

May 2023



Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES
75 CORNWALL DRIVE
MADISONVILLE, KY 42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



Happy Spring,

The Extension Office is coming back together. We will start to pick programs and events back up at the Office this month! It will be a few more months before the kitchen will be back to normal. We appreciate your patience as we have been going through this process. The Farmer's Market will be open May 6th from 8:00 am to 1:00 pm at Mahr Park at the Farmer's Market Pavilion.

Be sure to check out the rest of the newsletter for more upcoming programs!

Important Notice: KEHA Survey

All Pennyrite Area Homemaker members will be receiving a survey about KEHA from Jill Harris, Todd County Extension Agent for Family and Consumer Sciences. The survey explores member experiences related to education, volunteerism, leadership, social connections, and fellowship. Participation in the survey is strictly voluntary. However, your responses will help us better understand the impact of the KEHA mission and contribute to research that may benefit others in the future. The survey is completely anonymous which means no names, email addresses, or other identifiable information will be collected from the responses. A pre-addressed and postage-paid envelope will be provided so you can return your survey by mail to Jill at the Todd County Extension Office. Once you receive the survey, please return it within two weeks.

Amanda Dame
Hopkins County FCS Extension Agent

Upcoming Events & Classes

Homemaker Happenings

- 5/3/23 Homemaker Leader lesson 10:00
- 5/4/23 Annual Homemaker Dinner 5:30
- 5/24/23- FCS Advisory Council Meeting

Piecemakers

- 5/13/23 Piecemakers 8:00-2:00
- 5/23/23 Piecemakers 2:00-8:00

Happy Homemakers

- 5/17/23 Happy Homemakers 1:00-3:00

Needles and Yarn

- 5/10/23 Needles and Yarn 12:00-2:00



Following us online is an easy way to keep up with Hopkins County Extension Family and Consumer Science



Amanda Dame

AMANDA DAME

County Extension Agent for
Family and Consumer Sciences

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.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

UPCOMING EVENTS

FOR ALL EVENTS AND CLASSES YOU MUST CALL THE
EXTENSION OFFICE AT 270-821-3650 TO SIGN UP

Laugh & Learn is now offered at two separate locations!
Madisonville & Dawson Springs

For ages 5 and under accompanied by an adult

LAUGH & LEARN

Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities

JOIN US
Thursday,
May 11th at 11:00 a.m.
to learn about gardening!

Sign up by calling 270-821-3650
or scanning the QR code



HOPKINS COUNTY -
MADISONVILLE PUBLIC LIBRARY
425 East Center Street
Madisonville, KY 42431



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.

LEXINGTON, KY 40546



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

Disabilities
accommodated
with prior notification.

For ages 5 and under accompanied by an adult

LAUGH & LEARN

Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities

JOIN US
Thursday,
May 25th at 11:00 a.m.
to learn about gardening!

Sign up by calling 270-821-3650
or scanning the QR code



103 West Ramsey Street
Dawson Springs, KY 42408



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.

LEXINGTON, KY 40546



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

Disabilities
accommodated
with prior notification.

Crochet Club



BEGINNERS



REFRESHER



ADVANCED

Coming in September

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

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 Service are provided regardless of race, color, sex, marital status, age, national origin, disability, or handicap. For more information, contact the National Center for Education and Training, University of Kentucky, Lexington, KY 40546.



 Disabled
 accommodations
 with prior notification

Spring Cleaning in the Kitchen

Don't forget about the kitchen this year when you start your spring cleaning. Bacteria can hang around kitchen surfaces, the sink, and even the refrigerator. Bacteria like moisture, and keeping your kitchen clean and dry can help protect you from food borne illness.

- Clean countertops with hot, soapy water. Start by moving everything off the counters: small appliances, storage containers, utensils, knives, etc. Physically remove dirt and bacteria using soap (or detergent) and hot water. Follow by sanitizing with a disinfectant made from diluted chlorine bleach. Combine 1 tablespoon unscented liquid bleach with 1 gallon water. Wipe over clean surfaces and allow to stand for several minutes. Rinse with water and allow to dry.
- Wash dishcloths and towels often. Dishcloths, towels, and sponges provide a moist environment for bacteria to grow. Disposable towels are a great option for use in the kitchen. They are single use and when you're done, the towel goes in the trash. Wash cloth towels and dish rags often in the washing machine using hot water and detergent. If you use sponges in the kitchen, replace them frequently. If they have an odor, throw them out.
- Clean your refrigerator regularly. Remove spills and any mold or mildew. Use hot water and soap (or detergent) to wipe down the inside of your refrigerator. Rinse with a damp cloth and dry with a clean cloth. Experts say not to use chlorine bleach inside the refrigerator because it can harm seals, gaskets, and interior linings.
- Disinfect your sink, drain, and disposal often. Food particles can get lodged in your sink drain and disposal, which is a perfect spot for bacterial growth. Clean sinks, drains, and disposals at least once a week with warm water and soap (or detergent). Follow by disinfecting with a solution made from $\frac{3}{4}$ teaspoon chlorine bleach per quart of water.

Reference: <https://www.fightbac.org/spring-clean-your-way-to-a-safer-kitchen/>
 Source: Anhall Norris, Food Preservation and Food Safety Extension Specialist

Entertaining Little Ones



College of Agriculture,
Food and Environment
Cooperative Extension Service

Identify fun activities for children, create a 5-day activity routine, and explore digital resources for rainy days.

Zoom: May 30, 10:00 am

May 31

10:00 am

Caldwell County
Extension Office
270-365-2787

May 31

2:00 pm

Crittenden County
Extension Office
270-965-5236

June 1

10:00 am

Muhlenberg County
Extension Office
270-338-3124

June 2

10:00 am

Todd County
Extension Office
270-265-5659

Contact the Extension Office in which you plan to attend to register.

Ashley Board
ashley.board@uky.edu
270-365-2787

Caldwell County Extension Office
1025 US HWY 62 W
Princeton, KY 42445

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.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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



Danny Peyton Outdoor Education Center & Farmers Market Pavilion

MAHR PARK

55 Mahr Park Drive,
Madisonville, KY 42431

Tuesdays from 10:00 a.m. - 3:00 p.m.

Saturdays from 8:00 a.m. - 1:00 p.m.

(Opening May 6, 2023)

BAPTIST HEALTH

900 Hospital Drive,
Madisonville, KY 42431

Thursdays from 7:00 a.m. - 1:00 p.m.

(Opening May 12 2023)

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.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

ADULT HEALTH BULLETIN



MAY 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 warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

➔ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

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.

MAY 2023

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

THIS MONTH'S TOPIC: ANYONE CAN BANK

There are many people in Kentucky who do not use banks regularly. An estimated 5.2% of Kentucky households were “unbanked” in 2021. That means no one in the household had a checking or savings account at a bank or credit union.

According to the FDIC, the top two reasons for not having a bank account are not having enough money to meet minimum balance requirements and not trusting banks. Other reasons may include having made banking mistakes in the past or using non-bank services instead, such as PayPal, Venmo, or Cash App. Let’s look at a few common barriers that keep people from banking and consider potential benefits.

MINIMUM BALANCE REQUIREMENTS

Not having enough money to meet minimum balance requirements is the most-cited reason for being “unbanked.” This requirement can vary widely by financial institution or account. Checking accounts have minimum balance requirements to ensure there is enough money to cover check, debit, or ATM transactions.

Banks must disclose all account fees up front, so the fees should never be a surprise. Customers can shop around to see which banks or credit unions



have an account that suits their specific financial needs. With the availability of mobile and online banking options, you may even be able to use a bank outside of your town.

TRUSTWORTHINESS

Not trusting banks was the second-most cited reason for not having a bank account, followed by the desire for privacy by avoiding banks. Banks and credit unions provide deposit insurance for your accounts, which protects your money if anything happens to the institution. Also government agencies examine banks and credit unions to ensure safety, soundness, and consumer protection. The Bottom Line: Because banks are insured, a bank is a safer place to stash your cash than under your mattress or in a money jar.

