

2024

# FAMILY & CONSUMER SCIENCES NEWS

## JANUARY 2024

### A MESSAGE FROM YOUR FCS AGENT:

Happy New Year! I hope everyone had a blessed Christmas! As we enter this new year, I am reminded that am celebrating 1 year as the Family & Consumer Sciences Agent in Fleming County! I have met so many wonderful people and I'm looking forward to another year with you all! Take a look inside to see what's coming soon!

### Fleming County Office

P.O. Box 192(1384 Elizaville Rd.)

Flemingsburg, KY 41041-0192

Phone: (606) 845-4641

Fax: (606) 845-6311

Email: [fleming.ext@uky.edu](mailto:fleming.ext@uky.edu)

Website: <https://fleming.ca.uky.edu/>



*Katie Fryman*

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*Happy  
New Year*

### Cooperative Extension Service

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

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Disabilities  
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with prior notification.



LEARN. LEAD. SERVE.

## Homemakers News

- **January 8th** - Neighborhood Kids Club 6:00pm @ the FCEO
- **January 16th** - Hillsboro Homemakers Meeting 12:00pm @ Hillsboro Christian Church
- **January 18th** - Country Neighbors 6:00pm @ the FCEO
- **January 29th** - Treasures of the Heart 6:00pm @ the FCEO
- **February 5th** - Homemaker Council Meeting 6:00pm @ The Fleming County Public Library (Community Room)

## **UPCOMING!**

### **Spring Leadership Training is February 6th**

**(Snowdate is February 27th) @ Mason County Extension Office! REGISTER AT THE FLEMING COUNTY**

**EXTENSION OFFICE BY FEB. 1ST!**

# JANUARY

## 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 OFFICE CLOSED 	2	3	4	5	6
7	8	9 6:00pm- Neighborhood Kids Club @ FCEO	10	11	12	13
14	15 OFFICE CLOSED 	16 11am - Hillsboro Cooking Thru The Calendar  12pm - Hillsboro Homemakers Meeting	17	18 12pm - FCEO Cooking Thru The Calendar  6:00pm - Country Neighbors @ FCEO	19	20
21	22	23	24	25	26	27
28	29 6:00pm - Treasures of the Heart @ FCEO	30 9:00am-4:00pm - Baby Quilt Day	31			

# ADULT HEALTH BULLETIN



**JANUARY 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>

Fleming County  
PO Box 192  
Flemingsburg, KY  
41041  
(606) 845-4641

## THIS MONTH'S TOPIC: ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page →



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# Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

## → Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

#### REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

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**ADULT  
HEALTH BULLETIN**

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Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 1

Fleming County Extension Office | 1384 Elizaville Road | Flemingsburg, KY | 41041 | (606) 845 - 4641

## THIS MONTH'S TOPIC: UNDERSTANDING THE COST OF CONVENIENCE

Our society moves at a fast pace. Most any purchase is available at the push of a button, making delayed gratification a concept of the past. The question is ... what does all this convenience really cost?

### SPENDING LEAKS

Benjamin Franklin is noted for saying, "Beware of little expenses. A small leak will sink a great ship." Spending leaks are small, seemingly innocent purchases that add up over time. These spending habits have the potential to drain our budgets if gone unchecked. Spending leaks can be part of our normal routines, which can make them difficult to spot.

Examples of common spending leaks include specialty coffees, takeout food, delivery services, impulse and "one-click" buys, digital downloads, streaming services, alcohol, or even hobbies. When we add up these costs, it can be surprising to see how much money we could save by making different choices.

### CONVENIENCE IS COSTLY

Examples of spending leaks common to many individuals and families are food and grocery



deliveries. Services like DoorDash, Uber Eats, GrubHub, Instacart, or even local pizza and grocery delivery, have become household staples. Using these "convenient" services significantly increases the final bill when you consider additional charges such as service and delivery fees and driver tips.

### OTHER COMMON LEAKS

Other common convenient spending leaks include unused auto-drafted memberships and subscriptions. For example, streaming or cable services. You could save \$150 to \$200 a year by cutting one rarely used streaming service with an average cost of \$15 a month. Or maybe you joined a gym but never go. If monthly membership is \$55, that's \$660 automatically deducted from your account each year.

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Lexington, KY 40506



## WHAT IS CONVENIENCE COSTING YOU?

Delivery Service	Base Cost for Order	Added Fees, Delivery Cost, & Driver Tip	Total Cost for Delivery	Total Cost for Convenience	Annual Cost for Convenience if Only Ordered Weekly
To-go meal dashed to your house	\$25.57	<i>Service Fee</i> \$ 2.56 <i>Delivery</i> \$ 5.99 <i>15% Tip</i> \$ 5.12	\$ 39.24	Extra \$13.67 (35% of bill)	\$ 710.84
Groceries instantly delivered	\$78.03	<i>Service Fee</i> \$ 3.90 <i>Delivery</i> \$ 8.49 <i>15% Tip</i> \$13.56	\$103.98	Extra \$25.95 (25% of bill)	\$1,349.40
Pizza store delivery for Friday night	\$37.79	<i>Delivery</i> \$ 4.99 <i>15% Tip</i> \$ 6.42	\$ 49.20	Extra \$11.41 (23% of bill)	\$ 593.32

Use the chart above to take a closer look at a few estimated costs of convenience and what you could save annually by choosing pickup versus delivery.

### PLUG SPENDING LEAKS

**Track purchases.** Keep a spending diary to become more mindful of your spending habits. Track every purchase regardless of size, including recurring bills, and note your method of payment (e.g., cash, debit card, credit card, app, online payment check). Look for possible “leaks” among frequent purchases.

**Examine receipts.** If deliveries are common in your household, use app or email receipts to review past orders. Then determine how much extra you paid in recent service and delivery charges. What could you have done with this money instead?

**Analyze auto-drafts.** List monthly and annual auto-drafts, then assess how frequently you use each service. Be wary of sneaky online subscriptions that “hide” in other accounts, such as through PayPal, Apple settings, or Amazon Prime. Or they may include “free” trials you forgot to cancel. Review monthly bank, credit card, and/or money transfer app statements to help you identify any unused auto-draft service, subscription, or membership that you should cancel.

**Say “No” to Easy Pay.** Disable one-click purchase options that save your financial information. Instead, enter your information at checkout. The less convenient it is for you to make an online purchase, the less likely you are to make impulse buys.

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FREE FOOD DEMONSTRATION  
AND TASTING



# COOKING THROUGH THE CALENDAR

With:

*Katie Fryman*

*Fleming County FCS Agent*



- January 16th 11:00am @ Hillsboro Christian Church
- January 18th 12:00pm @ Fleming County Extension Office

Recipe:  
**Winter Pork Stew**







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



## Baby Quilt Making Day

hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriner's Hospital.



Fleming County Extension Homemakers donated twenty (20) Baby Quilts to the Fleming County Sheriff Department on Wednesday, July 26, 2023.

# TUESDAY JANUARY 30, 2023

9:00AM-4:00PM

FLEMING COUNTY EXTENSION OFFICE  
1384 ELIZAVILLE RD, FLEMINGSBURG

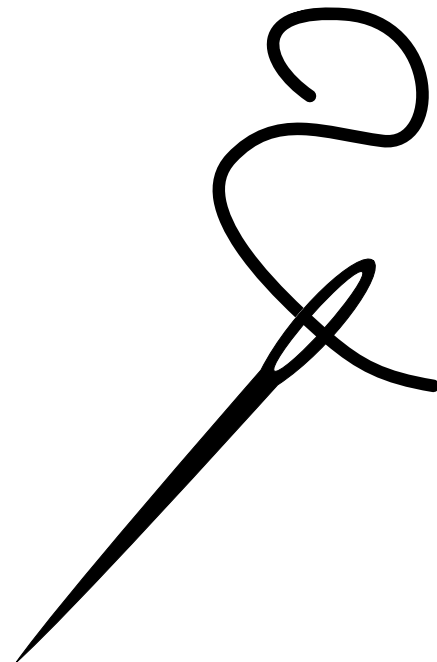
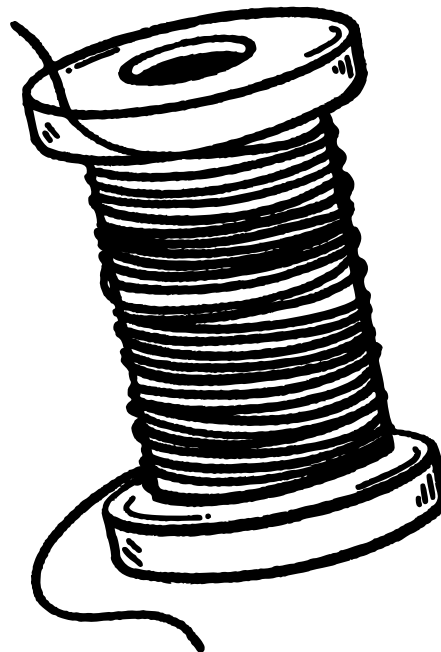
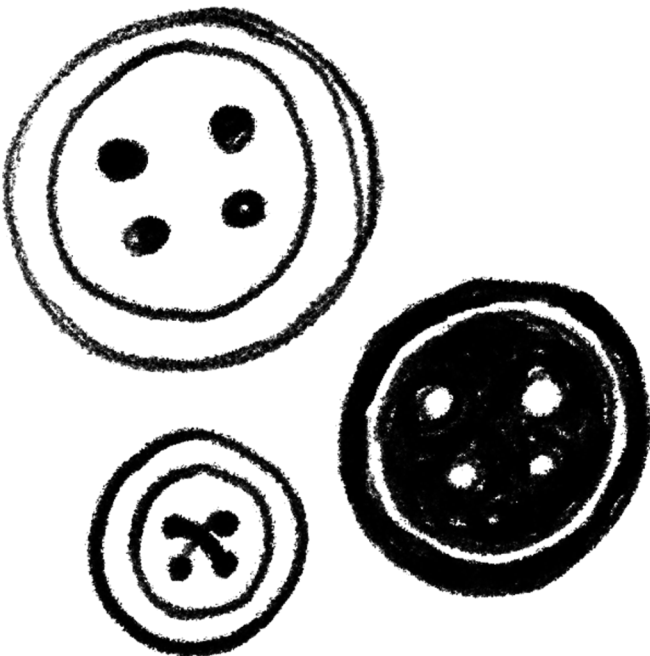


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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.





# FABRIC NEEDED

*The Fleming County Extension  
Homemakers are in need of fabric donations  
for their baby quilts project. Each quilt is  
made and donated to Shriners Hospital for  
Children.*

*At the 2023 October Baby Quilt Sewing Day,  
29 blankets were made for Shriners Hospital  
and 3 for the Fleming County Sheriff's  
Department*



**LEARN. LEAD. SERVE.**

*Best Wishes*

**Comfort Quilt**

*.... A hug stitched for hope.*

*This comfort quilt has been made  
especially for you by*

*The Fleming County  
Extension Homemakers.*

*For a Special Hug*

**DONATIONS CAN BE DROPPED OFF AT THE FLEMING COUNTY  
EXTENSION OFFICE DURING NORMAL BUSINESS HOURS  
1384 ELIZAVILLE ROAD, FLEMINGSBURG  
606-845-4641**

# LICKING RIVER AREA

## LEADERSHIP TRAINING DAY

Join us in Mason County for Leadership Lesson Training Day. This day is for any & all Homemakers. It is a fun (FREE) day of learning the lessons for the year, leadership training & fellowshiping with other Homemakers. Call your local Extension Office if you would like to attend. At least 1 member from each club is encouraged to attend.

### Lessons Include:

- ✓ Radon
- ✓ Savor the Flavor with Herbs
- ✓ Generational Differences



Tuesday Feb 6th (Snowdate Feb 27th)  
Beginning at 10:00 AM



Mason Co, Extension Office  
800 US HWY 68 Maysville, KY 41056

**Register at your local  
Extension Office!  
Please register by Feb  
1st!**

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## Fiesta Potatoes

<b>8</b> small to medium russet potatoes, peeled and diced	<b>1</b> medium onion, chopped	parsley, chopped
<b>1</b> green bell pepper, chopped	<b>1</b> cup Mexican blend cheese, shredded	<b>1 tablespoon</b> dried basil, crushed
<b>1</b> red bell pepper, chopped	<b>½ cup</b> margarine, melted	<b>¾ teaspoon</b> salt
	<b>½ cup</b> low-fat milk	<b>¼ teaspoon</b> black pepper
	<b>2 tablespoons</b> fresh	

**Preheat** oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>