

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



Extreme Heat during the Summer Months

June, July, and August bring long summer days with plenty of sunshine but also heat and humidity, with some days being dangerously hot. The Federal Emergency Management Agency (FEMA) states, "Did you know around the world extremely hot days have become more frequent and intense since the 1950s?" These extreme temperatures bring potential dangers to us all but especially to those who work outside, the very old, the very young, and pets or animals who are outdoors.

FEMA recommends the following list of ways to stay cool during hot summer months.

Check the forecast. Before making plans, check your local forecast to see if there's an excessive heat advisory. An excessive heat warning is issued up to a day before extremely dangerous heat conditions start. An excessive heat watch is issued when conditions are favorable for excessive heat in the next 24 to 72 hours. A heat advisory is issued within 12 hours before dangerous heat conditions are expected.

Never leave pets or people in a car. Did you know when it's only 80 degrees, your car's interior can reach 118 degrees in just 20 minutes? Leaving anyone in a parked car on warm days is dangerous. Infants and children are especially in danger of getting heat stroke or dying.

Drink water. Keep yourself and your pets hydrated. Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Find air conditioning. If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. While electric fans may provide comfort, when the temperature is in the high 90s, they will not prevent heat-related illness. Keep your house cool. You can keep your house cooler by insulating it and covering your windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside. Dress appropriately and wear sunscreen. Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing loose, lightweight, light-colored clothes, a wide-brimmed hat, and sunglasses. Put on a broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going outside during the day. Sunscreen wears off, so reapply every two hours and after swimming, sweating, or toweling off.

Avoid strenuous activities. High heat and outdoor activities don't always mix well. Try to limit your outdoor activity to when it's coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.

Check on your family and friends. Older adults, children, and people with chronic medical conditions are at high risk from heat-related injury and death. Eat light. Hot, heavy meals add heat to your body.

If you do notice any heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion, seek a cool place and immediate medical attention (as needed).

As our climate patterns become more unpredictable, take steps to be more aware of the weather to keep you and your community safe and healthy.

References

<https://www.fema.gov/blog/9-ways-stay-cool-extreme-heat>

<https://www.ready.gov/heat>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023

Upcoming Classes

Homemaker Happenings

Piecemakers
7/8
7/25 5:30-7:30

Happy Homemakers
7/19 1:00-3:00

Needles and Yarn
7/12 12:00-2:00

All Volunteer hours are due by 7/10

Our office will be closed on 7/4 in
Observance of Independence Day



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

AMANDA DAME
County Extension Agent for
Family and Consumer Sciences



MUHLENBERG COUNTY HOMEMAKERS



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

Christmas IN JULY



Craft Jingle Mingle

SATURDAY, JULY 8
9:30 AM - 3:30 PM

\$25 FEE

Must be paid upon sign up.
Must sign up in advance!

CREATE YOUR CHOICE OF CRAFTS:

WOODEN BLOCK PRESENTS
COOKIE CUTTER ORNAMENTS
SNOWMAN HAT
GINGERBREAD MAN CRAFT

EVERYONE WILL MAKE A SOCK SNOWMAN
AND LEARN TO MAKE REINDEER BAIT!

Plus guest speakers discussing Christmas
in their countries!

LUNCH
PROVIDED

Ho! Ho!
Ho!



Muhlenberg County Extension Office
3690 State Route 1380
Central City, KY 42330

Questions? Call
270-338-3124

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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
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with prior notification.



University of Kentucky
College of Agriculture,
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Cooperative Extension Service



FARMERS MARKET

MAHR PARK

55 Mahr Park Drive, Madisonville, KY

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

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

(Opening May 6, 2023)

BAPTIST HEALTH

900 Hospital Drive, Madisonville, KY

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

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Canning Equipment Check-Out



Check out the following equipment for 3 days:

- Pressure Canner
- Boiling Water Canner
- Canning Tools
- Dehydrator

Deposit of \$50 with a refund when equipment is returned.

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431



HOPKINS COUNTY FAIR

King Arthur Baking Challenge

Brownies, Bread, Cupcakes & Cakes!

Participant Sheets

For Full Rules and Details scan
or pick up a copy at the
Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431



More information
contact at the Hopkins
County Extension Office
270-821-3650



Adult Prizes

- First place \$75 gift card
- Second place \$50 gift card
- Third place \$25 gift card

Youth Prizes

- First place \$40 gift card
- Second place \$25 gift card
- Third place King Arthur Tote Bag

Drop off the finished product at the Fair:
Tuesday, July 25th
Time: 9:00 a.m. to 12:00 p.m.

Ballard Center
605 E Arch Street
Madisonville, KY 42431



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MONEYWISE

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VOLUME 14 • ISSUE 7

THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

Written by: Miranda Bejda and Nichole Huff | 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

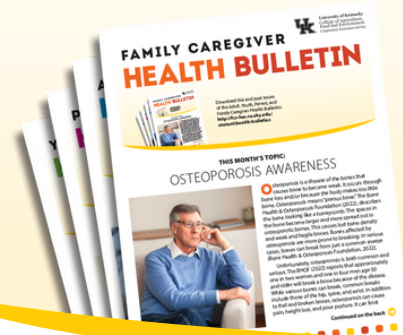


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FAMILY CAREGIVER

HEALTH BULLETIN



JULY 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 POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



social connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like “you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want.” Socially connected people sleep better, experience less stress, live longer, and maintain

Continued on the next page →



Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

➔ Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance self-confidence and self-worth. Friends are

there for you during the *Socially connected* highs and lows of life *people sleep better*, events and transitions, including loss, and *experience less stress*, illness. As we get older, *live longer, maintain* meeting new friends *better health habits*, can be challenging. Do *experience better* not be afraid to reach out to people you enjoy *overall health, feel* talking to at events or *a greater sense* gatherings you attend. *of belonging and* Introduce yourself to your neighbors. Reach quality of life out to old friends you have not seen for some time. Stay in touch with people whose company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
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