

# September

# 2023



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

**Cooperative Extension  
Service**

Daviess County  
4800A New Hartford Road  
Owensboro KY 42303  
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## DATES

**September 4**

Labor Day, office closed

**September 10**

Happy Grandparents Day

**September 16**

Life Saver Walk

**September 18**

Tune in to WBKR

**September 19**

Homemaker Area Annual Meeting

**September 21**

Calendar recipe demo on Facebook

**October 8-14**

KHEA Week

Area School Fall Break

**October 19**

Calendar recipe demo on Facebook

**October 20**

Enrollment Forms, Dues, and Goals Due

**October 24**

Homemaker Lesson Trainings-Daviess Co

**October 24**

Executive and Advisory Council Meeting

**October 25**

Homemaker Lesson Trainings-Henderson Co

**October 26**

Diabetes Friendly Cooking Class

**October 28**

Halloween at the Farmers' Market

**October 31**

Happy Halloween!



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**Katie Alexander**

**Daviess County Extension Agent  
for Family & Consumer Sciences  
Education**

**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.

**Owensboro Regional Suicide  
Prevention Coalition, Inc  
16th Annual Lifesavers Walk**



September 16, 2023

Moreland Park 9:30 —11 am

9:30—10 am Registration

10 am Opening Ceremony with Butterfly Release

Owensboro Regional Farmers Market hours

**Tuesdays 8am – 12:00pm thru September 26**

**Saturdays 8am – 12:00pm thru November 4**

**October 26—Halloween Market**

Children’s Costume Parade



**SEPTEMBER RECIPE: ONE PAN SHRIMP AND VEGETABLES**

Tune into WBKR 92.5 every 3<sup>rd</sup> Monday around 8:10am to hear our SNAP assistant, Catherine Dowdy, talk about the monthly recipe.



Be sure to check out the Daviess County Extension Facebook page on the 3<sup>rd</sup> Thursday of the month for a cooking demonstration of the monthly recipe from our SNAP Nutrition Calendars!

Daviess County Extension Family and Consumer Sciences Extension Agent is partnering with the Daviess County Diabetes Coalition to present a

**Diabetes Friendly Cooking Class!**

Thursday, October 26th  
10:00am and again at 5:00pm.  
At the Daviess County Extension Office  
**Please call to RSVP, 270-685-8480.**  
Samples will be provided.

Thought about joining  
Homemakers?  
Now is the time!

Enrollment forms and information are available at the Daviess County Extension Office.

Annual dues of \$15 are due by October 20.

# September is National Preparedness Month

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

Since the tragic events of Sept. 11, 2001, the federal government has named September as National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either man-made, weather related, or caused by other sources.

The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency.

1. Learn Your Risks and Responses – Be and Stay Informed.
2. Make a Plan. Practice your plan regularly so everyone is clear about their roles.
3. Build a Supply/Emergency Preparedness Kit. Maintain items by checking on expiration dates and updating items as needed or based upon your needs (young children, older adults, pets, etc.)
4. Get Involved. Before a disaster strikes, volunteer with your business or local community.

National Preparedness Month ends Sept. 30, which is National Preparedness Day.

In the time of a disaster or emergency, you may be on your own for 48 to 72 hours or longer before power returns or help can arrive, so prepare now so you can be ready and vigilant when the time comes.

References [https://www.weather.gov/bmx/outreach\\_npm](https://www.weather.gov/bmx/outreach_npm) <https://www.ready.gov/september#:~:text=National%20Preparedness%20Month%20is%20an,could%20happen%20at%20any%20time.> <https://www.epa.gov/natural-disasters/september-preparedness-month>



## One Pan Shrimp and Veggies

### Ingredients:

Servings: 5

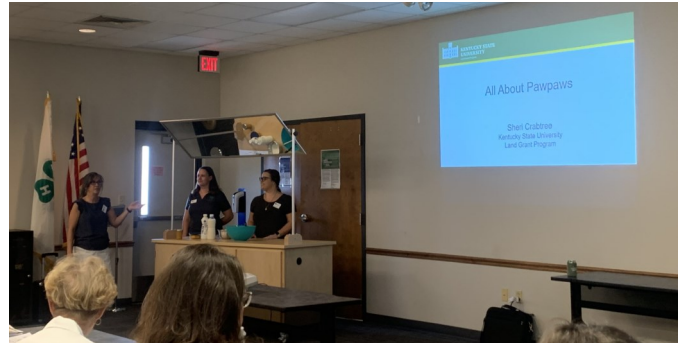
- Nonstick cooking spray
- 16 oz frozen uncooked shrimp, peeled /deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8oz) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 Tablespoons sweet chili sauce
- 1 Tablespoon oil
- 1 1/2 Tablespoons lime juice
- 1 Tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)



### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.
  3. Preheat oven to 400 degrees F. Spray a 15-by-10 -inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
  4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
  5. Wash your hands after handling raw shrimp.
  6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
  7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
  8. Top with green onions and cilantro and serve over brown rice, if desired.
- Store leftovers in the refrigerator within 2 hours.

290 calories, 14 g total fat, 2 g saturated fat, 0g trans fat, 135mg cholesterol, 650 mg sodium, 22g total carbohydrate, 2g dietary fiber, 10g total sugars, 1 g added sugars, 17g protein



*We had a great day of lesson leader trainings and meetings!*

*Exciting things are happening this year!*



# Homemaker Happenings

Photo: Stock #16567771

## Lesson for the Month

*All About Paw Paws*

-This is a Food, Nutrition & Health lesson

## Roll Call

Fall Begins in September. What is your favorite type of tree?

## Thought of the Month

“Every leaf speaks bliss to me, fluttering from the autumn tree.”

—Emily Bronte

## Meetings are Starting

Homemaker Club meetings are starting back up for the year.

Be sure to get your new information for 2023-24 and complete an enrollment form.

Forms and dues should be turned in to the Extension Office by October 20.



## Green River Area Annual Meeting

**September 19, 2023**

Buck Creek Baptist Church Fellowship Hall

Registration 10:30 am Program 11:00 am

**Tickets \$15 each** available at Extension Office

**Ticket Deadline September 12**

## Daviess County Basket for Meeting

**Our basket will have an apple theme.**

Homemakers are asked to donate items with an apple theme if they wish.

Donations need to be dropped off at:

**Daviess County Extension Office by September 12<sup>th</sup> at noon.**



## Pecan Fundraiser



OUR FAMILY'S  
FARM FRESH PECANS  
*A Fundraising Favorite  
For Over 70 Years*

### FRESH & NATURAL PECANS

America's only indigenous nut is a homegrown superfood that can be tossed in salads, blended in a smoothie, added to vegetables or eaten whole as a snack any time of year.

All sales, with payment, are due to the Daviess County Extension Office by October 18<sup>th</sup> by 4:00pm.

Checks should be made to:

**Daviess County Extension Homemakers.**

**Varieties available:** Chocolate Covered Pecans, Mammoth Halves, and Medium Pecan Pieces.

**All varieties are \$10 for a 12 oz bag.**

Pecans should arrive to the Daviess County Extension Office mid-November, just in time for the Holiday Baking Season and Gift Giving!

Orders will be picked up at the Daviess County Extension Office, 4800A New Hartford Rd., Owensboro, KY 42303.

Notification will be made closer to time with an exact date of pick up.

*Proceeds from the Pecan Sales will go to the Daviess County Extension Homemaker General Fund.*

**To place an order, or get an order form, please stop by the Extension Office.**

## Foyer Decorations

The decorating schedule for the upcoming year is:



Thanks to Trinity for decorating the foyer in August.

We can't wait to see what you do next for September.

- September**— Trinity
- October**— Extension Office
- November**— Maceo
- December**— South Hampton
- January**— South Hampton
- February**— Southern Belles
- March**— Trinity
- April**— Southern Belles
- May**— Maceo
- June**— Extension Office
- July**— Extension Office
- August**— Trinity

# ADULT HEALTH BULLETIN



**SEPTEMBER 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:**

## STRETCH YOUR BOUNDARIES — TRY YOGA!



**S**eptember is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana).

**Continued on the next page** ➔



# Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



## ➔ Continued from the previous page

Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

#### REFERENCES:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

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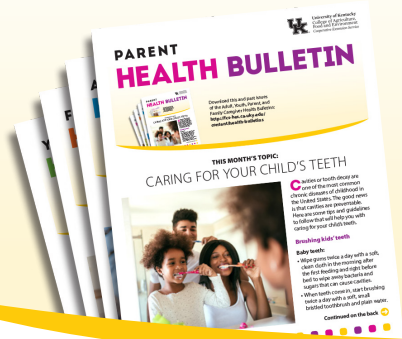
ADULT  
**HEALTH BULLETIN**

**Written by:**  
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**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com





# PARENT HEALTH BULLETIN



SEPTEMBER 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:

# TEACH YOUR FAMILY FOOD SAFETY



**S**eptember is Food Safety Awareness Month. It's a great reminder for everyone to make good choices in the kitchen to keep foodborne illness away! As kids get older, they become more involved in choosing foods, preparing them, and storing them. As kids take on more of these responsibilities, parents can be happy to have the help. However, parents can also find it stressful when kids handle food unwisely, leave food setting out, improperly cook food, or make unsafe messes.

Prevent food spoilage and waste in your home by teaching your children safe food-handling practices. This will allow them to help prepare more food at home and give you confidence in knowing that your food supply is safe!

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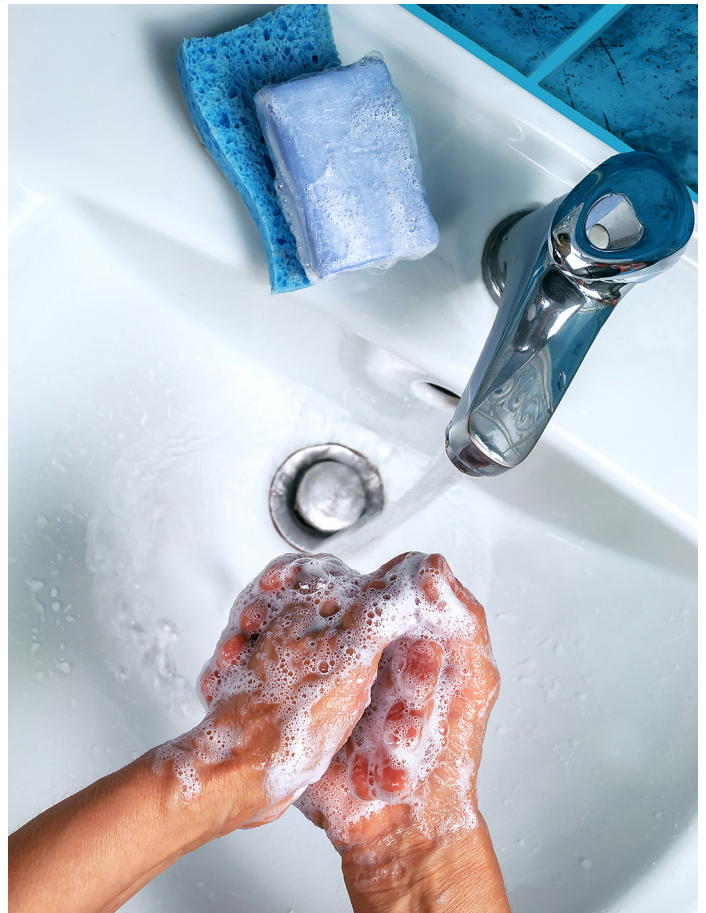


# *Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat.*

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Here are four simple food safety steps to teach your kids, and follow yourself!

- 1. Clean:** Wash your hands and food prep surfaces. Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.
- 2. Separate:** Keep raw meat, poultry, seafood, and their juices away from other foods. Use separate cutting boards during food prep, and keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge. Place uncooked meat, poultry, and seafood on a plate so juices do not leak from packaging and contaminate nearby food.
- 3. Cook:** Heat food to the right temperature. Food is cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer:
  - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160 degrees F for ground meats, such as beef and pork
  - 165 degrees F for all poultry, including ground chicken and turkey
  - 165 degrees F for leftovers and casseroles
  - 145 degrees F for fresh ham (raw)
  - 145 degrees F for fin fish, or cook until flesh is opaque
- 4. Chill:** Refrigerate leftovers or unused items quickly. Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40 degrees F and 140 degrees F. Keep your refrigerator below 40 degrees F and know when to throw out food. Refrigerate perishable



food within two hours. Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Following these simple guidelines will keep your food safe to eat and give your kids confidence as they become more independent in the kitchen.

#### REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

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**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.

SEPTEMBER 2023

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

## THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. From tornadoes to flooding, ice storms, fires, and earthquakes, natural disasters have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, the higher costs to repair homes, and the recent losses from severe weather events, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

### WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower any outstanding payments you have, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or seemingly small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

### WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with

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Disabilities  
accommodated  
with prior notification.

## TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

### WAYS TO LOWER PREMIUMS

- Shop around. If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparing coverage to make sure a lower premium doesn't mean less insurance coverage.
- Claim discounts. Talk with your agent about eligible discounts that may lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include simple upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower

rates depending on your payment method, such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- Raise your deductible. If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (known as a deductible) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

### REFERENCES:

AARP. *Why Homeowners Insurance Rates Are Going Through the Roof*. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. *12 Ways to Lower Your Homeowner's Insurance Costs*. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

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