



November 2025

UK Cooperative Extension Service

Cooperative Extension Service

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

DATES

November 2

Fall Back an hour

November 6

Rooster Booster

sponsored by Extension Office -

Office will open late

November 8

World Diabetes Day

November 11

Veteran's Day

November 11

International Cooking Class

November 17

Tune into WBKR

November 27-28

Office closed for Thanksgiving holiday

December 15

Tune into WBKR

December 24-31

Office closed for holidays

January 1-2

Office closed for New Year

The Extension Office will be closed Thursday and Friday, November 27 and 28 for the Thanksgiving Holiday.



Inclement Weather Policy

If Daviess County Public Schools are cancelled due to inclement weather, there is the possibility that events and meetings at the Extension Office are also cancelled. We will post any cancellations on the Daviess County Cooperative Extension Service Facebook page. You may also call us at 270-685-8480 to check.

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Katie Alexander

**Daviess County Extension Agent
for Family & Consumer Sciences Education**

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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Disabilities
accommodated
with prior notification.

Thanks to Jenny Young from the Healthpark for teaching the classes on Pre-Diabetes.

If you have any questions about diabetes or upcoming classes, contact Jenny Young.



Interested in buying Rada cutlery, kitchen tools, pans, or even food mixers?

To see a catalog or place an order, contact a Homemaker or stop by the Daviess County Extension Office.

Orders and payment due by December 12.

Orders will arrive before Christmas.

RECIPE of the MONTH

Tune into WBKR at 8:10 a.m. on November 17 with Sharayha Clingenpeel to hear about the recipe of the month, Parmesan Carrot Chips.



Daviess County Homemakers are selling pecans again this year.

There will be a choice of halves or pieces for \$10 per bag, and chocolate-covered halves for \$12 per bag.

Pecans should be delivered in early November. To be sure you get some, please pre-order and pay. Contact any Homemaker or the Daviess County Extension Office.

Any pecans left over will be available for purchase.

Caring Around the Clock

By: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Caregiving is a tough job that can be around-the-clock for some and from-a-distance for others. While caregiving can bring joy, it can also be a source of distress. Therefore, it is important to remember and honor the caregivers who provide people who need it with medical and non-medical support. Caregivers help with mobility, personal care and hygiene, meal preparation, medication management, communication, pet care, transportation, housekeeping, organization, errands, financial assistance, and other daily tasks that contribute to quality of life, safety, and well-being. Don't forget that even children under the age of 18 serve as caregivers for an adult or relative. Find ways to celebrate the caregivers you know:

- Write a note or send a text of appreciation
- Invite them to coffee or lunch
- Deliver a meal
- Offer to help and/or give them a break
- Say "thank you"
- Bring them fresh flowers
- Nominate them for an award
- Listen to them
- Ask how their day is going and how they are doing
- Be a caregiver advocate by telling their story to local officials
- Encourage self-care and help them nurture themselves (gift certificate to a spa, wellness checkup, tickets for some respite time)



References

AARP. (2025). 6 Ways to Thank a Caregiver on National Caregivers Day. Retrieved 7/7/25 from <https://www.aarp.org/caregiving/basics/ways-to-celebrate-national-caregivers-day/?msocid=37d0d553ff2161b7213cc138fe266046>

Caringbridge.org. (2025). 11 Most Common Caregiver Duties. Retrieved 7/7/25 from <https://www.caringbridge.org/resources/caregiver-duties-responsibilities>

National Council on Aging. (2025). National Caregivers Month. Retrieved 7/7/25 from <https://www.ncoa.org/page/national-family-caregivers-month/>

Strike Back Against Diabetes!

at the



**Owensboro Health
Healthpark**



world diabetes day
Fun & Facts Expo

*Admission
is FREE!*

Resources for Children and Adults with Type 1 and Type 2 Diabetes

Thursday, November 6, 2025

Drop in Between 3:30-6 p.m.

Owensboro Health Healthpark
Entrance C

**Snacks,
Activities
and Prizes**

**FREE A1c
testing – while
supplies last!**

All Out Blue!

*Wear blue in support
of those with diabetes!*





QUILT SHOW

**SATURDAY
FEBRUARY 7TH, 2026
12- 5 PM**

**FREE QUILT ENTRY
\$5 ADMISSION**

(CHILDREN 12 AND UNDER FREE)

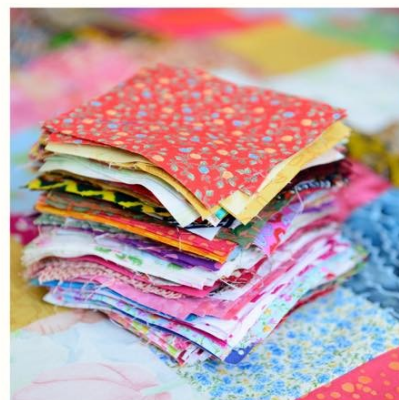
**2590 RICHMOND STREET
MOUNT VERNON, KY 40456**

**\$100
CASH
PRIZE**

Apply at:

<https://www.surveymonkey.com/r/GLPHS8H>

For more information call (606) 256-1000



HOMEMAKER HAPPENINGS



Lesson for the Month

Laughter is a Must - A Family and Individual Lesson

Roll Call

November is National Gratitude Month. What are you grateful for today?

Thought of the Month

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

FOYER DECORATIONS

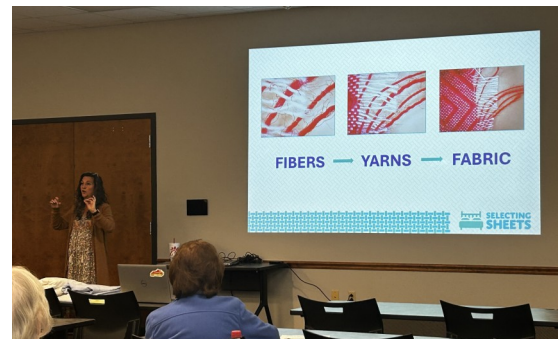
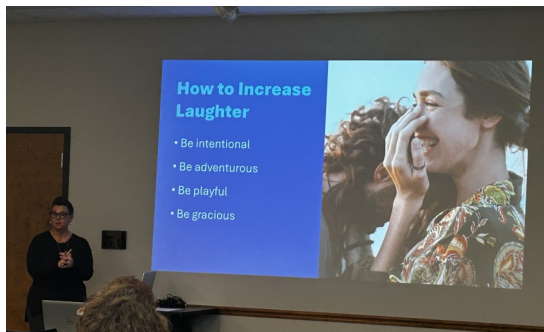
The foyer was decorated for KEHA week.



Trinity will decorate for November.

Lesson Leader Training

We had great time learning about November and January's lessons. We can't wait for your meetings to share about laughter in relationships and choosing sheets. The lesson trainings will also be posted on Youtube.



Blessing Boxes

Supporting blessing boxes is a state and county Homemaker goal. Please send the location and a picture of the box, or boxes, that you and/or your club supports to Katie at the Extension Office. Her email is katie.alexander@uky.edu. We will be putting this information together for a future meeting.