

AUGUST 2024

MCLEAN COUNTY COOPERATIVE EXTENSION

Important Dates:

Family and Consumer Sciences Newsletter

August 6th - Farm to Fork 6:00 p.m.

August 8th - Tai Chi 10:00 a.m.

August 13th - Cooking with the Calendar 10:30

Beech Grove/Glenville meet at 12:00 p.m.

Tai Chi 5:00 p.m.

August 14th - Homemaker Council Meeting 1:00 p.m.

August 15th - Tai Chi 10:00 a.m.

August 20th - Homemaker Lessons in Daviess County 10:00/11:00 a.m.

Tai Chi 5:00 p.m.

August 21st - Homemaker Lessons in Henderson County 10:00/11:00 a.m.

August 27th - Tai Chi 5:00 p.m.

August 29th - Tai Chi 10:00 a.m.

Kitchen Towel Stamping Class 5:30 p.m.



August

Thought for the Day: "Out along the edges Always where I burn to be" Danger Zone
Kenny Loggins 1986

Roll Call: How do you beat the heat during the "dog days" of August?



Kelly Bland
McLean 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

Great job on our Open Home exhibits this year! This was my 3rd McLean County Fair, and each one has grown in participation. I am so impressed with all of the talents we have in our county. Special thanks to all of you who helped set up, be in charge of a specific area, judged, or helped with clean up and pick up. Things wouldn't have run as smoothly as it did without each of you!

We are wrapping up the summer season and getting back into the swing of Homemaker Meetings. If you aren't a member, and are interested in joining, please reach out to me. I will be more than happy to share information with you!

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Peanut Butter Oatmeal Bites

Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)



Nutrition facts per serving: 110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

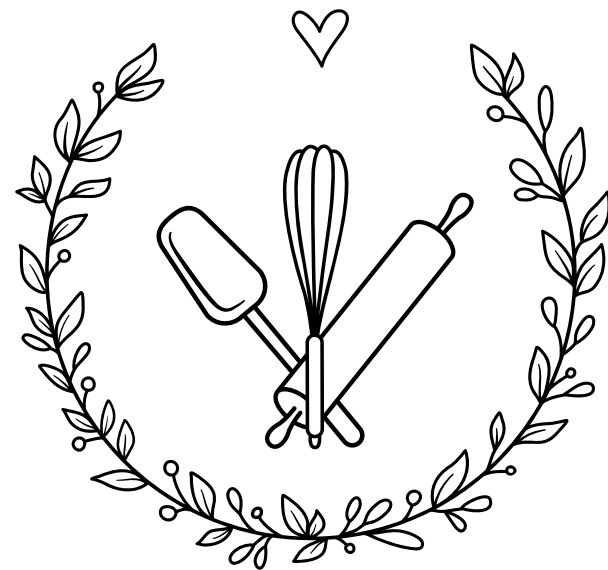
Directions:

Wash hands with warm water and soap, scrubbing at least 20 seconds.

1. Preheat the oven to 350 degrees F.
2. Line two large baking sheets with parchment paper and set aside.
3. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
4. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
5. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
6. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
7. Store in an airtight container. Use within four days or freeze.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

An advertisement for a cooking class. The central image is a black frying pan on a dark wooden surface. The text 'COOKING WITH THE CALENDAR' is written in white on the pan. Below it, 'WITH MCLEAN COUNTY EXTENSION OFFICE' is written. To the left, 'free cooking class' is written with an arrow pointing to the pan. To the right, 'AUGUST 13TH 2024' and 'Starts at 10:30AM' are written. At the bottom, 'Once a month!' is written with an arrow pointing to the pan. At the very bottom, 'Call 270-273-3690 for more info!' and '335 West 7th Street Calhoun Ky 42327' are written. The background includes some red berries and green herbs.



Class it UP!

HAND-STAMPED PAINTED TEA TOWELS

Don't forget to register for classes. This helps make sure we have enough supplies for everyone. We can't wait to see you there!

Create your own unique hand-stamped, painted tea towel!
Join our class to learn the art of designing and crafting tea towels.

Thursday, August 29th
6:00 p.m.
Myer Creek 4-H Building
Cost of the class is \$5.00

Space is limited!
Call (270) 273-3690 to register.
The last day to register and pay for the class is Friday, August 23rd.
Grab your friends and have some fun!



Improve your balance and increase your range of motion with

Tai Chi

Join us at the McLean County Extension Office for a three week session of Tai Chi.

Tuesdays, August 13th, 20th, and 27th at 5:00 p.m.

OR

Thursdays, August 8th, 15th, and 29th at 10:00 a.m.

All Tai Chi classes build on one another,
with movements broken down for easier learning.

Beginners are welcome.

Classes are free, but **registration is required**. Please call (270) 273-3690 to register.



ROPE BOWL CLASS

29TH AUGUST 2024
1:00-4:00PM

**SIGN UP BY
AUG. 28TH
CALL
270-685-8480**



Please bring the following materials:

- One skein of clothesline (100 ft size)
- Matching thread (plus several filled bobbins)
- Straight pins
- Scissors
- Fabric scraps
- Denim jeans or heavy sewing needles
- Fun notions like buttons or beads
- Sewing machine with zigzag capability

HOSTED BY MASTER
CLOTHING VOLUNTEERS

Note: The most common clothesline rope is cotton cord, available in various thicknesses (3/16" - 1/4"). Choose the thickness based on the desired size and strength of your bowl.

SCARECROW DECORATION SEPTEMBER 25, 2024

5:30 - 7:00 PM
MYER CREEK PARK
1 MYER PARK LANE
CALHOUN KY 42327

**REGISTER BY AUG. 29TH
CALL 270-273-3690**



**COST \$25.00 ALL
SUPPLIES
PROVIDED**

HOSTED BY MCLEAN
COUNTY HOMEMAKERS

FALL PUMPKIN CENTERPIECE OCTOBER 8, 2024

5:30 - 7:00 PM

MYER CREEK PARK
1 MYER PARK LANE
CALHOUN KY 42327

**REGISTER BY SEPT. 24TH
CALL 270-273-3690**



**JOIN US FOR A DELIGHTFUL EVENING OF CREATING A BEAUTIFUL
FALL CENTERPIECE THAT YOU'LL CHERISH FOR YEARS TO COME. ALL
SUPPLIES WILL BE PROVIDED. WE CANT WAIT TO SEE EVERYONE!
COST: \$25.00.**

HOSTED BY MCLEAN
COUNTY HOMEMAKERS

WITCHES HAT CENTERPIECE

OCTOBER 8, 2024

5:30 - 7:00 PM

MCLEAN COUNTY
EXTENSION OFFICE
335 WEST 7TH STREET
CALHOUN KY 42327

**COST \$25.00 ALL
SUPPLIES
PROVIDED**

**REGISTER BY SEPT. 24TH
CALL 270-273-3690**



The Importance of Sunscreen and Sun Safety in Summer

With summer's arrival and more time spent outdoors, it's crucial to protect your skin from the sun. Here's why sunscreen and sun safety matter:

Protection from UV Rays

The sun emits harmful ultraviolet (UV) rays that can damage your skin. UVA rays cause aging, while UVB rays cause sunburn. Both can lead to skin cancer.

Preventing Skin Cancer

Skin cancer is common but preventable. Using sunscreen regularly can reduce your risk. Choose one with an SPF of 30 or higher.

Avoiding Premature Aging

Sun exposure can make your skin age faster, causing wrinkles and spots. Sunscreen helps keep your skin looking youthful.

Preventing Sunburn

Sunburn is painful and damaging. Applying sunscreen often, especially after swimming or sweating, helps prevent it.

Sun Safety Tips

1. **Choose the Right Sunscreen:** Use broad-spectrum SPF 30 or higher.
2. **Apply Generously:** Cover all exposed skin.
3. **Reapply Often:** Every two hours, or more if swimming or sweating.
4. **Seek Shade:** Stay in the shade during peak sun hours (10 a.m. to 4 p.m.).
5. **Wear Protective Clothing:** Hats, sunglasses, and long sleeves help protect your skin.
6. **Be Cautious on Cloudy Days:** UV rays can penetrate clouds.

Conclusion

Using sunscreen and practicing sun safety are essential for protecting your skin. By taking these simple steps, you can enjoy the summer while keeping your skin healthy.

Tech Tip Of the Month: Setting Reminders

Setting reminders helps you keep track of important tasks, appointments, and events. It's like having a personal assistant that ensures you never forget anything important.

How to Set a Reminder:

1. Using Siri (iPhone):

- Simply say, "Hey Siri, remind me to take my medication at 8 AM."
- Siri will confirm and set the reminder for you.

2. Using Google Assistant (Android):

- Say, "Hey Google, remind me to call my daughter at 5 PM."
- Google Assistant will confirm and set the reminder.



REMINDER

ADULT

HEALTH BULLETIN



AUGUST 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

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

Continued on the next page ➔



An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



➔ **Continued from the previous page**

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

**ADULT
HEALTH BULLETIN**

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Adobe Stock





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

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