PARK SOUTH

We are delighted to invite you and your family to an interactive experience to learn about the traditional farm life of Daviess County, KY. Together we have created an opportunity to learn about planting row crops, and what it takes to run a farm in the 21st century, along with some of the unique farm implements required to be successful. Multiple farm related exhibits will be available.

FFA "AG DAY OLYMPICS" COMPETITIONS

SOUTHLAND DAIRY JERSEY COW DEMONSTRATIONS

ANTIQUE / LATE MODEL FARM IMPLEMENTS

KENTUCKY DEPARTMENT OF AGRICULTURE "RAISING HOPE" HEALTH SCREENINGS AND SAFETY DEMONSTRATIONS

GRAIN BIN SAFETY DEMONSTRATIONS

MULTIPLE FOOD TRUCKS ON SITE

PLUS MUCH, MUCH MORE.....





HOMEMAKER HAPPENINGS

Homemaker Lesson Training

Homemaker Lesson Trainings will start back up on **August 19th** at the **Daviess County Extension Office** only. We will have training for two lessons:

10 am - September lesson: *The Big Freeze* this is a Food, Nutrition, and Health lesson

11 am - October lesson - *Indoor Air Quality* this is an Environment Housing, and Energy lesson

A complete lesson schedule is included in this newsletter.

HOMEMAKER PICNIC

A great time was had by all who came!



FOOD BAGS

Homemakers made up and delivered 48 fresh food bags to President's Place. Thanks to Reid's and Great Harvest for help with produce and bread donations.



CAMP COURAGEOUS

On **June 20th**, the Daviess County Homemakers donated their handmade pillowcases!



2025—2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office.

*Recording available the day following the training at
<https://www.youtube.com/@greenriverareahomemakers9114>*

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON THE BIG FREEZE

August 19 - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time.

★ Food, Nutrition, and Health

11:00 A.M. LESSON TRAINING

OCTOBER LESSON INDOOR AIR QUALITY

August 19 - 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.

★ Environment, Housing & Energy

NOVEMBER LESSON LAUGHTER IS A MUST

October 28 - This lesson will test your knowledge of laughter, identify its short- and long-term benefits, explore what keeps you laughing with your spouse, and share ways to increase laughter in your relationship.

★ Family and Individual Development

JANUARY LESSON SELECTING SHEETS

October 28 - Cooling? Percal? Bamboo? Let's put these questions to bed and unravel the mystery of thread count, too! This lesson will cover all the basics.

★ Management and Safety

FEBRUARY LESSON USING AN AIR FRYER

January 20 - This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

★ Food, Nutrition, and Health

MARCH LESSON STRETCHING YOUR FOOD DOLLAR

January 20 - "Making Ends Meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.

★ Management and Safety

APRIL LESSON YOGA-TA TRY THIS

March 17 - Yoga is far from a new practice, but has become popular today as a mainstream form of exercise. There are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.

★ Food, Nutrition, and Health

MAY LESSON INSPIRING GRANDCHILDREN TO BE GRAND COOKS

March 17 - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge, and create lasting memories.

★ Family & Individual Development Lesson

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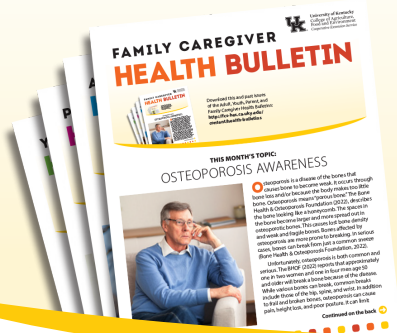
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accommodated
with prior notification.

FAMILY CAREGIVER HEALTH BULLETIN



JULY 2025

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)

THIS MONTH'S TOPIC

TRAVELING WITH DEMENTIA



People like to travel because it's a form of recreation, relaxation, and education. Travel also brings family and friends together. While travel can be a positive experience, it can also come with stress, especially if it includes traveling with a loved one living with dementia. It is common for someone living with cognitive impairment to react poorly to changes in routine or unfamiliar places and faces. But caregivers and families may want or need to travel with a loved one living with dementia. The Alzheimer's Association and online Family Caregiver Service provide tips to help caregivers create a safe, comfortable, and enjoyable experience.

- **Plan ahead.** Make reservations to reduce unknown and added stress. Advise hotels, airlines, tour operators, and others involved with the trip that you are traveling with

Continued on the next page 

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Maintain a consistent and familiar daily routine while away. This might include keeping meal and sleep routines to the same schedule as at home.

➔ Continued from the previous page

someone with cognitive impairment. Be honest about your concerns and their needs.

- **Keep it simple.** Expect your loved one to become increasingly confused while out of their daily routine. Until you know how they handle travel, minimize the time away to a day trip or weekend. Do not overschedule. Include downtime in the itinerary.
- **Make it familiar.** Try vacationing in ways your loved one traveled before the dementia onset. Maintain a consistent and familiar daily routine while away. This might include keeping meal and sleep routines to the same schedule as at home.
- **Avoid triggers.** Know what causes agitation and anxiety and try to avoid those triggers. For example, if a person does better during the day, then travel or tour during the day versus in the late evening or night. When or if agitation occurs, have identified strategies to reduce stress.
- **Build in rest time.** Less is more. Do not overschedule.
- **Find locations with health-care facilities nearby.** In case of emergency, it is helpful to be close to emergency medical facilities and pharmacies.
- **Communicate.** Talk about the plan with your loved one. Keep information to a minimum to prevent them from becoming overwhelmed in the details. Communicate the plan with other family members and give them copies of your detailed itinerary, including contact information.
- **Keep it calm.** Crowds, loud noise, and activity can be overwhelming and tiring. Even eating out can increase anxiety. Do not overschedule. Do not plan too many daily activities. Avoid crowds as much as possible. Minimize multiple stops while traveling to and from your destination.
- **Create safety measures.** If your loved one wanders, try to get ahead of the behavior by knowing what drives it. Take preventative measures like arranging for constant supervision, installing door alarms and alert services, placing

emergency contact information in pockets or on necklaces, dressing the person in bright clothes so they can be seen in the distance. Consider using a tracking device to help identify a location.

- **Pack a grab and go bag.** In a small bag that you can carry and have with you at all times, include emergency essentials. Pack a change of clothes, snacks, water, activities, medications, mobility aides and any other medical or assistive devices. Include photocopies of emergency contacts, health-care provider names and numbers, a list of current medications and dosages, and other important legal documents such as the medical power of attorney, living will, and advanced directive.
- **Create a back-up plan and a back-up plan to your back-up plan.** The entire trip or parts of it may have to change for a variety of reasons.
- **Buy travel insurance.** Things change.
- **Be flexible and realistic.** Allow extra time and consider a person's abilities and limitations. Remember, things can change quickly.

Traveling with a loved one with dementia can be a positive opportunity for both you as a caregiver and the person living with impairment. Travel provides social interaction and cognitive stimulation. Travel also contributes to a sense of purpose and personal growth. In addition to these travel tips, it can also be helpful to talk to a health-care provider or someone from your local Alzheimer's Association to further enhance the success of your trip.

REFERENCES:

- Alzheimer's Association. (2025) Traveling. Retrieved 5/20/25 from <https://www.alz.org/help-support/caregiving/safety/traveling>
- Family Caregivers Online. (2024). Planning a Trip? Considerations for Dementia Caregivers Retrieved 5/20/25 from <https://familycaregiversonline.net/traveling-with-dementia>

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