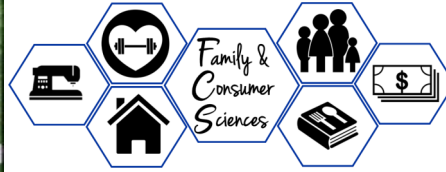




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College of Agriculture,
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Cooperative Extension Service

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
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DATES

March 8

Ballots DUE **Date Change

March 17

Happy St. Patrick's Day

March 19

Homemaker Lesson Training - Daviess

March 19

Homemaker Council

March 19

Easter Egg Decorating

March 20

Homemaker Lesson Training -

Henderson

March 31

Happy Easter!

April 1

Don't be Fooled!

April 1-5

School Spring Break

April 8

Solar Eclipse

April 13

Owensboro Regional Farmers' Market

Opening Day

April 16

Cooking Class

April 22

Earth Day

April 24

Selvage Pouch Sewing Class

FARMERS' MARKET

Mark your calendars for Opening Day of
the Owensboro Regional Farmers' Market!

April 13th 8:00 a.m. -12:00 noon

1205 Triplett St, Owensboro



SAVE THE DATE

The Daviess County Extension Office is having an open house
on May 21st from 5:00 - 7:00 p.m.

COOKING CLASS

Our next cooking class will be Tuesday, April 16. This class will
be presented by Merritt Bates-Thomas. Look for more
information in next month's newsletter.

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LEXINGTON, KY 40546



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with prior notification.



HOMEMAKER HAPPENINGS

Lesson for the Month

Healthy Eating Around the World—
An International Lesson

Roll Call

Thinking of spring, share your favorite outdoor activity.

Thought of the Month

“Think outside—no box required.”

—Unknown

Foyer Decorations

Southern Belle shared the love with us for February.



Trinity, you have March.

Lesson Leader Training

The last Homemaker Lesson leader trainings of 2023-2024 will be **Tuesday, March 19** at the **Daviess County** Extension Office and **Wednesday, March 20** at the **Henderson County** Extension Office.

April Lesson at 10:00am: *Handy to Have: Emergency Health Information Cards*

May Lesson at 11:00am: *Understanding and Preventing Suicide*

The Daviess County Extension Homemaker Council will meet following the lesson trainings at **12:15pm on March 19.**

Lesson Ballots

Please note the date change from the previous newsletter. Lessons are due to state by the end of March.

Make your vote count and turn them in by **4 p.m. March 8th.**



Make Plans to attend the 2024 KEHA State Meeting

May 7-9, 2024

**Sloan Convention Center and
Holiday Inn University Plaza
Bowling Green**



What do we know about new weight loss drugs?

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

Semaglutides have been all over the news and social media lately. You may recognize them by their brand names like Ozempic, Wegovy, or Rybelsus. Ozempic and Wegovy are once-weekly injections while Rybelsus is a pill you take once daily. These drugs act like a hormone that your body usually releases in response to eating. These medications increase the amount of insulin the pancreas produces. They also slow the movement of food through the stomach leading to a feeling of fullness, decreased appetite, and potentially leading to weight loss.

Ozempic and Rybelsus were originally developed for and are used to treat Type 2 diabetes. Wegovy was developed by the same company that makes Ozempic but is approved for use in weight loss. Doctors who prescribe Wegovy encourage their patients to make lifestyle and dietary changes to promote and maintain their weight loss. Wegovy and Ozempic are the same medication, but Wegovy is a higher dose than Ozempic. Ozempic is not approved for use in weight loss.

Some people use Ozempic off-label for the purpose of weight loss. This has created a severe shortage of this drug on the market. This makes it difficult for those who really need the drug to get it and manage their Type 2 diabetes.

While these drugs have been used for a few years now, we are just now starting to learn some of the side effects of long-term use. Common side effects mostly impact the gut and include nausea, vomiting, and abdominal cramps with other side effects being fatigue and headache. More serious side effects include gastric paralysis, but this seems to affect less than 1% of the users.

Because these drugs take away your appetite, it is important to get the right nutrition. Try to get enough nutrients with each meal and snack by focusing on lean protein; high-quality carbohydrates like whole grains, fruits, and vegetables; and heart healthy fats from olive oil, avocados, and nuts and seeds. If you notice that the amount of food you typically eat has decreased, try separating beverages, like water, from mealtimes. Lastly, put an emphasis on high-fiber foods to encourage proper movement through the gut and to prevent constipation. If you are regularly using these medications, consider working with a registered dietitian nutritionist (RDN) to ensure you are meeting your personal nutrition needs.

Although these medications were approved for use in the past two to five years, learning about all potential side effects takes much more time. Experts also need more time to learn what might happen when someone stops using the medication and what happens when someone takes the medication for a long time. When considering weight loss drugs like semaglutides, remember body size is not the best indicator of overall health. Body weight is only one piece of the health puzzle. Rather than focusing on a specific number on the scale, think about quality of life and overall health.

References:

MedlinePlus. (2022, August 15). Semaglutide Injection: MedlinePlus Drug Information. Medlineplus.gov. <https://medlineplus.gov/druginfo/meds/a618008.html>

Center for Drug Evaluation and Research. (2023). Medications Containing Semaglutide Marketed for Type 2 Diabetes or Weight Loss. FDA. <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-an...>

Semaglutide (Subcutaneous Route) Side Effects - Mayo Clinic. (2023, October 1). [Www.mayoclinic.org. https://www.mayoclinic.org/drugs-supplements/semaglutide-subcutaneous-ro...](https://www.mayoclinic.org/drugs-supplements/semaglutide-subcutaneous-ro...)



POP CLUB

POWER OF PRODUCE

WITH THE ORFM KIDS' CLUB

- Participate **once** a week (Tuesday, Thursday, or Saturday) and receive \$5 in market buckets to use on fresh fruits and vegetables.
- Each week offers a different activity and food sample related to in-season produce
- Open to kids and adults
- Register ahead of time by scanning the QR code below or sign up at the Market

Program Dates:

- Week 1: June 4, 6, 8
- Week 2: June 11, 13, 15
- Week 3: June 18, 20, 22
- Week 4: June 25, 27, 29
- Week 5: July 2, 4, 6
- Week 6: July 9, 11, 13
- Week 7: July 16, 18, 20
- Week 8: July 23, 25, 27



KIDS' CLUB



ADULT



Owensboro Regional
Farmers' Market
1205 Triplett St.
Owensboro, KY 42303



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Davies County

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Instagram: @ORFarmersMarket



Did you know you can decorate Easter eggs using silk cloth, nail polish or shaving crème?

Come join the Trinity Homemakers to learn these and more creative ways to decorate Easter eggs!!

March 19, 2024 at 2:00pm
at the Daviess County Extension Office.

Please RSVP at 270-685-8480 by March 15.

**** Must bring 6 to 12 hard boiled eggs.**



Grocery Shopping at Your Local Dollar Store

Source: Lauren Turner, Dietetic Intern; Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

Creating nutritious meals that are low cost and enjoyable may seem like an impossible achievement. For many, grocery shopping takes place at a dollar or discount store. Fortunately, these food retailers offer low cost, highly nutritious food options and some include refrigeration and freezers which increases the nutritious options available. Let's walk through what these options look like.

For breakfast, the dollar store has plenty of options to create a meal that tastes great and is packed with fiber. A meal high in fiber will keep you feeling full for longer. Common items high in fiber that you can find at the dollar store include oatmeal and, in some cases, frozen berries. Adding milk as a drink and stirring peanut butter into your oatmeal also adds protein to the meal to make it more balanced.

Lunch can be a tricky meal to create because you might need an on-the-go option. A great quick lunch idea is a packet of tuna, whole-grain crackers, and a side of string cheese. This meal idea is high in protein, provides whole grains, and requires no cooking.

A nutritious dinner idea is brown rice, beans, and a vegetable as a side dish. You can prepare the rice with a variety of seasonings to make it flavorful. The dollar store has a wide variety of spices to choose from. Pair this with a low- or no-sodium can of beans and a canned vegetable such as corn, green beans, or carrots. This meal is packed with protein from the beans, is high in fiber from the beans and vegetables, and provides energy from the rice.

Let's not stop at just breakfast, lunch, and dinner ideas. The dollar store offers a variety of snack options such as trail mix with different types of nuts and seeds, cucumbers, string cheese, and whole-grain crackers.

As you can see, eating and creating nutritious meals does not have to be overwhelming or impossible. The dollar store offers a wide range of food options that are low cost that you can use in a variety of ways.



Selvage Pouch Sewing Class

Wednesday, April 24th
10:00 a.m. - 12:00 p.m.

Daviess County Extension Office

4800A New Hartford Rd

Owensboro

Spaces are limited. Registration begins
March 4th. To register, please call:

(270) 685-8480

(This class is not for beginners)

Supplies needed:

- 6-8 yards of assorted cotton selvage strips (20 strips at least 10 - 12" long. Best when 1 1/4" wide, but 3/4" will work)
- 2 9x12" sturdy cotton fabric for foundation
- 2 9x12" cotton fabric for lining (optional)
- white, cream, or gray thread
- 1 filled bobbin
- 9" or 12" zipper (depending on the size of pouch you wish to make)
- Sewing machine with power cord and foot control

Class is for all Green River Area.
Brought to you from your Master
Clothing Volunteers.

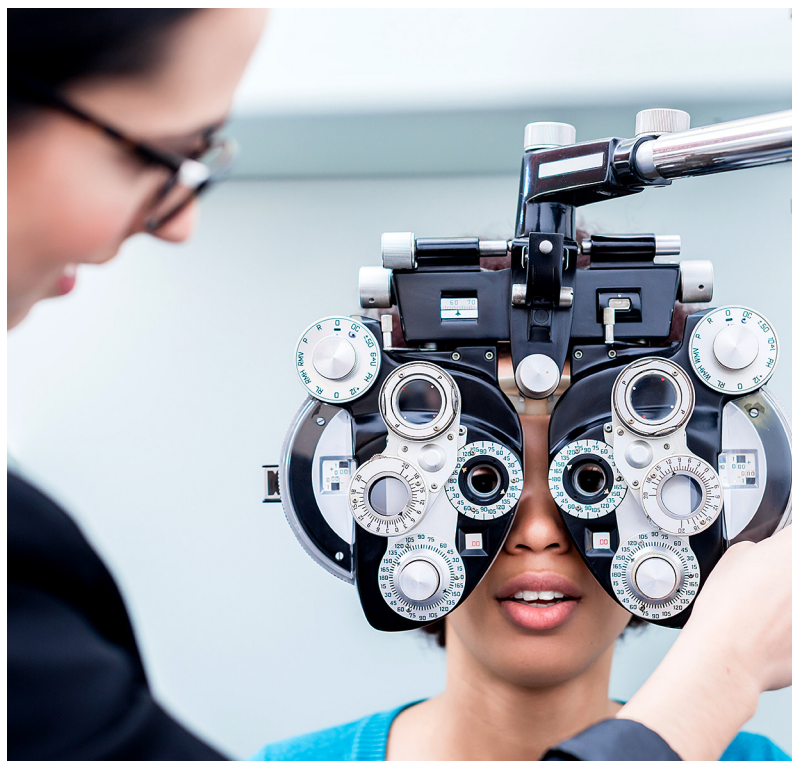
ADULT HEALTH BULLETIN



MARCH 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 SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page →



If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

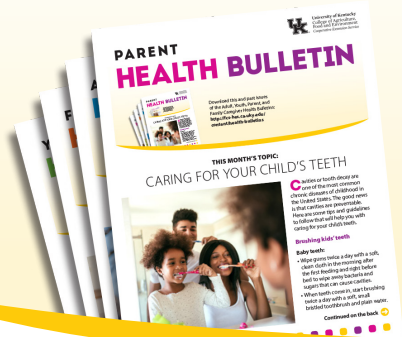
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PARENT

HEALTH BULLETIN



MARCH 2024

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THIS MONTH'S TOPIC

HEADS UP! CONCUSSION AWARENESS



Kids and adults alike should enjoy playing sports and being active! Unfortunately, sometimes injuries can occur. One type of injury that parents should watch out for is concussions. A concussion is a kind of brain injury that alters how the brain works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a hit to the body that causes the brain to move back and forth inside the skull. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain. They need to be addressed quickly.

Continued on the next page 



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If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering.

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One reason that concussions can go undetected is that you cannot see the damage to the brain on the outside of the body. There may not be a large bruise, bump or cut on your child's head, but their brain may still have been damaged and need medical attention. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.

It is important to watch for changes in how your child is feeling and acting. If their symptoms are getting worse, or if they just don't "feel right." Most concussions occur without losing consciousness. If your child or teen has had even a minor incident and reports one or more of the symptoms of concussion listed below, seek medical attention:



- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events before the hit, bump, or fall
- Can't recall events after hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or big assignments

Children and teens with a suspected concussion should NEVER return to sports or other physical activities on the same day the injury occurred. They should delay returning to their activities until a health-care provider experienced in evaluating for concussion says it's OK to return to play.

If your child experiences a concussion, their brain needs time to heal. They may need to limit activities while recovering. Exercise or other activities that involve a lot of concentration, like studying, computer work, or playing video games may cause headaches or other concussion symptoms to reappear or get worse. Be sure to follow up with your child's health-care provider periodically about their symptoms and discuss a timeline to help your child ease back into normal activities and their typical schedule.

Your child may feel frustrated, sad, or upset if they cannot return to sports and other activities right away or cannot keep up with schoolwork. Your child may also feel isolated from teammates and friends, if they cannot participate in activities that they normally look forward to. Talk with your child about these issues. Creative problem-solving can help your child still feel a part of their team and school group while resting and recuperating from their injury.

REFERENCE:

https://www.cdc.gov/headsup/pdfs/schools/TBI_factsheets_PARENTS-508-a.pdf

ADULT
HEALTH BULLETIN

Written by:

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Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

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- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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