



**UK** Cooperative Extension Service

**Cooperative Extension Service**

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

# September 2025

## DATES

**September 1**

Labor Day-Office Closed

**September 8**

Registration deadline for  
Area Homemaker Annual Day

**September 10**

Basics of Sourdough

**September 16**

Green River Area Homemaker  
Annual Day - Union County

**September 20**

Lifesaver Walk at Moreland Park

**September 22**

Tune into WBKR

**October 7**

Prediabetes Class - "The Right Stuff"

**October 13-17**

Fall Break for Local Schools

**October 14**

Diabetes Essentials

**October 20**

Tune into WBKR

**October 25**

Halloween Farmers' Market

**October 28**

Homemaker Lesson Training

**October 31**

Happy Halloween!

## RECIPE of the MONTH

Tune into WBKR on September 22 to hear about the recipe of the month: Grits, Greens, and Egg Bowl, with our Nutrition Education

Program Assistant,  
Quincy Swanagan.

**WBKR**  
92.5 The Country Station!



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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.



*Save the Date!*

Owensboro Regional  
Suicide Prevention Coalition

18th  
Annual

*LifeSavers Walk*

**Saturday, Sept. 20th, 2025**  
**9am-12pm**  
**Moreland Park**

For any questions or more information about  
sponsorship levels, please email:  
[president@orspc.org](mailto:president@orspc.org)

## EXTENSION at the MARKET

Join the Daviess County  
Extension Office at the  
Owensboro Regional Farmers'  
market to try recipe samples  
using in-season produce that  
are budget friendly and  
nutrition focused.

Saturday, September 6  
Saturday, September 20  
Saturday, October 4



The Daviess County Cooperative Extension Office is  
sponsoring the Wits Workout Series at the Daviess County  
Public Library in September. For more information including  
dates, times, and how to sign up, visit their website.



<https://daviesscounty.librarycalendar.com/events/month>

## BASICS OF SOURDOUGH

Our August class was another success! The date for September's class has changed to  
Wednesday, September 10, from 5-7 p.m. There are a few spaces still available.



## September is Healthy Aging Month

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

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- **Move more, sit less.** Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.
- **Prioritize mental health.** Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.
- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer, get involved in your community or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.
- **Boost financial wellness.** With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.

It is also important to schedule annual check-ups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

### Reference

Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years/>



## INTERNATIONAL COOKING: POLAND

We had a great time learning about Poland, tasting, and making pierogis. Keep an eye on

upcoming newsletters  
for our next culinary  
travel adventure!

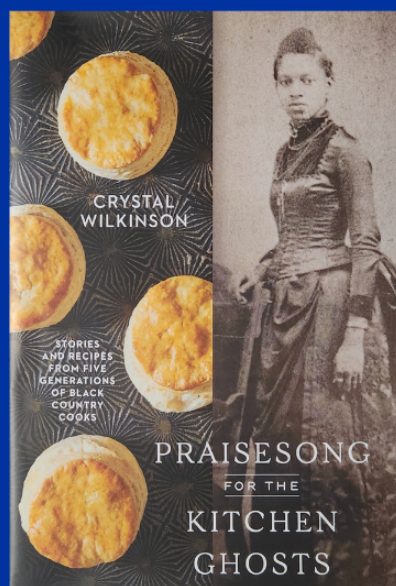


**BIG BLUE**  
**BOOK CLUB**

**SAVE  
THE DATE**

October 27  
November 3  
November 10  
November 17

@1:30 pm ET/12:30 pm CT  
via Zoom



Registration opens **September 2, 2025**. Visit the  
website, [ukfcs.net/BigBlueBookClub](http://ukfcs.net/BigBlueBookClub), to register.

## Staying Healthy in Crowded Spaces During Back-to-School, Fall Events

By: Monica Mundy, Extension Specialist for Community and Family Health

Fall means busy classrooms, school events, and festivals! With so many people in one place, germs can spread easily. Here's how to stay healthy:

- **Wash Your Hands Often** – Use soap and water for 20 seconds, or carry hand sanitizer if sinks aren't nearby.
- **Give People Space When Possible** – If an area is too crowded, step back or take breaks outside.
- **Avoid Touching Your Face** – Germs enter through your eyes, nose, and mouth. Keep hands away!
- **Stay Home If You Feel Sick** – Resting helps you recover faster and keeps others safe.
- **Wear a Mask in Tight Spaces** – If you're in a packed indoor space, a mask can help protect you.
- **Stay Hydrated and Eat Well** – A strong immune system helps fight off sickness.

By following these tips, you can enjoy school and fall events while staying healthy!

### Reference

Center for Disease Control- Tips to reduce the risk of seasonal flu [https://www.cdc.gov/flu/prevention/actions-prevent-flu.html?CDC\\_AAref\\_Va...](https://www.cdc.gov/flu/prevention/actions-prevent-flu.html?CDC_AAref_Va...)

World Health Organization (WHO) - Parenting in Crowded Homes and Communities [https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-covid-19-6-crowded.pdf?sfvrsn=f4c58095\\_2](https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-covid-19-6-crowded.pdf?sfvrsn=f4c58095_2)

American Academy of Pediatrics- Back-to-School Tips for Families [https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/back-to-school-tips.aspx\\_g1=1\\*1iyi0l7\\*\\_ga\\*MTMxNDQ0MzAxLjE3NDIyMjAyMDQ.\\*\\_ga\\_FD9D3XZVQ\\*MTc0MjIyMDIwNC4xLjAuMTc0MjIyMDIwNC4wLjAuMA..](https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/back-to-school-tips.aspx_g1=1*1iyi0l7*_ga*MTMxNDQ0MzAxLjE3NDIyMjAyMDQ.*_ga_FD9D3XZVQ*MTc0MjIyMDIwNC4xLjAuMTc0MjIyMDIwNC4wLjAuMA..)



# HOMEMAKER HAPPENINGS



## Lesson for the Month

The Big Freeze - A Food, Nutrition, and Health Lesson

## Roll Call

September is the beginning of Autumn. What is your favorite activity in the fall?

## Thought of the Month

"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider."

- Jane Hirshfield

## FOYER DECORATIONS

Trinity will decorate for September.

The Extension Office will decorate for 4-H and KEHA week in October.

## MARK YOUR CALENDARS

**Tuesday, September 23, 2025, at 12:30**

Homemaker Council at the Daviess County Extension Office

**Saturday, October 4 and**

**Sunday, October 5, 2025** - Homemakers will be selling pecans at Harvest Fest

**Saturday, February 28, 2026** The Ovarian Cancer Tea will be held at the Daviess County Extension Office

**June 16, 2026** Homemaker End of Year Party at the Lion's Club Fairgrounds

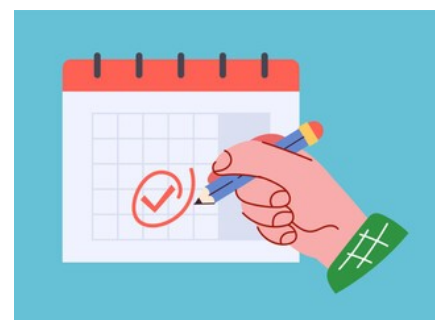
## AREA MEETING

*"Volunteers make a difference one piece at a time"*

The Green River Area Homemaker's Annual Day is **September 16, 2025**. It will be held at St Ann Parish Hall in Morganfield. Jason Koger will be the guest motivational speaker.

\$15 tickets are available at the Daviess County Extension Office. Registration deadline is September 8.

Doors open at 9 for Cultural Arts Exhibits. Greetings at 11, followed by lunch.







Owensboro Health  
Healthpark



# The Right Stuff ...

learn what it takes to  
prevent Type 2 diabetes!

Do you have prediabetes or have you been told you're at risk for developing diabetes? Would you like to reduce that risk and turn your health around?

Join The Right Stuff class to learn how healthy diet and activity principles can improve your health.

**Each class lasts one hour and is FREE!**

**UK** Cooperative  
Extension Service

**October 7**

**5:30 p.m.**

**4800A New Hartford Rd,  
Owensboro, KY 42303**

**Call 270-685-8480  
to register.**

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# TYPE 2 Diabetes *Essentials*



Cooperative  
Extension Service

**DAVISS COUNTY**

**If you have Type 2 diabetes and would like to learn about ways to manage it, this class is for you.**

This is a free, one-hour class. In the class, we will discuss the basics about diabetes and how to manage it. Diet, exercise, and ways to reduce complications will be included.

**Registration is required.**

**Please call 270-685-8480 to register or if you have any questions.**

**October 14  
5:30 p.m.**

**4800A New Hartford Rd,  
Owensboro, KY 42303**



**Owensboro Health  
Healthpark**



# ADULT HEALTH BULLETIN



**SEPTEMBER 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC

# LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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Disabilities  
accommodated  
with prior notification.



During QPR training,  
you'll learn how to see  
warning signs of suicide,  
how to start talking  
with someone who might  
be struggling, and how  
to connect them  
to life-saving help.

→ Continued from the previous page

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhc.org](https://kyqpr.ukhc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

**REFERENCES:**

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

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**Stock images:** Adobe Stock

