



# Lincoln County Extension Homemakers

## NEWSLETTER

Cooperative Extension Service  
Lincoln County  
104 Meter Trail  
Stanford, KY 4084  
606-365-2447  
lincoln.ca.uky.edu

HELLO  
*June*  
2023

Happy Summer!

Jody Paver is joining us this month as our new Family and Consumer Science Agent! We are having a welcome reception on Tuesday, June 6th, you will find a flier in this Newsletter. We are all excited to meet and get to know her!

Our programs, groups, and clubs continue to meet, and you can find more information on those in this newsletter.

As always, contact any extension staff at 606-365-2447 or email us at [Lincoln.ext@uky.edu](mailto:Lincoln.ext@uky.edu).

Thank you,

Tyler Miller  
County Extension Agent for  
Agriculture and Natural Resources

Courtney Brock  
County Extension Agent for  
4-H Youth Development

<https://www.facebook.com/lincolncountyky/>



Find us on:  
**facebook**



## Lincoln County Extension Homemakers Dates to Remember:

**June 2—Ovarian Cancer Tea @ 11:30 am see flyer below.**

**June 8 – Photography Special Interest Club @ 9:30 am** The group will leave the extension office at 9:30 am and travel to Wilson's Nurseries in Frankfort. Time permitting, we will also go to see the waterfall at nearby Cove Spring Park.

**June 12 – Mountain Crafters Club @ 10 am**

**June 14 – Four Corners Club @ 11 am**

**June 19 – Pieceful Hearts Special Interest Club @ 1 pm** We will be making Bingo/Quilto blocks. Please bring fabric scraps that are large enough to cut 2 1/2 strips from, along with any batting scraps you might have and a piece or two large enough for backing a block. We need input from all members as to whether you prefer afternoon or evening meetings and project ideas. You can contact Linda or Gail to let us know.

**OPI Special Interest Club—** Will not meet again until August meeting.

**June 16 – Sassy Stitchers Special Interest Club @ 9 am**

**June 19 – Juneteenth, the Extension Office will be Closed**

**Happy Hearts Club—** Will not meet again until August meeting.

**June 22 – County Homemakers Council Meeting @ 1:30 pm**

The Lincoln  
County  
Extension Office  
will be Closed  
Monday, June  
19th, 2023 in  
observation of  
the Juneteenth  
Holiday.



\*This will take place at Calvary Hill Baptist Church in Stanford. You are welcome to call Esther Bailey at 859) 749-1314 for more information

### Friday, June 2nd

The homemakers of Lincoln County are raising money for Ovarian Cancer and appreciate your support. A donation for admission to tea is being requested. There will also be a silent auction and tea lights for \$2 in honor or memory of someone with cancer. Potential homemakers and friends are welcome. We hope that you can join us for this event and thank you in advance for whatever you can give.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Lincoln County  
104 Metker Trail  
Stanford, KY 40484  
606-365-2447  
lincoln.ca.uky.edu

# Welcome!



Please join us, at the Lincoln County Extension Office, for a reception welcoming Jody Paver, our new Family and Consumer Sciences Agent. Feel free to stop in to say hello!

When: Tuesday, June 6, 2023, from 4:00 - 6:00 p.m.

Where: 104 Metker Trail, Stanford, KY 40484

We will be having light refreshments.

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

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LEXINGTON, KY 40546



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 866-346-8687

**TOUR:** CANDLELIGHT CHRISTMAS AT THE BILTMORE

**GROUP:** FT. HARROD AREA HOMEMAKERS

**DATE:** DECEMBER 6-7, 2023

**COST:** \$509.00 PER PERSON Double Occupancy  
 \$502.00 PER PERSON Triple Occupancy  
 \$495.00 PER PERSON Quad Occupancy  
 \$50.00 secures your seat.

Balance due October 15, 2023

**PRICE INCLUDES:** Transportation by motor coach; rooms, luggage handling, all items in bold print.

Let's get an early start on Christmas with a **Candlelight Evening at the Biltmore House**. We will enjoy dinner at the **Stable Cafe**, plus a **Candlelight tour of the Biltmore House**, built by **George Vanderbilt, grandson of "Commodore" Vanderbilt**. This stately old mansion will be decorated with ribbons, evergreen garlands, flowers and the Christmas aroma will be ever present. This will be an evening you will always remember. **Included is one breakfast.**

Please mail checks to:

Martin Tours

PO Box 230

Gladeville, TN 37071

Include the trip name and your roommate(s) name(s)

**THANKS FOR TRAVELING WITH MARTIN TOURS!!!!**

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April 20 through June 15 open to Fort Harrod Area Homemakers  
 June 16 through August 14 open to any Kentucky Homemaker  
 After August 15 open to the public

For questions contact Wendy Hood, Fort Harrod Area Homemaker President  
 859-613-2575 wendy7hood@icloud.com

**FAIR DATES JULY 11-15, 2023**  
**FLORAL HALL SCHEDULE**  
**CHECK-IN**

EVENING GENERAL EXHIBITS - MONDAY, 10TH FROM 5 PM-8 PM  
 TUESDAY, JULY 11 - GENERAL EXHIBITS 7 AM-11 AM  
 WEDNESDAY, JULY 12, 7 AM-11 AM - FLORAL-GARDEN-FIELD CROP & HORTICULTURE EXHIBITS

TUESDAY, JULY 11	6PM-9PM FLORAL HALL OPEN
WEDNESDAY JULY 12	6PM-9PM FLORAL HALL OPEN
THURSDAY, JULY 13	6PM-9PM FLORAL HALL OPEN
FRIDAY, JULY 14	6PM-9PM FLORAL HALL OPEN
SATURDAY, JULY 15	6PM-9PM FLORAL HALL OPEN

EXHIBITS CAN BE PICKED UP ON SUNDAY AFTERNOON FROM 3PM-5PM

**Michelle Padgett**  
**606-282-0515**

# 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>

Lincoln County  
Extension Office  
104 Metker Trail  
Lincoln, KY  
40484  
(606) 365-2447

## THIS MONTH'S TOPIC:

# BECOME A BLOOD DONOR



**B**lood 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.

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***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>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
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123RF.com





# 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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