

Lincoln County Extension Homemakers



NEWSLETTER

Cooperative Extension Service Lincoln County 104 Meter Trail Stanford, KY 4084 606-365-2447 lincoln.ca.uky.edu

Happy Summer!

Jody Paver is joining us this month as our new Family and Consumer Science Agent! We are having a welcome reception on Tuesday, June 6th, you will find a flier in this Newsletter. We are all excited to meet and get to know her!

Our programs, groups, and clubs continue to meet, and you can find more information on those in this newsletter.

As always, contact any extension staff at 606-365-2447 or email us at Lincoln.ext@uky.edu.

Thank you,

Tyler Miller

County Extension Agent for

Tylu Miller

Agriculture and Natural Resources

Courtney Brock

Courtney Brock

County Extension Agent for

4-H Youth Development

https://www.facebook.com/lincolncountyky/



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Lincoln County Extension Homemakers Dates to Remember:

June 2—Ovarian Cancer Tea @ 11:30 am see flyer below.

June 8 – Photography Special Interest Club @ 9:30 am The group will leave the extension office at 9:30 am and travel to Wilson's Nurseries in Frankfort. Time permitting, we will also go to see the waterfall at nearby Cove Spring Park.

June 12 - Mountain Crafters Club @ 10 am

June 14 – Four Corners Club @ 11 am

June 19 – Pieceful Hearts Special Interest Club @ 1 pm We will be making Bingo/Quilto blocks. Please bring fabric scraps that are large enough to cut 2 1/2 strips from, along with any batting scraps you might have and a piece or two large enough for backing a block.

We need input from all members as to whether you prefer afternoon or evening meetings and project ideas. You can contact Linda or Gail to let us know.

OPI Special Interest Club— Will not meet again until August meeting.

June 16 – Sassy Stitchers Special Interest Club @ 9 am

June 19 - Juneteenth, the Extension Office will be Closed

Happy Hearts Club — Will not meet again until August meeting.

June 22 – County Homemakers Council Meeting @ 1:30 pm

The Lincoln
County
Extension Office
will be Closed
Monday, June
19th, 2023 in
observation of
the Juneteenth
Holiday.



*This will take place at Calvary Hill Baptist Church in Stanford. You are welcome to call Esther Bailey at 859) 749-1314 for more information

Friday, June 2nd

The homemakers of Lincoln
County are raising money for
Ovarian Cancer and appreciate
your support. A donation for admission to tea is being requested.
There will also be a silent auction
and tea lights for \$2 in honor or
memory of someone with cancer.
Potential homemakers and friends
are welcome. We hope that you
can join us for this event and
thank you in advance for
whatever you can give.



Welcome!

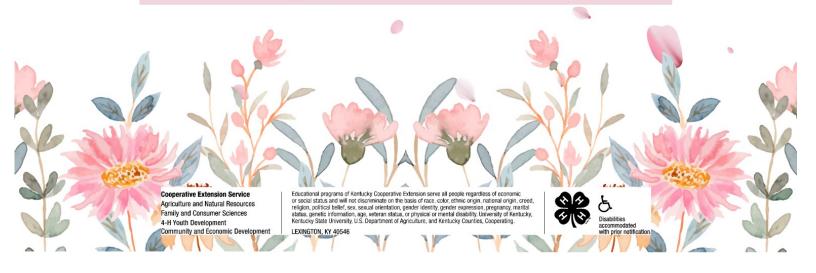


Please join us, at the Lincoln County Extension
Office, for a reception welcoming Jody Paver, our
new Family and Consumer Sciences Agent.
Feel free to stop in to say hello!

When: Tuesday, June 6, 2023, from 4:00 - 6:00 p.m.

Where: 104 Metker Trail, Stanford, KY 40484

We will be having light refreshments.



Y 11-15, 2023

EVENING GENERAL EXHIBITS - MONDAY, 10TH FROM 5 PM-8 PM TUESDAY, JULY 11 - GENERAL EXHIBITS 7 AM-11 AM
WEDNESDAY, JULY 12, 7 AM-11 AM - FLORAL-GARDEN-FIELD CROP & HORTICULTURE EXHIBITS

TUESDAY, JULY 11 WEDNESDAY JULY 12 THURSDAY, JULY 13 FRIDAY, JULY 14 SATURDAY, JULY 15

6PM-9PM FLORAL HALL OPEN 6PM-9PM FLORAL HALL OPEN 6PM-9PM FLORAL HALL OPEN **6PM-9PM FLORAL HALL OPEN**

Michelle Padgett 606-282-0515

flowers and the Christmas aroma will be ever present. This will be an

old mansion will be decorated with ribbons, evergreen garlands,

evening you will always remember. Included is one breakfast.

Please mail checks to:

Martin Tours PO Box 230

Vanderbilt, grandson of "Commodore" Vanderbilt. This stately

Candlelight tour of the Biltmore House, built by George

the Biltmore House. We will enjoy dinner at the Stable Cafe, plus Let's get an early start on Christmas with a Candlelight Evening at

PRICE INCLUDES: Transportation by motor coach; rooms,

uggage handling, all items in bold print.

Balance due October 15, 2023

\$50.00 secures your seat.

\$509.00 PER PERSON Double Occupancy

COST:

\$502,00 PER PERSON Triple Occupancy \$495.00 PER PERSON Quad Occupancy

CANDLELIGHT CHRISTMAS AT THE BILTMORE

FT. HARROD AREA HOMEMAKERS

GROUP:

TOUR:

DECEMBER 6-7, 2023

DATE:

STANFORD, KENTUCKY 40484

866-346-8687

224 LOGAN AVE.

MARTIN TOURS, INC.

THANKS FOR TRAVELING WITH MARTIN TOURS!!!!!

Include the trip name and your roommate(s) name(s)

Gladeville, TN 37071

April 20 through June 15 open to Fort Harrod Area Homemakers June 16 through August 14 open to any Kentucky Homemaker For questions contact Wendy Hood, Fort Harrod Area Homemaker President

After August 15 open to the public

wendy7hood@icloud.com 859-613-2575

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 Lincoln County Extension Office 104 Metker Trail Lincoln, KY 40484 (606) 365-2447

THIS MONTH'S TOPIC:

BECOME A BLOOD DONOR



lood 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.

Continued on the next page





Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON. KY 40546





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



Continued from the previous page

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.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood



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





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

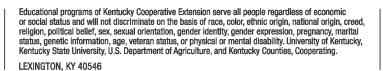


both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

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

Written by: Nichole Huff and David McIver | 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

