

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



Ways to Keep Kids Entertained

There is no doubt that we are all running out of ideas on how to keep our children entertained. This past year has been exceptionally challenging to find ways to entertain kids, but even during normal summers, you are going to have increased chances of hearing "I'm bored," since your children no longer have schoolwork to keep them busy.

As parents, it can be a struggle to offer fun activities for our kids, so let them come up with some.

Ask them to make a list of their favorite activities. Presenting it as a challenge can help some children respond. Have them write their ideas on paper, so when they say, "I'm bored," you can have them revisit the list to find something to do.

Begin by helping them brainstorm activities by categories. For example, identify indoor activities, outdoor activities, activities by room, things to do solo or with friends/siblings, everyday events and seasonal activities, etc.

Another idea is to plan the week. Just like meal planning, develop a daily theme that is unique. Have your child go back through their activity list. Choose the exercises that excite them the most or see if a few will go together to fill an afternoon. For example, during a "Movement Monday" your kids could go on a treasure hunt, bike through the neighborhood or explore nature during a walk through the woods. Go on a story walk and pretend to be characters in the book. Are you pirates on the open sea searching for lost treasure, or maybe a mermaid searching for the perfect rock on which to soak up the sun and sing a song? Return home to read a book or perform a nature show that explores the natural world.

Don't worry if the weather is not perfect. There are a ton of free things to do online to keep your kids entertained and engaged in learning while indoors. Some websites with free, fun and educational content include PBS Kids, National Geographic Kids, Khan Academy and Smithsonian Institute. Your children can even learn a new language for free through

<https://www.duolingo.com/>. You can also find websites like <https://www.gonoodle.com/>, which offers more than 300 dance and yoga videos to get kids moving.

More information on raising healthy families is available at the Hopkins office of the University of Source: David Weisenhorn, senior extension specialist for parenting and adolescence education

Upcoming Classes

Homemaker Happenings

Piecemakers
6/10 10:00am
6/16 4:00-8:00pm (Quilt Retreat)
6/27 2:00-8:00pm

Happy Homemakers
6/21 1:00-3:00pm

Needles and Yarn
6/14 12:00

Door Hanger Class 6/6 5:30-9:00pm

Our Office will be CLOSED 6/19 in observance of Juneteenth



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



UPCOMING EVENTS

FOR ALL EVENTS AND CLASSES YOU MUST CALL THE
EXTENSION OFFICE AT 270-821-3650 TO SIGN UP

Laugh & Learn is now offered at two separate locations!
Madisonville & Dawson Springs

For ages 5 and under accompanied by an adult



LAUGH & LEARN



**Fun & Creative Playdate
for Pre-Schoolers**

**Games, Story Times, Sensory &
Developmental Activities**



**HOPKINS COUNTY -
MADISONVILLE PUBLIC LIBRARY**

425 East Center Street
Madisonville, KY 42431

**Thursday,
June 8th at 11:00 a.m.
to learn about bugs!**

JOIN US

**DAWSON SPRINGS
BRANCH LIBRARY**

103 West Ramsey Street
Dawson Springs, KY 42408

**Thursday,
June 22nd at 11:00 a.m.
to learn about bugs!**

Sign up by calling 270-821-3650
or scanning the QR code



JOIN US AT THE

Farmers Market

FOR PLATE IT UP!

SAMPLES

June 10
July 22
August 5

Danny Peyton
Farmers Market
55 Mahr Park Drive
Madisonville, KY 42431



SUMMER TIME Door Hangers

TUESDAY, JUNE 6TH

Limited Spots
Available

JOIN US AT 5:30 P.M.

Hopkins Co. Extension Office
75 Cornwall Drive
Madisonville, KY 42431

R.S.V.P. By
CALLING 270-821-3650



\$20
PER
PERSON



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

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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
accommodated
with prior notification.



University of Kentucky
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PRESTO DIAL GAUGE

FREE

PRESSURE CANNER TESTING

Make sure your Presto Canner is
working properly!

**Bring your Presto Dial Gauge Canner
lid to the Hopkins County Extension Office**

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431



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

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



LITTLE CHEF'S DAY CAMP



Activities

Children become food-smart as they practice counting, reading, writing, and more.
Ages 5-7

Where

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431

Price

Don't worry it's free!

Limited Spots Available

Call the Hopkins County Extension Office to 270-821-3650 to sign up

When

Wednesday, June 28th
9:00 A.M. - 2:00 P.M.



Discover
MyPlate



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



Danny Peyton Outdoor Education Center & Farmers Market Pavilion

MAHR PARK

55 Mahr Park Drive,
Madisonville, KY 42431

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

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

(Opening May 6, 2023)

BAPTIST HEALTH

900 Hospital Drive,
Madisonville, KY 42431

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

(Opening May 12 2023)

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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
accommodated
with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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ADULT HEALTH BULLETIN



JUNE 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:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



There is a constant need for a regular supply of blood because it can only be stored for a limited time.



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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly – at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

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123RF.com

