



November 2024



Cooperative Extension Service

Daviess County
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DATES

- November 3**
Fall Back One Hour
- November 5**
Election Day - Office Closed
- November 6**
Woven Jacket Sewing Class
- November 7**
Extension Sponsored Rooster Booster
- November 7**
Laundry Love, Big Blue Book Club
- November 8**
Homemaker late deadline
- November 14**
World Diabetes Day
- November 18**
Tune in to WBKR
- November 19 or 21**
Fall Candle Silk Arrangement Class
- November 28-29**
Office Closed - Happy Thanksgiving
- December 10**
Wreath Workshop
- December 16**
Tune in to WBKR
- December 25- January 1**
Office Closed for the Holidays

Be sure to tune in to WBKR 92.5 FM to hear about the monthly SNAP recipe and hear reviews from the on-air taste testing.

November 18th - Hearty Harvest Bowl
December 16th - Slow Cooker Navy Bean Soup



The Daviess County Extension Office will be closed Tuesday, November 5 for Election Day. Be sure to vote!

The Extension Office will also be closed Thursday and Friday, November 28 and 29 for the Thanksgiving Holiday.



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



November is Alzheimer's Disease Awareness Month

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging

It is common for people to worry about Alzheimer's disease. You may forget a name or face ... or you have a family member who has been diagnosed. With nearly 7 million Americans living with Alzheimer's, it is important to know the signs of Alzheimer's Disease.

According to the Alzheimer's Association, warning signs include:

1. Memory loss that disrupts daily life and activity. You might forget new information or important dates and events and not remember or recall it later. You might repeat the same question, rely more on memory aids, or ask for help with things you used to handle on your own.
2. Challenges with planning and problem solving. You might have trouble following directions, like in a recipe or staying on top of your monthly bills. It may be harder to concentrate or complete tasks in a timely manner.
3. Trouble completing familiar tasks. Running an appliance, driving to a familiar store, or remembering rules to a favorite card game might become difficult.
4. Confusion with time or place. Losing track of dates, seasons, and time and not figuring it out later. Forgetting where you are or how you got there.
5. Difficulty with visual images and spatial relationships. Changes in vision can lead to difficulty with balance, reading, judging distance, determining color and contrast. This can also create challenges with driving.
6. New challenges with word-finding when speaking and writing. It can become increasingly difficult to follow or complete a conversation, find words, or call familiar objects by the correct name. Repetition may become more common.
7. Misplacing things or the inability to retrace steps. You might put items in unusual places, accuse others of stealing things, and lose the ability to go back and find items.
8. Changes in judgment and decision-making. You might experience poor decision-making in terms of finances, safety, and hygiene.
9. Withdrawal from work and social activity. With decreasing ability to follow conversations or carry out tasks, you might become less social or less interested in your hobbies and other activities.
10. Changes in mood and personality. As the disease progresses, you might feel more confused, suspicious, irritable, depressed, or anxious.

It is not unusual to have occasional trouble with word-finding or forgetting where you put something. But persistent or worsening trouble with thinking, memory, and the ability to complete everyday tasks may be a sign of something more serious. If you notice any of these signs in yourself or someone you care about, the Alzheimer's Association encourages you to seek evaluation by a health-care professional. Early diagnosis not only provides increased access to treatment options, but it also offers opportunity for clinical trials, emotional and social support, and more time to plan for the future. For more information about Alzheimer's disease, visit the Alzheimer's Association at www.alz.org or call UK Sanders-Brown Center for Aging at (859) 323-5550.



Interested in buying Rada cutlery, kitchen tools, pans, or even food mixes?
 Contact a homemaker and ask to see a catalog.
 Orders due by December 1.

Christmas Crafts with Homemakers



December 18, 2024 from 10 am to 2 pm

Lists of crafts, supplies, and cost will be in the December newsletter.

Fall Candle Silk Arrangement

Join us to create and take home a silk candle arrangement like the one pictured.

November 19 at 6 pm OR November 21 at 10 am

Registration is open November 1 through November 15.
 Cash/check payment required for registration.

Class participation **cost is \$5** and is limited to 15 participants.



Daviess County Homemakers will be selling pecans again this year.
 There will be a choice of halves, pieces, and chocolate covered.
 Pecans should be delivered in November. Cost is \$12 a bag.

Keep an eye on social media to know when pecans are available for pickup.





world diabetes day
Fun & Facts Expo

at the



Owensboro Health
Healthpark



*Admission
is FREE!*

**Snacks,
Activities
and Prizes**

**Resources for Children
and Adults with Type 1
and Type 2 Diabetes.**

Thursday, November 14, 2024
Drop in Between 4:30-6:30 p.m.
Owensboro Health Healthpark
Entrance C

**FREE A1c
testing – while
supplies last!**

All Out Blue!

*Wear blue in support
of those with diabetes!*



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:
Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards
SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			✓	✓	✓	✓
✗	✗	✗	✗	✗	✗	✗

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



HOMEMAKER HAPPENINGS



Lesson for the Month

Composition in Photography - A Cultural Arts & Heritage Lesson

Roll Call

In November we celebrate Thanksgiving. How can your journey lead to you being a better person? OR What have you been most thankful for on your personal journey?

Thought of the Month

“And we know what we want. And the future is certain. Give us time to work it out.”

—(Road to Nowhere) Ozzy Osbourne - 1991

FOYER DECORATIONS

Thanks again to Southern Belles for our spooky October foyer.



THANK YOU!



We have received dues and all enrollment forms from South Hampton and Trinity Homemaker Clubs.

We have extended the deadline for all other clubs to **November 8**. We are getting close to the state deadline and any received after that will not count towards state membership.

FOYER SCHEDULE

November - Southern Belles

December - Maceo

January - Homespun

February - Trinity

March - South Hampton

April - Homespun

May - Maceo

June, July, August - office

September - Trinity

ADULT HEALTH BULLETIN



NOVEMBER 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

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

➔ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

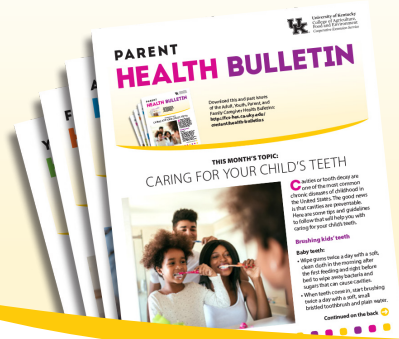
<https://www.cdc.gov/diabetes/about>

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
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Stock images: Adobe Stock



PARENT HEALTH BULLETIN



NOVEMBER 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 THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page ➔





**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

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Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**

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Edited by: Alyssa Simms

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Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

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THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.



HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

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