

June FCS Newsletter

Mason County
800 US 68
Maysville, KY 41056
mason.ext@uky.edu
606-564-6808

**FAMILY &
CONSUMER
SCIENCES**



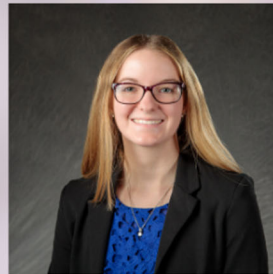
Creating Healthy & Sustainable Families

Agent Update

Spring

From the Homemakers indoor yard sale, all the local events, KEHA state meeting, to the different trainings I've had to get done; May has been a busy month! I can't wait to see what June has in store! Also, Liz Pendleton and I would like to thank everyone who volunteered to help during the Indoor Yard Sale or brought in donated items! These fundraisers cannot succeed without your help!

Abbigale Gray



Check It Out

Upcoming Events

6, June 2023 6:00 PM 85th Mason County Annual Meeting @ Extension Office

10, June 2023 11:30 AM Green Dot Maysville 0.5 K run @ Limestone park & Macdonald PKWY

15, June 2023 6:00 PM Field day @ 7061 Griffin Lane Maysville, KY

27, June, 2023 11:00 AM Cooking Through The Calendar

Visit our social media (*facebook*)
@MasonCoFCS



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- Awards from KEHA State Meeting
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- Health Bulletin
- Beef and Broccoli Stuffed Potatoes Recipe

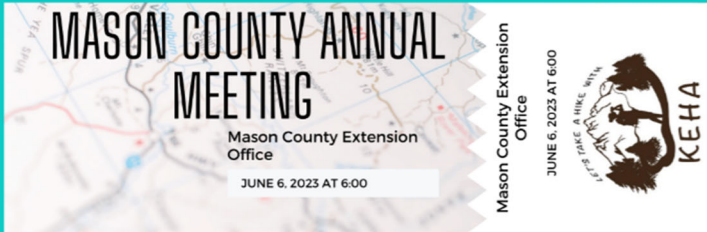
Thank you to anyone who helped with the indoor yard sale!



Thank you!

85th Mason County Annual Meeting

TUESDAY, JUNE 6, 2023



Mason County Extension Office

6:00 PM

Tickets \$15.00

Available at Mason County Extension Office



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.





**27 June, 2023
11:00 AM**

MASON COUNTY EXTENSION OFFICE
800 US HWY 68
MAYSVILLE, KY 41056

**REGISTRATION
PLEASE CALL
AHEAD TO
REGISTER
606-564-6808**

COOKING THROUGH THE CALENDAR

BLUEBERRY CHEESECAKE BARS

COOPERATIVE EXTENSION



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

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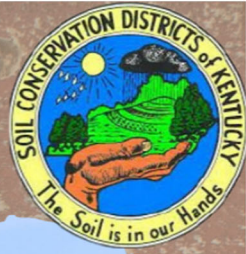


Disabilities
accommodated



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

Agriculture and Natural Resources



**CAIP HOURS
 ELIGIBLE**



FIELD DAY JUNE 15TH, 6:00 P.M.

- Water Collection on Farm
- No-till Drill Calibration
- Forage Equipment

Must Call to RSVP by June 9th
 606-564-6808

Partnership with Mason County
 Soil Conservation District

Location Address:
 7061 Griffin Lane
 Maysville, KY

Cooperative Extension Service
 Agriculture and Natural Resources
 Consumer Sciences
 Human Development
 Community and Economic Development

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 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notice



GREEN DOT MAYSVILLE'S 0.5K

JUNE 10TH, 2023
11:30AM

REGISTRATION & START @
LIMESTONE PARK &
MCDONALD PKWY,
MAYSVILLE

REGISTRATION STARTS AT 10:30AM

SIGN UP AT
[HTTP://BIDPAL.NET/RUN23](http://bidpal.net/run23)



Awards from KEHA State Meeting



Awarded to Mason County

- 3rd place County with Largest Overall Donation for Ovarian Cancer
- 2nd Place- Volunteer Hours- 2,010 Hours
- 2nd Place Coins of Change
- 2nd Place Ovarian Cancer Fundraising Contest
- County Donating over \$1,000 for Ovarian Cancer
- 1st Place 4-H Scholarship Largest Donation Award
- Most Innovative 4-H and KEHA Project Award- Life size Candy Land Game
- KEHA Community Volunteerism Award- 1st Place Fernleaf Extension Homemakers Mason County
- 2nd Place Community Service Volunteer Hours Award- Pearl Cracraft



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>

Written by: Nichole Huff and David McIver | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

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ADULT HEALTH BULLETIN



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

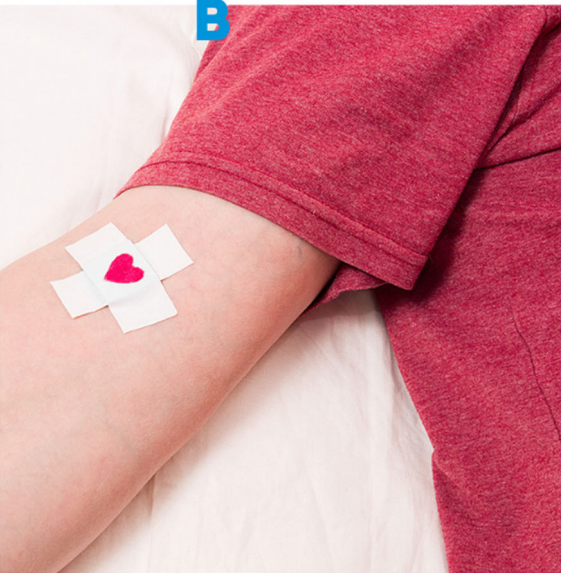


JUNE 2023

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

Written by:
Katherine Jury, MS
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Stock images:
123RF.com



Disabilities
accommodated
with prior notification.



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It is that time of year to start thinking about renewing Homemaker membership fee, or even joining a Homemaker group!

I figured now is as good a time as any to start reminding about dues for the Homemaker clubs. The time to pay dues isn't here yet but the time will be soon approaching!

Membership fees will be due in November to Mason County Extension Homemakers at the office. Once it gets closer to time for membership fees, we will have the forms at the office you can pick up. If you have any questions you can stop by the office!





Mason County

800 US Highway 68

Maysville, Kentucky 41056

Return Service Requested

Beef and Broccoli Stuffed Potatoes

Ingredients:

- 4 large potatoes, baked
- 8 ounces lean ground beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 10-ounce package frozen chopped broccoli
- 1 cup low-fat shredded cheddar cheese

Directions:

1. In a skillet, cook ground beef over medium heat, breaking up beef until coarsely chopped; cook until no pink remains.
2. Drain fat off browned beef.
3. Return ground beef to skillet; add onion powder, garlic and frozen broccoli.
4. Cover and cook beef and broccoli mixture 8-10 minutes over medium heat.
5. Sprinkle cheese over mixture; cover pan until cheese melts.
6. To serve, place one baked potato on each plate; cut potatoes widely open.
7. Top each potato with one-fourth of the beef broccoli mixture.
8. Serve immediately.

520 Calories; 13g total fat; 6g saturated fat; 0g trans fat; 65mg cholesterol; 280mg sodium; 71g total carbohydrate; 7g fiber; 3g sugar; 0g added sugar; 34g protein; 0% Daily Value vitamin d; 25% Daily Value calcium; 35% Daily Value iron; 40% Daily Value potassium.



Source: Brooke Jenkins-Howard, Nutrition Education Program Extension Specialist
University of Kentucky Cooperative Extension Service