

Hopkins County Extension

Family and Consumer Sciences



Winter is a great time for families.

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking. Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.

Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children. Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Hopkins Extension office.

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Source: David Weisenhorn, senior specialist for parenting and child development education

Upcoming Classes Homemaker Happenings

Piecemakers
1/13/2024 Meeting Room (All Day)
1/23/2024 2:00-8:00 Meeting Room

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

Needles and Yarn
11/8 12:00-2:00

Homemaker Leader Lessons:

Homemaker Leader Lesson 1/25/2024
10:00-12:00 with Amanda in the Meeting Room

Our office will be closed in Observance of Martin Luther King Day 1/15/2024.



AMANDA DAME
County Extension Agent for
Family and Consumer Sciences



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





Organizing your time and workspace not only improves productivity, but it can enhance your overall well-being while decreasing stress levels.

**January 25, 2024 at 10:00 am on Zoom
And
5:00 pm on Zoom
(Contact your local Extension Office for the Link)**

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Pizza Party A' More



When:

March 8, 2024

Where:

Christian County Extension Office
2850 Pembroke Road, Hopkinsville, KY 42240

COST: \$15.00

CULTURAL ARTS EXHIBIT CHECK-IN: 9:00 AM - 9:30 AM

(At Christian County Expo Center)

DOORS OPEN FOR PROGRAM: 9:30 AM

(At Christian County Meeting Room)

PROGRAM BEGINS: 10:00 AM

Join us for a fun-filled day learning all about
Pizza, Pasta, Oils and so much more!

Door Prizes and lunch provided!

Pennyrile Area Spring Seminar Cultural Arts Day 2024

Four Seasons Catering will be catering the meal.
Please plan accordingly.

MENU:

LASAGNA

SALAD

BREAD

DESSERT

- Tea, Lemonade, & Water

**REGISTER AT YOUR LOCAL EXTENSION OFFICE
BY FEBRUARY 28, 2024**



For ages 5 and under accompanied by an adult

LEARN

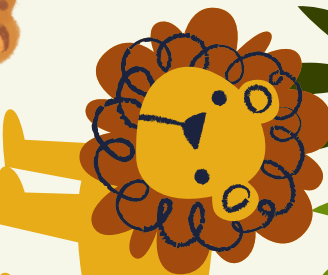
Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities

JOIN US

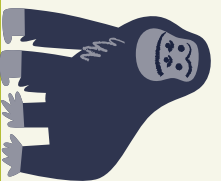
Thursday, January 11th at 11:00 a.m. to learn about jungle!

Sign up by scanning the QR code



HOPKINS COUNTY PUBLIC LIBRARY

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



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Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

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

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

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:

Continued on the next page



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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.

→ Continued from the previous page

- 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: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock





CARBON MONOXIDE: EXPOSURE AND PREVENTION

WHAT IS CARBON MONOXIDE?

The Centers for Disease Control and Prevention (CDC) defines carbon monoxide (CO) as:

Carbon monoxide is an odorless, colorless, poisonous gas, often called the invisible killer. The greatest sources of CO to outdoor air are cars, trucks and other vehicles or machinery that burn fuels. A variety of items in your home such as unvented kerosene and gas space heaters, leaking chimneys and furnaces, and gas stoves also release CO and can affect air quality indoors.

Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

By being aware of carbon monoxide exposure and knowing the steps to prevent it, you can save lives.

WHERE DOES CARBON MONOXIDE COME FROM?

Carbon monoxide is produced whenever you burn fuel of any type whether in engines, furnaces, fireplaces, grills, stoves, or gas ranges. Since you can't see, taste, or smell carbon monoxide, the gas can reach dangerous levels undetected, especially in enclosed spaces. This is the reason you should never leave your vehicle running in the garage or try to heat your home with a grill or a portable gas stove when your electricity is out. Each year, exposure to carbon monoxide gas causes hundreds of accidental deaths and makes thousands more ill.



SYMPTOMS OF CARBON MONOXIDE EXPOSURE

The CDC reports the most common symptoms of carbon monoxide poisoning are:

- Headache
- Dizziness
- Weakness
- Upset stomach
- Vomiting
- Chest pain
- Confusion
- Flu-like symptoms

High levels of exposure can lead to passing out or death, especially if you are asleep or drunk.

If you think you are suffering from carbon monoxide exposure, get into fresh air at once, contact emergency personnel, and seek medical help.

STEPS OF PREVENTION

What steps can you take to prevent your exposure to carbon monoxide?

1. Install a carbon monoxide detector in your indoor space.
2. Each year, have a qualified technician service your heating system, water heater, and other appliances fueled by gas, oil, or coal.
3. Have your chimney serviced each year by a qualified technician to prevent CO buildup.
4. Never use a charcoal grill or portable gas stove indoors.
5. Never use a gas range or oven for indoor heating.
6. Don't use a generator inside your home, basement, garage, or less than 20 feet from any window, door, or vent. Experts recommend using an extension cord that is longer than 20 feet to keep the generator at a safe distance.
7. Never leave a gas-powered motor running (car, truck, motorcycle, lawn mower, etc.) running in the garage even if the garage door is open.

CARBON MONOXIDE DETECTORS USAGE AND PLACEMENT

Carbon monoxide detectors are very similar to smoke detectors in appearance but serve a different purpose. They give warning of carbon monoxide rather than indicating the presence of smoke or fire. As with smoke detectors, a good rule of thumb is to change carbon monoxide detector batteries when you change your clocks each year. Test your detectors monthly and follow all manufacturer's instructions regarding the installation and maintenance of your detector.



The Environmental Protection Agency (EPA) recommends placing a detector on each floor of your home. Place an alarm near your sleeping areas with the alarm loud enough to wake you up when sleeping.

Carbon Monoxide exposure causes many accidental deaths and hospitalizations each year. It is important for all Kentuckians to be aware, knowledgeable, and ready to take action to reduce carbon monoxide exposure in their homes and indoor living spaces. By reducing exposure to carbon monoxide, you and your loved ones can breathe easier.

REFERENCES:

<https://www.cdc.gov/co/faqs.htm#:~:text=CO%20is%20found%20in%20fumes,and%20animals%20who%20breathe%20it.>

<https://www.cdc.gov/co/guidelines.htm>

<https://www.epa.gov/indoor-air-quality-iaq/where-should-i-place-carbon-monoxide-detector>

<https://www.cdc.gov/co/guidelines.htm>

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