

**Cooperative Extension
Service**

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

OCTOBER 2023



DATES

October 1-7

4-H Week

October 6

Brown Bag Book Club 12:30 p.m.

October 8-14

KHEA Week

Area Schools Fall Break

October 16

Tune in to WBKR

October 18

Pecan Orders Due

October 19

Calendar Recipe Demo on Facebook

October 20

Enrollment Forms, Dues, and Goals Due

October 24

Homemaker Lesson Trainings-Daviess Co
Executive and Advisory Council Meeting

October 26

Diabetes Friendly Cooking Class

October 28

Halloween at the Farmers' Market

October 31

Happy Halloween!

November 4

Holiday Market at the Farmers' Market

November 5

Fall Back 1 Hour

November 9

What's an Extension Homemaker?

November 23-24

Office Closed for Thanksgiving

IN THIS ISSUE

UPCOMING DATES OF INTEREST	1
COMMUNITY NEEDS SURVEY	1
MONTHLY CALENDAR RECIPE	2
NATIONAL 4-H WEEK	2
FARMERS' MARKET	2
DIABETES FRIENDLY COOKING CLASS	2
AUTUMN HEALTH CONCERNS	3
HOMEMAKER HAPPENINGS	4-5

Katie Alexander
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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

OCTOBER RECIPE:
ITALIAN ONE POT PASTA AND BEANS

Tune into WBKR 92.5 every 3rd Monday around 8:10am to hear our SNAP assistant, Catherine Dowdy, talk about the monthly recipe.



Be sure to check out the Daviess County Extension Facebook page on the 3rd Thursday of the month for a cooking demonstration of the monthly recipe from our SNAP Nutrition Calendars!

National 4-H Week

October 1-7, 2024

Meet Up Monday:
 Bring your friends to the Extension Office after school from 3:30-5:00 p.m. for games and pizza.
 4-H Shirt Pick-up: If you ordered a 4-H shirt, they will be available for pick up all day.

Try It Tuesday:
 Pick a 4-H fair baking recipe and give it a try!
 Post a photo of what you make.

Wear Green Wednesday:
 Wear Your Green/4-H Gear

Throwback Thursday:
 Show us some of your past 4-H projects, activities, etc.

Flat Clover Friday:
 Like Flat Stanley, Flat Clover likes to see new things. Pick up a Flat Clover and send us pictures of its adventures.

Happy Holidays

from the



October 26—Halloween Market
 Children's Costume Parade
November 4—Holiday Market



Daviess County Extension Family and Consumer Sciences Extension Agent and the Daviess County Diabetes Coalition present

Diabetes Friendly Cooking Class!

Thursday, October 26th
 10:00am and again at 5:00pm.
 At the Daviess County Extension Office
 Samples will be provided.
Deadline to register is Monday, October 23.

Please call to RSVP, 270-685-8480.

Have you ever wondered, "What's an Extension Homemaker?"

Come enjoy Homemaker information, snacks, and holiday planning tips.

Thursday, November 9th
6:30 p.m.

Daviess County Extension Office

RSVP is appreciated, but not necessary.
 Please call 270-685-8480

AUTUMN HEALTH CONCERNS

Source: Katherine Jury, Extension Specialist for Family Health

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>





HOMEMAKER HAPPENINGS



Lesson for the Month

Planning Thrifty and Healthy Holiday Meals

-This is a Food, Nutrition & Health lesson

Roll Call

In October we celebrate Halloween What was your favorite costume ever?

Thought of the Month

“Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are.”

—Brené Brown

KEHA WEEK

PLANT A SEED.....
HELP US GROW.

OCTOBER 8-14, 2023

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA
Homemakers

Stop by the Daviess County Extension Office on Water it Wednesday, **October 11**, to pick up a goodie bag to celebrate KEHA week.

Quantities limited

Homemaker Lesson Training

October 24, 2023

Daviess County Extension Office

October 25, 2023

Henderson County Extension Office

10:00 November lesson: Carbon Monoxide

Learn the steps you can take to keep you and your loved ones safe (Environment, Housing, and Energy)

11:00 January lesson: KEHA Plays Pickleball

Will highlight the health benefits and teach members how to play (Family and Individual Development)

12:15 Daviess County Homemaker Executive and Advisory Council Meeting

Foyer Decorations



Trinity made sure we were ready to Take A Hike with KEHA.

The Extension Office will decorate for October to celebrate 4-H and KEHA week.

**Pecan Orders due
Wednesday October 18**



McLean County Homemakers hosted the Green River Area Homemakers Annual Meeting.

In attendance were McLean County Judge Executive, Curtis Dame (left) and Kelly May, KEHA Advisor from UK (right).



We had so many donations for our apple themed basket, we were able to make 2! In total, all the baskets raised \$770 for Ovarian Cancer Research.



Dee Ann Conn received recognition as second most individual volunteer hours in the area with 1,686 hours



Some of the Daviess County Homemakers in attendance.





Italian One Pot Pasta and Beans



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts per serving:
150 calories;
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant



ADULT HEALTH BULLETIN



OCTOBER 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: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page ➔



Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcp/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com, Adobe Stock



PARENT HEALTH BULLETIN



OCTOBER 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:

THE IMPORTANCE OF WELL-CHILD VISITS



It is important to take your children to the doctor when they are sick, but there are also reasons to take them when they are well. Preventative health care, seeing a provider and checking for signs or symptoms of disease before they become a discomfort, is important for children and adults alike. Preventative care can allow a doctor or other health-care provider to identify health problems earlier when they are most treatable. This helps your child get or stay on a healthy track and reduces the risk of developing other health conditions.

Continued on the next page 



Before your next visit, try writing any questions down you or your child may have for the doctor and take notes during the visit.

➔ Continued from the previous page

Doctors recommend that children have seven checkups between years 1 and 4, and children 5 to 10 years old should have a checkup once a year. These checkups, or well-child visits are different from visits for sickness or injury. These can be pleasant experiences for children. Well visits can give them positive experiences to remember instead of just going to the doctor when they are sick or to get shots.

Very similar to a well-child visit, older children may need a sport's physical to be allowed to play in certain sport leagues or on school sport teams. A sport's physical will cover many of the same health indicators and physical exams as a well-child visit and is a part of preventative health care for kids and teens.

When you schedule your child's annual or semiannual well-child exam, ask about what the exam will include. That way you can make informed decisions about your child's care. You can also explain to your child what they can expect. Talking about going to the doctor or dentist can help children understand why we do that. This will help them build a foundation of healthy habits for life. Many pediatricians, dentists, and family practitioners say you should prepare your children for a visit by being brief, positive, honest, and calm.

If you are going to a regular health checkup, explain that it is a well-child visit: "The doctor will check on how you are growing and developing. They will ask questions and look at you to make sure your body is healthy. You can ask any questions you want to about your body and your health." Explain that all healthy kids go to the doctor for such visits. If they will be getting shots or other procedures, explain why those things are important. "Vaccines help protect our bodies from dangerous diseases. It is better to have a small pinch now, than a big sickness later." Vision screenings, hearing screenings, and breathing tests that check for asthma may be a part of a well-child



visit, depending on the child's age. None of these exams are painful, but it is important to explain to children what they may experience. That way they can fully participate and won't be nervous.

Before your next visit, try writing any questions down you or your child may have for the doctor and take notes during the visit. You may feel silly at first, but you will remember more, and you will make the most out of your visit. Teaching children the skills of asking questions about their health, taking notes, and speaking up if there is something that they do not understand will make your child a better advocate for themselves in medical settings as they get older. As with all skills, it takes time and practice. Your child's provider should welcome this skill building as a part of your child's visit.

REFERENCE:

<https://acpeds.org/blog/how-to-talk-to-kids-about-visiting-the-doctor>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

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

TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

- 1. Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
- 2. Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



- 3. Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.



REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “What’s for dinner?” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

Written by: Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)