



Cooperative Extension Service
Davies County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

January

DATES

January 1
Happy New Year!

January 1
Office closed

January 15
Office closed

January 16
Homemaker Lesson Training - Owensboro

January 16
Homemaker Council

January 17
Homemaker Lesson Training - Henderson

January 31
Ag Expo

February 6
Soups and Stews Program

February 14
Happy Valentine's Day

The Davies County Extension Office will reopen for the New Year on Tuesday, January 2 at 8:00 am.



SAVE THE DATE for the 50th Annual Ag Expo!



The most updated Ag Expo information including Sponsorships and booth reservations can be found on our website at <https://daviess.ca.uky.edu/Ag-Expo-2024>

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Kate Alexander

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



JANUARY RECIPE: SAVORY WINTER PORK STEW



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

92.5 The Country Station!
WBKR

2024 Calendars are here!!



Stop by the office to pick yours up.

Prevent Dry Skin in the Winter

Source: Katherine Jury, Extension Specialist for Family Health

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

- Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.
- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.
- Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

Reference:<https://www.aad.org/public/everyday-care/skin-care-basics/care/winter-skin-survival-kit>

Soups and Stews Class

February 6, 2024 at 5:30 pm

Class registration will open January 10th



Start the New Year with a Clean Fridge

Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Start cleaning your refrigerator by removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe down with a diluted bleach solution made from 1 tablespoon unscented bleach in 1 gallon of water.

Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.

Keep your refrigerator clean throughout the year by cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.

Reference: CDC <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>





HOMEMAKER HAPPENINGS

Lesson for the Month

KEHA Plays Pickleball—A Family and Individual Development Lesson

Roll Call

January rings in the new year. Share one goal you have for your new year’s “journey.”

Thought of the Month

“The journey of a thousand miles begins with a single step.”

—Lao Tzu

Foyer Decorations

South Hampton shared a winter wonderland with us for December.



South Hampton, you are up for again for **January**.

Lesson Leader Training

The February and March Homemaker Lesson leader training will be **Tuesday, January 16** at the **Daviess County** Extension Office and **Wednesday, January 17** at the **Henderson County** Extension Office.

February Lesson at 10:00am: *Self-Care and Self-Pampering*

March Lesson at 11:00am: *Healthy Eating Around the World*

The Daviess County Extension Homemaker Council will meet following the lesson trainings at 12:15pm on January 16.

Christmas in the Colonies



Cultural Arts and Heritage Exhibits will be due to the Extension Office by March 15. Guidelines and categories will be included in February’s newsletter or are available in the KEHA handbook.

Creative Writing submissions are due March 1. These must be submitted to the state level by the homemaker. Guidelines follow in this newsletter.

Cultural Arts and Heritage Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, however legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman: Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042
Phone: (859) 653-7655 Email: seiterbarbara@yahoo.com

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
- Entry may be written in the first or third person
- Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/
or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.

Cultural Arts and Heritage
Creative Writing Contest Cover Sheet
and Author Release Form

(This cover sheet is required for each entry.
Entries with cover sheet are due March 1.)

The Kentucky Extension Homemakers Association has my permission to print my creative writing entry in future editions of the KEHA Inspirational, to include my entry in a booklet of all or selected entries, or to read aloud or perform my entry at a public event, such as the KEHA annual meeting.

Indicate category of your entry:

_____ Poetry

_____ Memoirs

_____ Short Story

Title of Entry: _____

Author's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

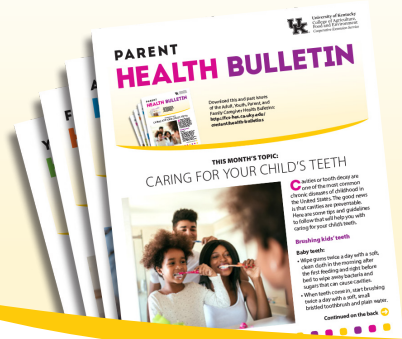
County: _____ Area: _____

Phone: (____) _____ Email Address: _____

Signature: _____ Date: _____

PARENT

HEALTH BULLETIN



JANUARY 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:

TALKING TO YOUR CHILD ABOUT WORLD CONFLICTS



Perhaps your child has come home from school worried about current world events, or they have seen a snippet of the evening news recently and have questions. Talking with kids about violence and world conflict (like what's happening in the Middle East and Ukraine) can be hard, but it is important. As caregivers, we want to help them make sense of what's going on in the world and keep them away from disturbing content.

Before having a conversation about an event or conflict, take some time to learn about who is involved. Read multiple perspectives on why there is a conflict. This often requires some historical context.

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Let your child talk about their feelings without judgment or negative response.



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It is helpful to lead off a conversation by asking your child what they have heard and what questions or concerns they have. This can help tailor your conversation to answer your child's questions. You can better address a particular facet that is on their mind. It can also give you an opportunity to correct any misunderstandings that they have.

Let your child talk about their feelings without judgment or negative response. It can be helpful to repeat back to them your understanding of their feelings. It is OK to tell your child how these things make you feel, too. Fear, worry, anxiety, or stress are normal and valid reactions to violence and chaos.

Answer your child's questions as best you can with age-appropriate information. Avoid graphic details or real-world images if possible. It can be helpful to show children on a map where a particular country is or where there are boundaries between countries. You can also point out where they live so they will understand how near or far they are from the war.

Try to avoid giving more information than children ask for. They may come back with more questions later. Then you can give more information about a specific concern. End the talk by telling

them that you are there to protect them, help them, and look out for their best interests.

Encourage children to come to you first with their questions, instead of looking online or at media coverage. All children should have limits to what kind of content and how much social media and online information they see. This is particularly important when it comes to violence and war. Photos and videos can produce traumatic responses for those seeing it. Consider setting strict guidelines on news sites. Continued viewing can intensify feelings for children and adults alike.

If your child asks about ways to help, consider options such as collecting supplies for local refugees or emergency responders, or hosting a fundraiser. Look for positive news stories that highlight ways other people are helping, too.

REFERENCE:

<https://kidshealth.org/en/parents/talk-about-middle-east.html>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



ADULT HEALTH BULLETIN



JANUARY 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: ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

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- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

ADULT
HEALTH BULLETIN

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2024

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

THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.



WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

PLUG SPENDING LEAKS

Track purchases. Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

Examine receipts. If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

Analyze auto-drafts. List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

Say “No” to Easy Pay. Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

Written by: Nichole Huff | Edited by: Kelly May and 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



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