

June 2023



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

Cooperative Extension Service

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

DATES

June 1

Sign up for fruit bouquet class opens

June 3

Farmers' Market

June 15

Calendar Recipe demo on Facebook: Blueberry
Cheesecake Bars

June 17

Food + Art + Health at Farmers' Market

June 18

Happy Father's Day!

June 19

Juneteenth - Office Closed

June 22

Fruit Bouquet Class

June 30

Homemakers County Annual Meeting

July 4

Independence Day - Office Closed

July 8

Farmers' Market

July 18

Check in entries for County Fair 4-7p.m.

July 19-22

Daviess County Lion's Club Fair

July 23

Pick up entries from fair 2-4 p.m.



June 19 - Juneteenth

July 4 -
Independence Day



Happy Retirement, Beth!
We will miss you!

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Katie Alexander

**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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Come visit the Owensboro Regional Farmers Market on Saturday, June 3rd from 8am to 12pm and stop by the Daviess County Extension Booth!

The “Dairy Godmother” will be there reading a book to the children and letting them make ice cream in a bag!



On June 17th, we will have activities for the kids and samples for everyone!

Be sure to come see us on July 8th to taste test different types of salsa!

Nutrition for Strong Bones and Muscles

Healthy eating enhances bone and muscle strength. Strong bones and muscles help prevent falls. Eating for bone and muscle health includes three key strategies:

Power up with protein. Protein helps build and repair muscle. Men need 60 to 66 grams or more of protein each day. Women need 45 to 50 grams or more each day. Good protein sources include lean meat, milk, cottage cheese, Greek yogurt, eggs, beans, nuts, and seeds.

Consume calcium. Calcium keeps bones and muscles strong and works with Vitamin D (which you get from spending time in the sun). Men should aim for 1,000 to 1,200 milligrams of calcium each day. Women need 1,200 milligrams daily. Foods rich in calcium include dairy products, leafy green vegetables, seeds, sardines, salmon, beans and lentils, almonds, and fortified foods and drinks. Food and drinks that have 20% or more of the % Daily Value for calcium are considered excellent sources.

Choose foods over supplements. Many supplements and products are available on the market that promote strong bones and muscles. It is best to get nutrients, like protein and calcium, from food sources rather than supplements, unless your medical provider says differently. This allows the body to receive all the nutrients the food may have and provides more nutritional bang for your buck.

Small choices over time can support bone and muscle strength. No one is too young or too old to start thinking about bone and muscle health. To learn your specific protein and calcium needs, talk to your health-care provider or find a Registered Dietitian (RD) in your area to help. For a Plate it up! Kentucky Proud recipe that is an excellent source of calcium, check out <http://fcs-hes.ca.uky.edu/recipe/kickin-greens>.

Reference: Nutrition and Fall Prevention. (2016). Retrieved 3 April 2023, from: <https://www.nutrition.va.gov/docs/UpdatedPatientEd/NutritionFallRiskPrevention.pdf#:~:text=Eating%20healthy%20helps%20decrease%20your%20risk%20of%20falls,exercise%20program%20that%20helps%20to%20prevent%20muscle%20loss>.

Source: Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

IT'S ALMOST FAIR TIME!

Daviess County Lion's Club Fair

July 19-22

Check in entries: July 18, 4-7 p.m.

Pick up entries: July 22, 2-4 p.m.

Watch social media for an announcement when Fair Books are ready!

Kentucky State Fair

August 16-26

check out events at www.kystatefair.org

Sign ups begin June 1st!

Fruit Bouquet Class

Learn how to make a fun and edible gift.

Thursday, June 22nd at 2pm.

The class is limited so you must call to sign up.

270-685-8480

HOMEMAKER HAPPENINGS

Lesson for the Month

Clubs plan their own programs, educational tours, etc.

Roll Call

In June, we celebrate fathers. Share a favorite Father's Day memory.

Thought of the Month

"Dads are the most ordinary men turned by love into heroes, adventurers, storytellers, and singers of song."

—Pam Brown

Foyer Decorations

Southern Belle exclaimed, "Hats Off to Women!" in **May**.

The Extension Office is decorating for June and July.



County Annual Meeting Cupcake Celebration!

Friday, June 30th 2:00 p.m. Daviess County Extension Office

Call 270-685-8480 to RSVP by June 23rd.

Homemaker Leader Lesson trainings start back up August 22 and 23.
Full lesson schedule is on the back of this page!

2023—2024 HOMEMAKER LESSONS

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

10:00 A.M. LESSON TRAINING

11:00 A.M. LESSON TRAINING

SEPTEMBER LESSON ALL ABOUT PAW PAWS

August 22 (Daviess) August 23 (Henderson)
The Pawpaw is currently enjoying a resurgence in popularity. Learn about the native fruit, its unique flavor, and the tastiest ways to enjoy it!

★ Food, Nutrition & Health Lesson

OCTOBER LESSON PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

August 22 (Daviess) August 23 (Henderson)
This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal.

★ Food, Nutrition & Health Lesson

NOVEMBER LESSON CARBON MONOXIDE

October 24 (Daviess) October 25 (Henderson)

Learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

★ Environment, Housing & Energy

JANUARY LESSON KEHA PLAYS PICKLEBALL

October 24 (Daviess) October 25 (Henderson)

Pickleball is America's fastest growing sport that all ages and skill levels can play. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play.

★ Family & Individual Development

FEBRUARY LESSON SELF-CARE AND SELF-PAMPERING

January 16 (Daviess) January 17 (Henderson)

This lesson will help you take control of your own well-being beyond the basic self-care recommendations. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories.

★ Management & Safety Lesson

MARCH LESSON HEALTHY EATING AROUND THE WORLD

January 16 (Daviess) January 17 (Henderson)

We'll take a trip around the globe to learn about dietary recommendations from other countries and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.

★ International

APRIL LESSON HANDY TO HAVE: EMERGENCY HEALTH INFORMATION CARDS

March 19 (Daviess) March 20 (Henderson)

Would you benefit from carrying an EHI card? The information that should, and should not be on an EHI Card, and where to put copies of the card.

★ Management & Safety

MAY LESSON UNDERSTANDING AND PREVENTING SUICIDE

March 19 (Daviess) March 20 (Henderson)

This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide.

★ Family & Individual Development Lesson



Blueberry Cheesecake Bars

Servings: 16 Serving Size: 1 bar



Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

Sauteed Vegetables and Crappie

Servings: 4 Serving Size: 4 ounces crappie and 1 cup veggies



UK College of Agriculture,
Food and Environment



Ingredients:

- 1 pound crappie fillets
- 1 teaspoon Cajun seasoning blend
- 2 teaspoons olive oil
- 2 medium yellow summer squash, sliced
- 1 medium onion, sliced
- 1/2 teaspoon ground pepper
- 2 cups broccoli florets
- 1 lemon

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw fish.
2. Sprinkle fish with Cajun seasoning and set aside.
3. In a large skillet, heat olive oil on medium heat. Add Squash, onion, and pepper. Saute for 10 minutes, or until vegetables are just starting to get tender.
4. Place fish fillets on top of -sauteed vegetables. Cover skillet and cook on medium heat for 10 more minutes.
5. Add broccoli florets. Cover and cook for 5 minutes.
6. Use a thermometer to check that fish has reached 145 degrees in the center of the thickest part and-flakes easily with a fork.
7. Cut lemon in half and squeeze juice over fish and vegetables.
8. Serve immediately. Refrigerate any leftovers within 2 hours.

Source: Cook Wild Kentucky Project

230 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 70mg cholesterol; 200mg sodium; 13g total carbohydrate; 3g dietary fiber; 5g sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.



ADULT HEALTH BULLETIN



JUNE 2023

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:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



There is a constant need for a regular supply of blood because it can only be stored for a limited time.



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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

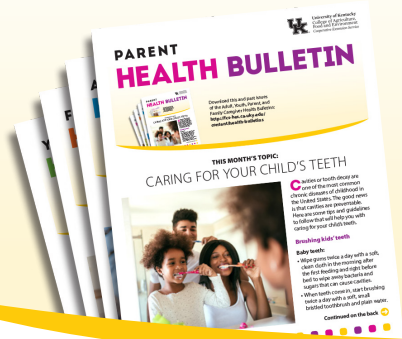
<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

Written by:
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Stock images:
123RF.com



PARENT HEALTH BULLETIN



JUNE 2023

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:

ENCOURAGE YOUR CHILDREN TO BE FIT AND ACTIVE



Everyone needs to be active to keep their bodies healthy. Children need to be active to help their brains and bodies grow and develop in all of the right ways. As a parent, you have an important role in encouraging and helping your child in their attitude toward physical activity and fitness. You also need to help them access resources to be active in ways that they enjoy. Children and teens need to be physically active for 60 minutes or more each day, with activities ranging from informal, active play to organized sports.

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Children and teens need to be physically active for 60 minutes or more each day.

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How you can help your child be fit and active:

- **Start early.** Young children love to play and be active. Give lots of time and opportunities to play in unstructured ways: running, climbing, throwing, catching, jumping, etc.
- **Make physical activity part of your family's daily routine.** Walk or bike instead of driving if possible or take the stairs.
- **Give your children equipment** that encourages physical activity.
- **Go places as a family where they can be active,** such as public parks, community baseball fields, or basketball courts.
- **Be positive about the physical activities** in which your child participates and encourage them to try new activities.
- **Be safe!** Always provide protective equipment such as helmets, knee pads, or gloves for activities such as riding bicycles, or scooters, skateboarding, roller skating, rock-wall climbing, and other activities where there could be a high risk of injuries. Make sure activities are right for the your child's age.

Physical activity has many health benefits for children and teens. Some of these benefits include:

- **Academic performance:** Activity improves attention and memory.
- **Brain health:** Movement reduces the risk of depression and anxiety.
- **Muscular fitness:** Build strong muscles and endurance through exercise.
- **Heart and lung health:** Activity improves blood pressure and aerobic fitness.
- **Cardio-metabolic health:** Staying active helps maintain normal blood sugar levels.
- **Long-term health:** Moving throughout your life reduces the risk of several chronic diseases, including type 2 diabetes and obesity.
- **Bone strength:** Strengthen your bones through activity.



As always, the best way to encourage your child is to lead by example. Find activities that you can do with your child, to spend time with them and share in the benefits of being active!

REFERENCE:

- <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>
- <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

ADULT
HEALTH BULLETIN

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Edited by: Alyssa Simms
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Stock images:
123RF.com





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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