



Family &  
Consumer  
Sciences



**Cooperative Extension Service**

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

**October  
2024**



## DATES

**October 2**

Homemaker Council Meeting

**October 5**

Extension at Farmers' Market

**October 13-19**

KEHA Week

**October 15**

Lesson Leader Training Daviess County

**October 16**

Lesson Leader Training Henderson Co

**October 18**

Homemaker dues, enrollment forms,  
and goals to Extension Office

**October 21**

Tune into WBKR

**October 23**

Basics of Canning at White Chateau

**October 26**

Halloween at the Farmers' Market

**November 3**

Fall Back One Hour

**November 5**

Election Day - Office Closed

**November 6**

Woven Jacket Sewing Class

**November 7**

Laundry Love, Big Blue Book Club

**November 18**

Tune in to WBKR

**November 28-29**

Office Closed - Thanksgiving

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.

October 21<sup>st</sup> - Sweet Potato Hash

November 18<sup>th</sup> - Hearty Harvest Bowl

**WBKR**  
92.5 The Country Station!

## Basics of Canning Class

**Wednesday, October 23<sup>rd</sup> at 10 a.m.**

**at the White Chateau**

8753 Mulligan Rd. Owensboro, KY 42301

This program will go over canning equipment, safe and research-based recipes and is geared toward very beginner canners. Participants will receive a free UK canning book.

Call the office by October 18<sup>th</sup> to reserve your spot, 270-685-8480.

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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.

## Fall is the Perfect Time for Annual Vaccines

Source: Katherine Jury, Extension Specialist for Family Health

Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.

Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.

### References:

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

**BIG BLUE BOOK CLUB**

**LAUNDRY LOVE**  
FINDING JOY IN  
A COMMON CHORE  
PATRIC RICHARDSON  
with Carrie E. Miller

THURSDAY  
NOVEMBER  
7  
2024

VIA  
ZOOM

7:00 PM  
EASTERN/  
6:00 PM  
CENTRAL

REGISTER @ <https://ukfcs.net/BBBClaundry>

**UK** Cooperative Extension Service | Family and Consumer Sciences

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>.



# Woven Jacket Sewing Class

Wednesday, November 6th  
9:00 a.m.

Daviess County Extension Office  
4800A New Hartford Rd  
Owensboro

Spaces are limited. To register, please call:  
**(270) 685-8480**

(This class is not for beginners)

## Supplies needed:

- Jean Jacket or other jacket, vest, or blouse
- 3-5 coordinating or contrasting fabrics for weaving; approximately 1/4 yard of each (fat quarters can be used)
- thread to match
- contrasting thread for decorative stitching
- Frixon marking pens (remove with heat)
- Extra straight pins
- rotary cutter, mat, and ruler
- Sewing machine with power cord and foot control



Class is for all Green River Area.  
Brought to you from your Master  
Clothing Volunteers.



# HOMEMAKER HAPPENINGS

## Lesson for the Month

Indoor Air Quality - An Environment, Housing, and Energy Lesson

### Roll Call

October is national book month. What is a good book you've read recently?

### Thought of the Month

"Just keep movin' down the line."

—(Long Lonely Highway) Elvis Presley - 1964

## FOYER DECORATIONS

Thank you to Laurel Fant (Trinity Club) for decorating the foyer with the annual meeting theme, Quilts.



Thanks to Southern Belles for welcoming fall.



The office will decorate for October as we celebrate KEHA and 4-H Weeks.

## LESSON LEADER TRAINING

**October 15, 2024** Daviess County Office

**October 16, 2024** Henderson County Office

**10:00 November lesson:**

**Composition in Photography**

(Cultural Arts and Heritage)

**11:00 January lesson:**

**Time Well Spent: Organizing Tips for**

**Increased Productivity**

(Management and Safety)

KEHA Week 2024

October 13<sup>th</sup>-19<sup>th</sup>

Become an Olympic  
Extension Homemaker

Give the gift of  
Homemaker  
Membership!



Gift certificates can be printed at the office.



Homemaker Club Goals, Enrollment Forms, and Member Dues should be at the Extension Office by Friday, October 18.

## Trinity Homemakers Open House

Trinity Homemaker Club would like to invite everyone to an open house.

**Thursday, October 10 from 12:00 to 1:00 p.m.**

At Trinity United Methodist Church Fellowship Hall, 2815 Old Hartford Road in Owensboro.

After the open house, you are welcome to stay for the regular club meeting.

Thank you so much for the pillow cases! They are so cute! The kids loved getting to choose a pillow case for their pillows! They were so excited! Your donation means so much for our chapter and the kids we serve! We appreciate you more than we can express.

Please, help us spread the word about Sleep in Heavenly Peace - KY, Ohio Co.

Thank you for your help and support.  
Sincerely,  
Angel

## Pillowcase Update

Daviess County Homemakers received this thank you note for the pillow cases that were made and donated to Sleep in Heavenly Peace.

For more information on their local impact and ways to volunteer, go to [www.shpbeds.org](http://www.shpbeds.org).

**Discover KEHA - A Hidden Treasure  
2025 State Meeting  
Hyatt Regency Lexington  
401 West High Street, Lexington!  
May 6-8, 2025**



### Lodging Information

The lodging room blocks are now open for reservations!

### Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507

Room rate \$149.00 + tax (1-4 people per room)

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code **G-KEHA** for conference rate)

**Make your reservations by April 7, 2025, to secure the conference rate.**

Reservation cancellations must be made by 3 p.m. the day prior to arrival to avoid a no-show charge.

# Green River Area Homemakers Annual Day

Several of our Daviess County Homemakers had a great time at the event in Ohio County.



In attendance, but not pictured: Laurel Fant, Martie Craig, and Ann Gordon

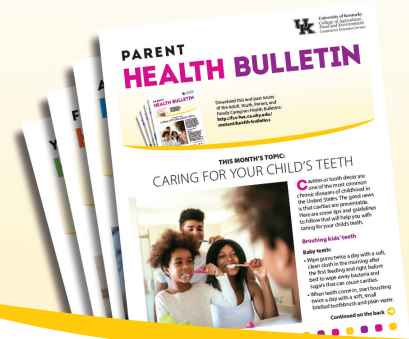


Daviess County Homemakers will be selling pecans again this year. There will be a choice of halves, pieces, and chocolate covered. Pecans should be delivered in November and will **not** need to be preordered.

Keep an eye on your next newsletter and social media for more information.



# PARENT HEALTH BULLETIN



OCTOBER 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 SPORTS HELP KIDS BE ACTIVE



The first week of October is Youth Sports Week in the United States, a time to celebrate the many benefits of playing sports! Kids and teens need to be active to be healthy, and sports are a natural outlet for kids to be active and have fun. There are many physical benefits of playing sports. Practices and games can help kids achieve the recommended 60 minutes of physical activity each day, as well as provide activities and drills that can increase hand-eye coordination, flexibility, and strength. Kids (and adults, too!) need to do a wide variety of exercises. Everyone needs aerobic activities that make their hearts beat faster, muscle-strengthening activities, and bone-strengthening activities every week. Skills and drills that include jumping, throwing, running, kicking, and the like are great for increasing overall physical health.

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Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus.

### ➔ Continued from the previous page

Playing sports has benefits beyond just being good exercise. Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus. It is important to learn how to win gracefully, how to be a good sport when they do not win, how to encourage their teammates, and to persevere when learning new skills. Sports can also give kids a bigger friend group and positive mentors from coaches and other parents.

Help your child find their way to play! Your child's personality and lifestyle factors will help determine which sport, and at what level of competition they will want to play. There are so many team and individual sports out there! Encourage your child to get involved in a sport they already love or try something new. If they feel intimidated, find a friend who wants to get involved, too. Many parks and recreation departments offer low-cost and local options to get kids involved. Schools and other community organizations may also have teams that your child could join.

Sports can help parents to be active, too! You can spend time with your child and get in minutes

of movement by practicing along with your child at home. Are there drills that your child can teach you or you can do with them to help them improve? Or strength- or stamina-building exercises that you could both do together? Many coaches and leagues are happy to provide information on how you and your child can continue to build their skills (and yours!) outside of practice times.

As a parent or caregiver, it is important to encourage and cheer for your child as they learn and grow through sports. It is equally important to demonstrate good sportsmanship and a positive attitude, regardless of the outcome of a competition. Most of all, remember that the purpose of sports for kids is to be active and have fun!

#### REFERENCE:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents>

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ADULT  
**HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





# ADULT HEALTH BULLETIN



**OCTOBER 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

# HOW IS YOUR HEALTH LITERACY?



**H**appy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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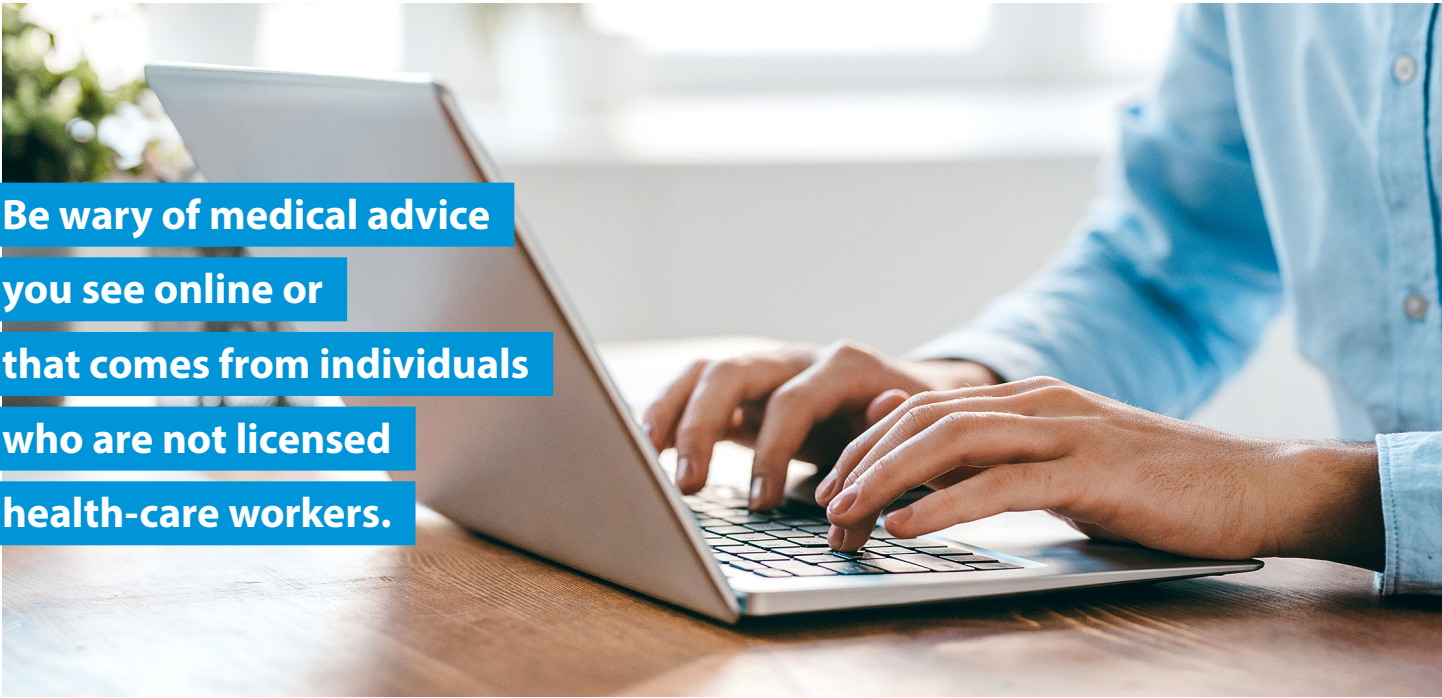
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**Be wary of medical advice  
you see online or  
that comes from individuals  
who are not licensed  
health-care workers.**

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- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

**REFERENCE:**

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

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**ADULT  
HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
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**Stock images:** Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

## THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

### START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

### APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



### TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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Disabilities  
accommodated  
with prior notification.

## WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



### MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

### SORTING SAVVY

A lot of the “wear and tear” on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

### LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

### COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our “cold water” washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

### CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your “nicer” clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

### RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
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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