

Family and Consumer Sciences



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



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



A Note from the Agent

Hello all-

I hope everyone has had a great start to the summer months! In this newsletter, you will find information about entering items into the county fair. All Jessamine County residents and Jessamine County Extension Homemakers are welcome and encouraged to enter items into our fair!

Also, please RSVP for programs you would like to attend so I can accurately plan enough supplies for all participants.

I look forward to seeing you soon!

Karli Giles

County Extension Agent
Family & Consumer Sciences



Calendar of Events

Jun 12	10 a.m.	Laugh and Learn
Jun 26	5:30 p.m.	Homemaker Council
Jun 28	12 p.m.	Lunch N Learn
Jul 4		Independence Day, Office is Closed
Jul 9	2-4 p.m.	Fair Entry Check-Ins
Jul 10	9- 11:30 a.m.	Fair Entry Check-Ins
Jul 15	10 am.- 12 p.m.	Fair Entry Check- Outs
Jul 17	10 a.m.	Laugh and Learn
Jul 19	12 p.m.	Lunch N Learn

Follow us Online!

**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences
Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Jessamine County Extension Homemakers Recognized at KEHA State Meeting

The Jessamine County Extension Homemakers were recognized at the KEHA State Meeting with the membership award (an increase of 25 or more members).



Homemaker Council Meeting

June 26th
5:30 p.m.
Ag Center C

Jessamine County Fair Volunteers

We need volunteers to help take in entries at the Jessamine County Fair on July 9th from 2 p.m. - 4 p.m. and July 10th from 9 a.m. - 11:30 a.m. If you are available to help, please call the office at 859-885-4811 or email karli.giles@uky.edu

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

Homemaker Scholarship Winners

Congratulations to our Extension Homemakers' Scholarship Recipients! A \$500 scholarship was presented to our recipients at their awards ceremony. Our winners were Sarah Kenney and Julianna Cobb.

Thanks to all Extension Homemakers who helped with our fundraising efforts this past year. Your donation of time and baked goods to the Farmers' Bank Christmas baskets made these scholarships possible.



LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



June 12th, 10 a.m.- 11 a.m.

Theme: The Beach

Jessamine County Extension Office
95 Park Drive, Nicholasville, KY 40356

To register for the June Laugh and Learn play date, call 859-885-4811 or email karli.giles@uky.edu

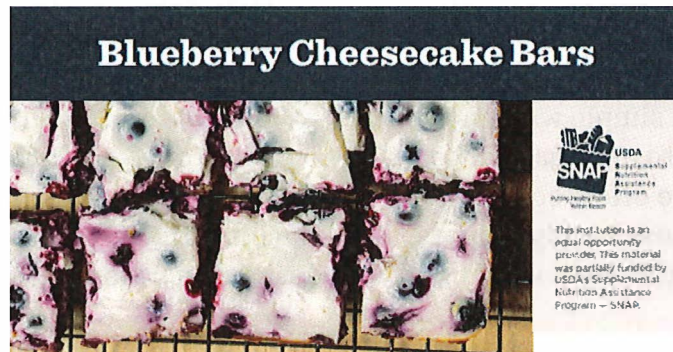
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LUNCH N' LEARN

June Recipe- Blueberry Cheesecake Bars



June 28th, 12 p.m.- 1 p.m.

Jessamine County Extension Office
95 Park Drive Nicholasville

Registration is required by calling 859-885-4811!

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Jessamine County Fair

Hearth and Home entries will be taken from

Sunday, July 9th, 2 p.m.- 4 p.m.

Monday, July 10th, 9 a.m.- 11:30 a.m.

Floriculture entries will be taken from

Monday, July 10th, 9 a.m.- 11:30 a.m.

For entry categories, please stop by our office for a printed copy or visit our website at

<https://jessamine.ca.uky.edu/jessamine-county-fair>

Cleaning Reuseable Bags

As the weather turns warmer, we know it's time for many of our seasonal farmers' markets to open again! Reusable bags are an environmentally friendly way to cart your farmers' market finds. These bags often hold more than disposable plastic bags do and are more durable. But because we use them repeatedly for so many things, they are prone to collecting dirt and germs. A simple washing will keep them clean and ready to use again! The American Cleaning Institute offers some simple advice on how to care for these handy helpers. To prevent food cross-contamination and mold from growing, try this:

- Clean - Wash bags after each use (see cleaning tips, below).
- Separate - Use different bags for raw meats, seafood, and produce; use other bags for non-food items.
- Store - Keep in a cool, dry place. To prevent bacteria growth, avoid storing bags in your car trunk.

Follow these cleaning tips for best results, or check the product's care tag instructions:

- Cotton - machine wash (hot water and laundry detergent); machine or line dry
- Polypropylene - machine wash (gentle cycle, cold water and laundry detergent); line dry
- Nylon or polyester - hand wash (warm water and laundry detergent); line dry
- Insulated bags - hand wash (warm water and soap) or clean with disinfecting wipes; line dry

For all types of bags, turn inside out before washing and be aware that some printing or logo designs on bags may fade or bleed with washing.

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





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



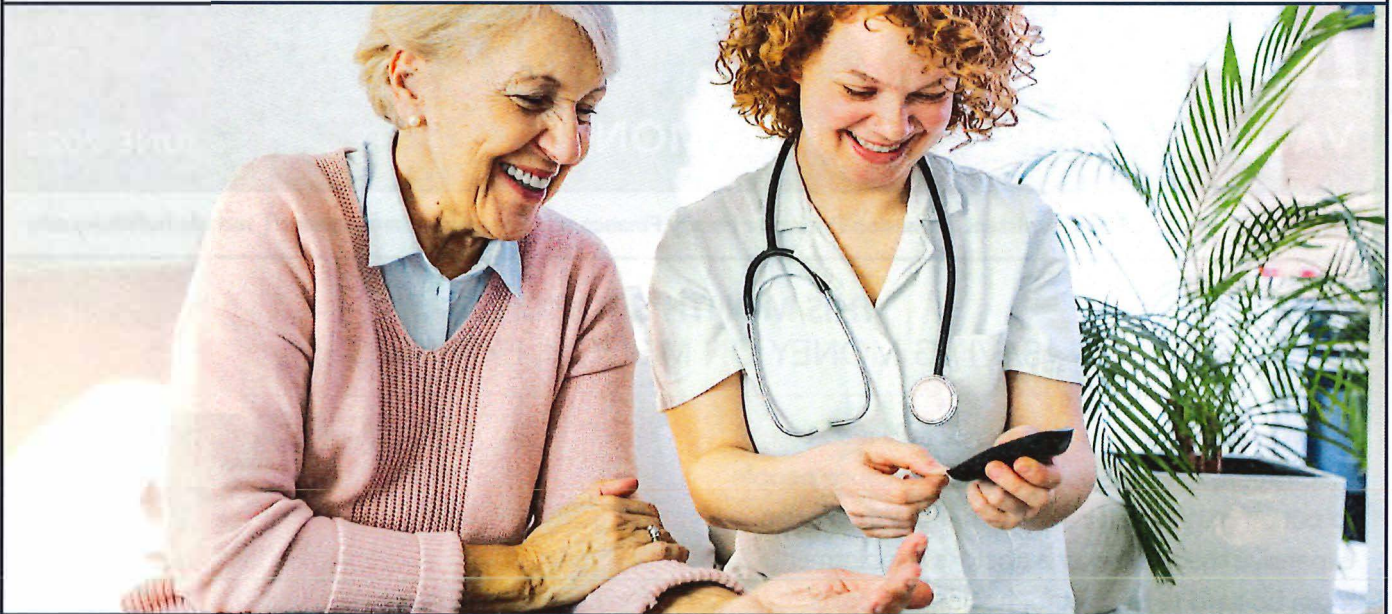
both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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ADULT HEALTH BULLETIN

JUNE 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC: BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

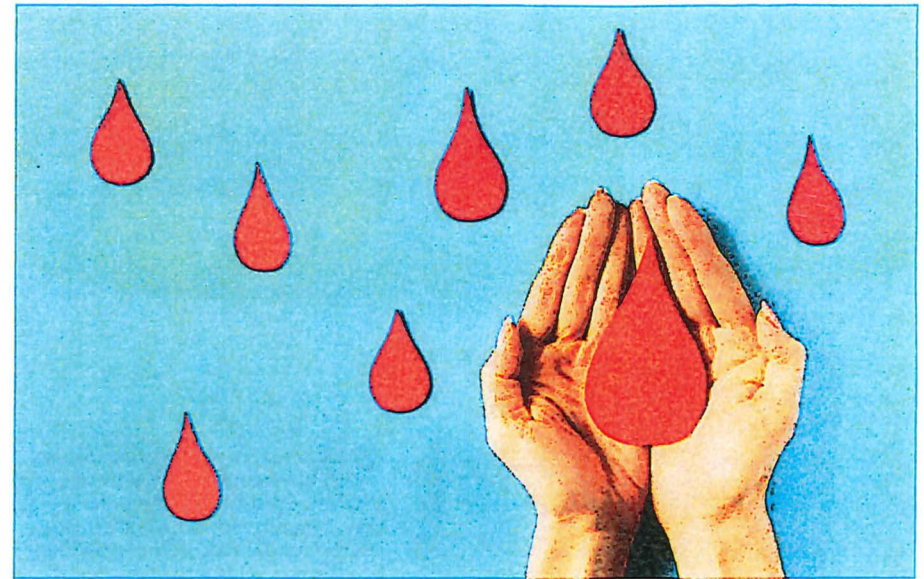
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There is a constant need for a regular supply of blood because it can only be stored for a limited time.



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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:
<https://www.whu.hlt/news-room/questions-and-answers/Item/blood-products-why-should-i-donate-blood>

ADULT HEALTH BULLETIN

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