

JUNE 2023

MAGOFFIN COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER

Upcoming Events

Beginners' Embroidery Class
June 14 & 28, 10:00 AM

Patchwork Playdates
June 13, 10:00 AM

Ivyton Hippie Chx
Outing to Berea-June 15

4-H Camp- June 20-23

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Summer is finally here and I am sure that everyone is busy planning vacations, mowing grass, gardening and enjoying the great outdoors. Our office is fully staffed now with the addition of the new 4-H agent, Stefaine Back. We are preparing for 4-H Camp in June and Extension Day Camp in July. You will find information about Day Camp in this newsletter. Our 4-H camp is full with more kids attending than we have had for quite some time. We hope that you will consider being a part of some of the programs offered in our office this summer. Have a great June!

Cathy Sparks, FCS Agent



Patchwork Playdates

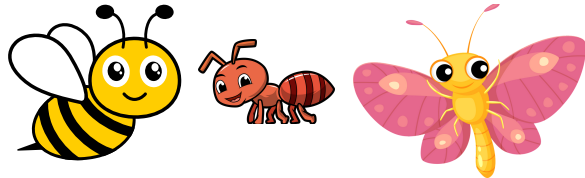
Theme: Insects

Tuesday, June 13, 2023

10 AM - Noon

Craft: Build-A-Bug

Snack- Tasty Edible Insects



Friendship Quilters
June 9 & 23- 10 AM

Sew What Quilters
Saturday, June 10
9:00 AM

3rd Annual Quiltin' in the Mountains



Shop Hop

Shops Participating:

Sew-N-Love Shoppe, Prestonsburg, KY

Gran Gran's Quilting Shoppe
Paintsville, KY

Quilters' Play House, Ulysses, KY

Bridgett's Quilting & Fabric Shoppe
Pikeville, KY

Appalachian Quilt & Craft, Pikeville, KY

The Pink Bobbin Quilting Shop
Pikeville, KY

Sun & Sky Summer Day Camp



July 5-K-2nd Grade
July 6th-3rd-6th Grade
July 7th-Pool & Picnic
in the Ramey Park

Call the office at 349-3216
to register your child to
attend.



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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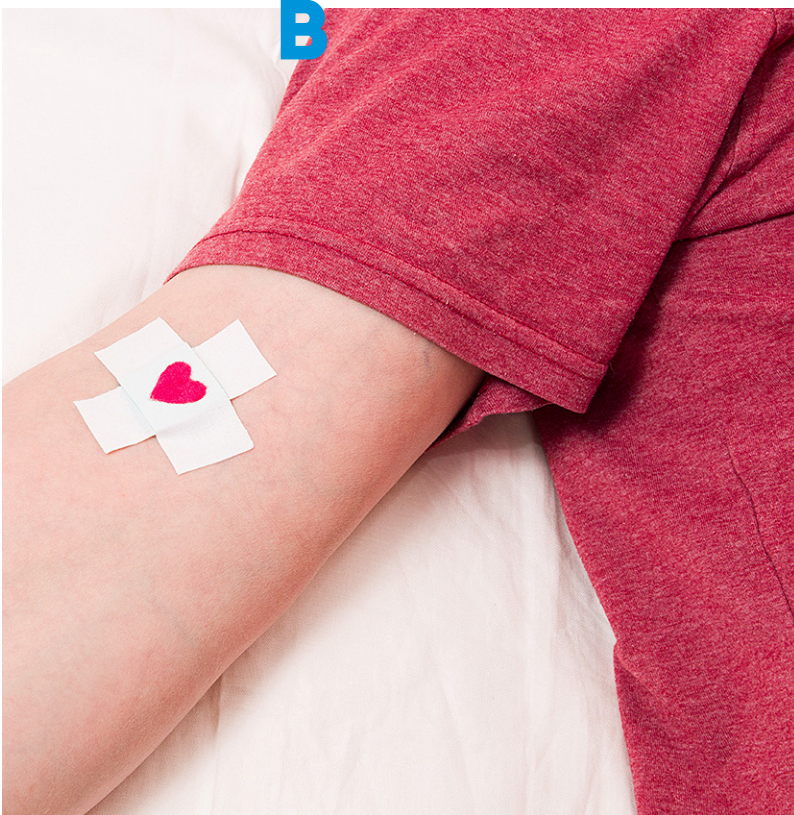
ADULT HEALTH BULLETIN



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



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!

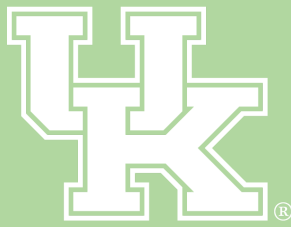
REFERENCE:

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

**ADULT
HEALTH BULLETIN**

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Stock images:
123RF.com





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

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 CROCHET CLUB 10-12 AM	8	9 FRIENDSHIP QUILTERS 10:00 AM	10 SEW WHAT QUILTERS 9:00 AM
11	12	13 PATCHWORK PLAYDATES 10AM-NOON	14 BEGINNERS' EMBROIDERY 10:00 AM	15 IVYTON HIPPIE CHX OUTING TO BEREA 9:00 AM	16	17
18	19 JUNETEENTH HOLIDAY - OFFICE CLOSED	20 	21 4-H CAMP	22 	23 FRIENDSHIP QUILTERS 10:00 AM	24
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Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
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 Community and Economic Development

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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

RETURN SERVICE REQUESTED



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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