



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# Warren County Extension

## HOMEMAKER HORIZONS

February/March 2023 (ob)



### Cooperative Extension Service

Warren County  
5162 Russellville Rd.  
Bowling Green KY 42101  
(270) 842-1681  
<http://warren.ca.uky.edu>

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Take a tour of

# Costa Rica

With the Warren County Homemakers

**March 7, 2024**

**Registration: 10:30 a.m.**

**11:00 a.m.**

**WCEO**

RSVP  
February 29th!  
270-842-1681



COINS  
FOR  
CHANGE

**Keynote Speaker: Magally Martin**

Hosted by: Wanda Payne, Warren County International Chairman

Sponsored by: Warren County Extension Homemakers

5162 Russellville Road Bowling Green - 270-842-1681

*Kristi Shive*

Kristi Shive  
Warren County Extension  
Agent for Family and  
Consumer Sciences

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### February is National Wise Health-Care Consumer Month

Americans spend more time researching car purchases and new appliances than they do choosing doctors and health plans, according to the American Institute for Preventive Medicine. February is National Wise Health-Care Consumer Month. There is no better time to take control of your health by becoming an informed health-care consumer. Use this month to make sure you understand your options, know how to communicate with your care providers, and can make educated decisions about your health.



Here are five tips to help you become a wiser health-care consumer:

- Choose your health-care provider: Take your time choosing the right health-care providers for you and your family. It is important to do the research, ask questions, and establish a primary care provider. Be sure to keep a list of your family's health-care providers and medications.
- Understand your coverage plan: Whether you get your medical insurance coverage through Medicare/Medicaid, your employer, or another source, make sure you understand your health-care plan and who is in your network. This will save you time and money in the future.
- Get annual screenings and checkups: The most common diseases are preventable. Do not ignore symptoms. Be sure to eat well, move your body, and keep up with your yearly checkups, screenings, and immunizations.
- Prepare for appointments: Before an appointment, write a list of questions you have for your health-care provider, and take it with you. Do not hesitate to clarify or ask questions if something is unclear to you. Similarly, bring a list of any medications you take and your dosage.
- Ask about generic medications: Generic medications can be more affordable and just as effective. Always consult your medical provider if a generic option is appropriate for you.

#### References

<https://www.westhealth.org/how-to-become-a-wise-healthcare-consumer/>

<https://www.cchwyo.org/news/2020/february/10-ways-you-can-be-a-wise-healthcare-consumer/>

Source: Natalie Jones, MPH, Family Health Extension Specialist

## Health Literacy: Asking Questions

Health Literacy is our ability to read, understand, and act on health information. An important part of the process of increasing our health literacy is communicating with our health-care team.

Sometimes it can be hard to understand what a member of your health-care team is saying, so it is important to ask questions. Below are some examples of questions that you can ask your health-care team. These examples might help you think of more specific questions based on your individual health needs.



### Questions to ask your doctor or pharmacist about a medication:

- What is the name and how do you spell the name of the medication?
- What is the cost and is there a generic or less expensive alternative?
- What exactly is the medication for?
- How long should I take the medication and when can I stop taking it?
- What are the side effects and when should I tell someone if I experience side effects?
- Should I stop taking other medications I am taking? For how long?

### Questions to ask about a diagnosis (when a provider looks at symptoms and identifies a condition):

- What is the name and how do you spell the name of my disease or condition?
- What is my prognosis (outlook for the future)?
- What are the treatment options?
- What are the risks and benefits of treatment options?
- What are the expected results and when will I see them?
- What is the expected cost?
- How soon should I decide and what happens if I choose no treatment at all?
- What do you recommend?

It's normal to feel uncomfortable asking questions. One tip that might help you feel more comfortable is to make the very FIRST question you ask: "Is it okay to ask questions?" That might help break the ice – for you and the medical professional.

*Source: University of Kentucky Cooperative Extension Service, Health Literacy for the Win*

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# Happy Birthday

Debbie Hayes	February 3	Jack & Jill
Betty Magers	February 5	Hays
Jo Jean Scott	February 5	Eastside
Peggy Gorrell	February 12	Jack & Jill
Carole Baum	February 14	Woodburn
Beverly Wells	February 15	MTL
Dorothy Hale	February 19	Woodburn
Irene Sheehan	February 26	Cross Country
Sheila McNary	February 27	Jack & Jill
Cathy Wallen	March 2	Oakview
Gail Balance	March 5	Oakland
Eileen Capps	March 5	Hays
Ernestine Grimes	March 5	Sandhill
Brenda Herrington	March 8	Oakland
Shirley Belcher	March 13	Stitchers
Dorene Thomas	March 17	Sandhill
Barbara Hayes	March 21	Jack & Jill
Judy Hatcher	March 29	Cross Country



## Reminder:

**Please be sure to turn  
in your club's  
lesson ballot  
asap!**



## Upcoming Dates

- February 29<sup>th</sup>  
**10:00 AM Leader Lesson**  
**"Time Well Spent"**
- March 7th  
**10:30/11:00 AM Homemaker International Day**  
**\*See front for details**
- March 28th  
**10:00 AM Leader Lesson**  
**"Green Cleaning"**
- April 18th  
**10:00 AM Warren County**  
**Homemaker Advisory Council**  
**WCEO**
- May 7-9  
**KEHA State Meeting at Sloan Convention Center in**  
**Bowling Green KY**

## FEBRUARY PROMISES



by Lenore Hetrick





# Blueberry French Toast Bake

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

## Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PRESERVING:** To freeze: Place blueberries, unwashed and completely dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

### KENTUCKY BLUEBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

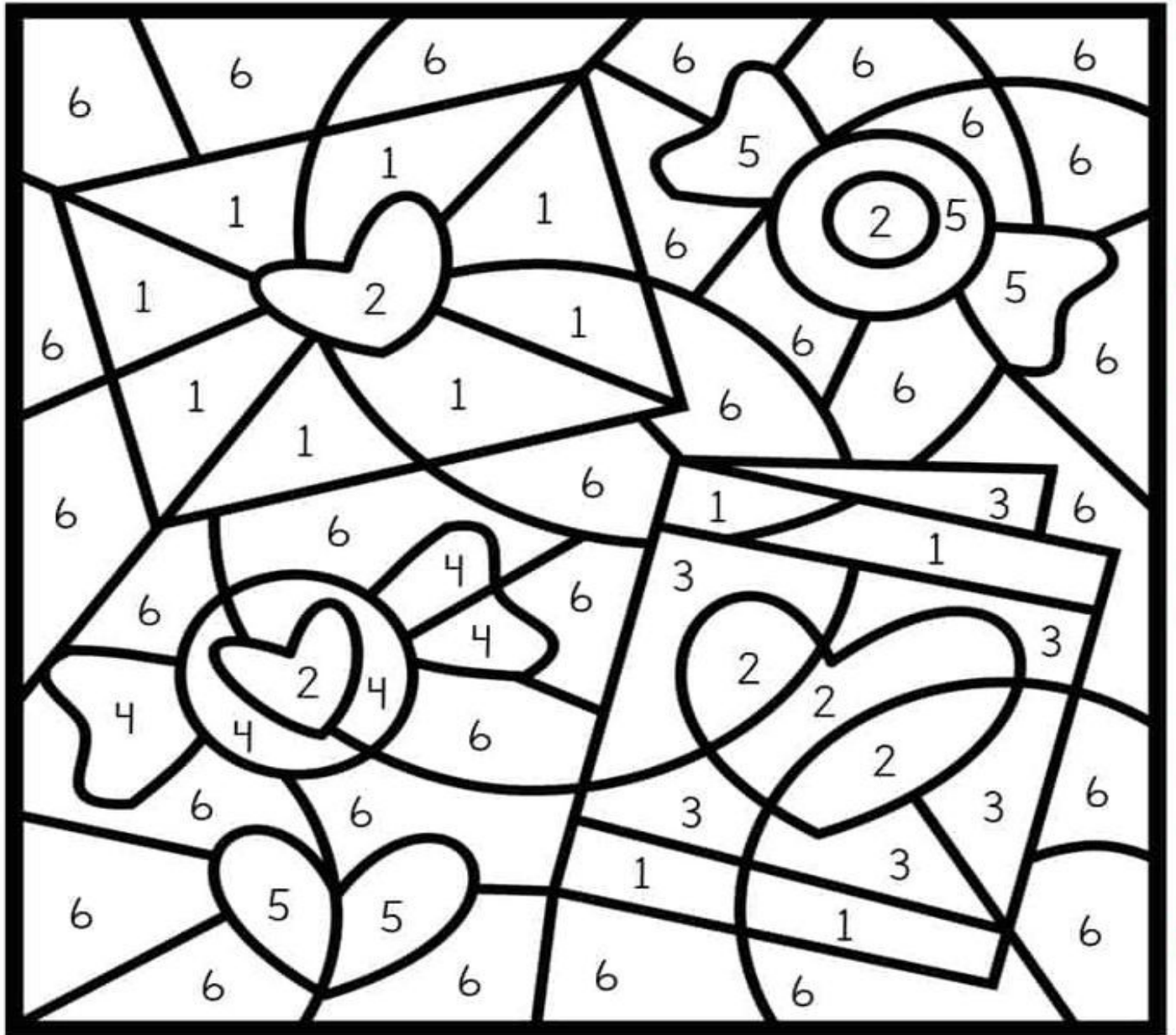
March 2015

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COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
**KENTUCKY**  
College of Agriculture,  
Food and Environment

# Valentine's Day Color by Number



1 - red  
2 - yellow

3 - pink  
4 - purple

5 - blue  
6 - green

## Join us for Farm & Home

with Kristi Shive & Joanna Coles



WBKO Channel 13-1  
Monday - Friday between  
5:15 a.m. - 5:30 a.m.



Be sure to like  
"Living Well in Warren County"  
on Facebook  
to keep with all the  
homemaker events!

# February 2024

Sun

Mon



Tue

Wed



Thu

Fri

Sat

				1		2	3
						Groundhog Day 	Stitchers 11am
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
	Sandhill 6pm	Cross Country 10am Briarwood 12pm Woodburn 10am	Valentine's Day 	Oakland 6pm			
18	19	20	21	22	23	24	
	Oakview 10:30am		Eastside 11:30am	Hays 10:30am	Jack & Jill 6pm		
25	26	27	28	29			
				HM Leader Lesson 10am			

# March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Stitchers 11am</i>
3	4	5	6	7 <i>HM International Day 10:30/11:00am</i>	8	9
10 <i>Time Change</i> 	11 <i>Sandhill 6pm</i>	12 <i>Cross Country 10am Briarwood 12pm Woodburn 10am</i>	13	14 <i>Oakland 6pm</i>	15	16
17 <i>St. Patrick's Day</i> 	18 <i>Oakview 10:30am</i>	19	20 <i>Eastside 11:30am</i>	21 <i>Hays 10:30am Jack &amp; Jill 6pm</i>	22	23
24	25	26	27	28 <i>HM Leader Lesson 10am</i>	29	30
31 <i>Easter</i> 