

April 2023

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



Happy April,

April is going to be a busy time at our office. Currently, the contractors are working on putting our office back together after the water line break. Contractors are going to be in and out of our office during the month of April. Due to the work being done all programs scheduled at our office are being moved off-site through the month of April. Hopefully, our office will be ready for groups to return to meet at our office and for programs to start back for the summer. If you have any questions, please let me know.

Thank you.

Amanda Dame
Hopkins County FCS Extension Agent

Upcoming Events & Classes

Homemaker Happenings

Piecemakers

TBD by the group due to construction

Needles & Yarn

TBD by the group due to construction

Happy Homemakers

TBD by the group due to construction



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

Amanda Dame

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



JOIN US
Thursday,
April at 13th 11:00 a.m.

Sign up by calling
270-821-3650

HCMPL
HOPKINS COUNTY -
MADISONVILLE PUBLIC LIBRARY
425 East Center Street
Madisonville, KY 42431

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
LEVINSTON, KY 40546

Extension 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.
LEVINSTON, KY 40546



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

For ages 5 and under accompanied by an adult

LAUGH & LEARN

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

Games, Story Times, Sensory
& Developmental Activities




JOIN US
Thursday,
April 27th at 11:00
a.m.

Sign up by calling
270-821-3650

**Dawson Springs
Branch Library**
103 West Ramsey Street
Dawson Springs, KY 42408

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
LEVINSTON, KY 40546

Extension 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.
LEVINSTON, KY 40546



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

Life **SIMPLIFIED**

FCS PODCAST

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life?

Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

**LISTEN ON YOUR
FAVORITE PODCAST
APP EACH TUESDAY!**

Life **SIMPLIFIED**

Family and Consumer Sciences



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



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.

APRIL 2023

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

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

Written by: 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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

ADULT HEALTH BULLETIN



APRIL 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:

APRIL IS CESAREAN AWARENESS MONTH



Every April, the International Cesarean Awareness Network, supported by the World Health Organization, recognizes Cesarean Awareness Month. Cesarean section, C-section, or Cesarean birth, is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.

Cesarean Awareness Month aims to raise awareness and educate people about cesareans in two ways: it wants a reduction in the number of cesareans in mothers who do not really need or who will not benefit from this procedure, and it wants to raise awareness of the need for cesareans in certain circumstances to decrease the risks to either mother or baby.

For example, a mother may need a cesarean section when:

- A baby is in a feet-first position (breech position),
- The mother has gone into premature labor,

Continued on the next page →



Even if you do not plan to have a C-section, knowing what to expect can help you prepare in case your situation changes.



→ Continued from the previous page

- The labor does not progress in a normal manner,
- There is a viral infection (such as hepatitis C or HIV),
- The mother has placenta previa, a condition in which the placenta is low lying and covers part or all of the entrance to the womb, or
- Health-care providers have recommended a Cesarean delivery for other reasons.

Over time, the rate of cesareans in the United States has risen significantly. Currently, about 1 in 3 births are cesareans. Cesarean deliveries also come with risks, because they are an invasive abdominal surgery. For this reason, major health organizations discourage elective cesarean deliveries as they can lead to complications such as infections and blood clots.

The Healthy People 2030 Report identified 22 measures to prevent pregnancy complications and maternal deaths and improve women’s health before, during, and after pregnancy. One

identified measure is to reduce cesarean births among low-risk women with no prior births.

If you are pregnant, it is important to talk to your health-care provider about birthing options, and the benefits and risks of each of your choices, including a cesarean delivery. The potential need for a first-time C-section may not be clear until after labor starts, so even if you do not plan to have a cesarean, knowing what to expect during and after a C-section can help you prepare in case your situation changes.

REFERENCES:

- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-cesarean-births-among-low-risk-women-no-prior-births-mich-06>
- <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com

