

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

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
Owensboro KY 42303
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August 2024

DATES

August 1

Cultural Arts items due

August 6

Daviess County Homemaker
Annual Meeting

August 15-25

KY State Fair

August 20

Homemaker Lesson trainings
Daviess County

August 21

Homemaker Lesson trainings
Henderson County

August 24

Extension at the Farmers Market

August 27

Adult Cooking Class

August 27

RSVP date for Green River Area
Homemaker Meeting

September 2

Office Closed—Labor Day

September 5

What's That Gadget Do?

September 24

Area Homemakers Annual Meeting

September 28

Lifesaver Walk at Moreland Park

FAIR UPDATE

Open Canning and Photography Entries at the Daviess County Fair were UP! Thanks to all who entered and everyone who attended.

Be sure to keep an eye out for next year's fair catalog. There will be edited and new divisions and classes!



Check out the Kentucky State Fair, August 15-25 in Louisville. For more information, visit www.kystatefair.org. If you go, be sure to visit Cloverville to see all the amazing projects entered by 4-H members across the state.

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Kate 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



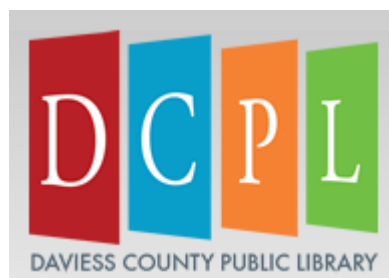
Disabilities
accommodated
with prior notification.

Hope and Healing: Overcoming Substance Abuse

August 15th at 6:00pm at the Daviess County Public Library

Join Dr. Alex Elswick as he discusses the broader implications of substance abuse and the various resources available for those struggling with substance abuse.

Dr. Alex Elswick is a tireless advocate for people with substance use disorders. He currently serves the University of Kentucky as an Assistant Professor and Extension Specialist for Substance Use Prevention and Recovery. Alex is a trained researcher, recovery coach, and mental health therapist, as well as the co-founder of Voices of Hope, a peer-driven recovery community organization. But most importantly, Alex is himself a person in long-term recovery from the chronic disease of addiction.



CANNING CLASS AT THE WHITE CHATEAU

Monday, August 19

Two options for classes:

10 am-noon OR 5:30-7:30 pm



The class will include hands on boiling water bath canning, and cover the basics of pressure canning and freezing.

Participants will leave with a jar of salsa, a food preservation workshop book, and recipes.

Registration Fee: \$5

Stop by the Extension Office with cash or check to pay and secure your spot.

Deadline: August 14th

Class size is limited



The classes will be at the White Chateau, 8753 Mulligan Rd. Owensboro, KY 42301

Stop by the Owensboro Regional Farmers Market on Saturday, **August 24th!** Katie Alexander and Sharayha Clingenpeel will have information and samples!



LIFESAVER WALK

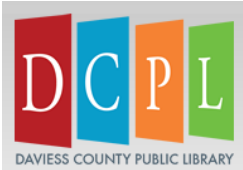
September 28th at Moreland Park

The annual walk is hosted by the Owensboro Regional Suicide Prevention Coalition. More information can be found on their Facebook page and coming in the September newsletter.



What's That Gadget Do?

A program on small kitchen gadgets will be presented by Katie Alexander at the Daviess County Public Library at 6 pm on September 5th.



Merritt Bates-Thomas is back to share "Summer Fresh Recipes"

Adult Cooking Class August 27, 2024 5:30 pm
at the Daviess County Extension Office

Space is limited, so please call 270-685-8480 by Friday, August 23rd to sign up!

Congratulations to our Grand Champions from the Fair!



Thanks to everyone who participated!

Teaching Gratitude

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

Instilling gratitude in children is an essential part of their emotional and social development. Gratitude helps kids appreciate what they have, fosters empathy, and enhances their overall well-being. To teach gratitude, start by modeling it yourself. Express thankfulness regularly, whether for a meal, a kind gesture, or simply for each other's company. Discuss the concept of gratitude with your children and explain why it's important. Encourage them to recognize and acknowledge the efforts and kindness of others.

Creating a daily or weekly gratitude practice can be beneficial. For instance, during dinner, each family member can share something they are grateful for. This practice not only helps children focus on positive aspects of their day but also grows a habit of reflection and appreciation. Research from Harvard Medical School suggests that practicing gratitude can significantly improve mental health and relationships.

Here are some activities that can help foster thankfulness in children and improve their resilience and happiness:

Gratitude journals. Encourage your child to keep a gratitude journal in which they write or draw things they are thankful for each day. This activity helps them reflect on their daily experiences and recognize positive moments.

Thank you notes. Teach your children to write thank you notes for gifts, kindnesses, or any help they receive. This practice helps them acknowledge the efforts of others and express their appreciation.

Volunteer work. Involving children in volunteer work or community service teaches them to appreciate what they have and understand the value of giving back. Volunteering fosters empathy and gratitude as children see the impact of their actions on others.

Gratitude jar. Create a gratitude jar in which family members can drop notes of things they are thankful for. Reading these notes together occasionally can reinforce a sense of appreciation and shared positivity within the family.

By teaching and practicing gratitude, parents can help children develop a positive outlook and a deeper appreciation for the world around them.

Harvard Health Publishing. (2021). Giving thanks can make you happier. Retrieved from <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Greater Good Science Center. (2018). The Science of Gratitude. Retrieved from https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-



HOMEMAKER HAPPENINGS

Cultural Arts Entries

Cultural arts items for Daviess County are due to the Daviess County Extension Office by August 1st by 4pm. Please have the category and sub-category information.

Lesson Trainings for 2024-2025

It's a new Homemaker Year! The first two lesson trainings will be **August 20th** at the Daviess County Extension Office or **August 21st** at the Henderson County Extension Office.

September Lesson, 10:00 am

"All About Succulents"

October Lesson, 11:00 am

"Indoor Air Quality" presented by Hardin Stevens, UK Senior Associate.

Be sure someone from your club comes to participate in the training and picks up club information.

Thank you to the Daviess County Homemakers for donating snacks for the Daviess County 4-H campers. They enjoyed having snacks in their cabins during camp!



RSVP to the extension office by

**** August 23, 2024 ****

**Green River Area Homemakers
Annual Day**



Tuesday, September 24, 2024
Registration begins at 10:00 am

Hartford Christian Church
122 W. Walnut Street
Hartford, KY 42347



Daviess County Homemakers Annual Meeting

Tuesday, August 6,
2024
11:00 a.m.

At Daviess County Extension Office
4800A New Hartford Road

Join us for lunch, awards, fun, and a
short business meeting.

Additional Information for Annual Meeting

Meat for the lunch will be provided. Please bring additional foods based on your club:

- Homespun - Dessert
- Maceo - Vegetables
- South Hampton - Salads
- Trinity - Bread and Drinks
- Southern Belle - Additional Salads and Vegetables

This year's meeting theme is quilts. If you have any quilts that can be used for decorations, please contact Anita Bruner at 270-929-2899.

ADULT HEALTH BULLETIN



AUGUST 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

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



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Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT
HEALTH BULLETIN

Written by:

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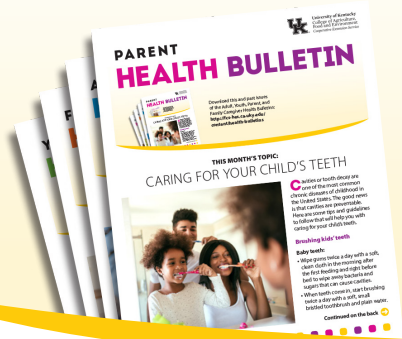
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PARENT

HEALTH BULLETIN



AUGUST 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

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

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When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.

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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B2S.htm>

ADULT
HEALTH BULLETIN

Written by:

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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Disabilities
accommodated
with prior notification.

MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

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