

# FAMILY & CONSUMER SCIENCES

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## Keep Moving



Hello! I am Chelsea Workman and I am the new Family and Consumer Sciences Agent for Pike County. I am so excited to start this journey and career as the FCS Agent. New to extension? Not completely, I interned at both the Pike County office in FCS and 4-H and the Fayette County office in FCS. My background also includes Family and Consumer Science with a Bachelor's Degree in Family Science from the University of Kentucky, Master's Degree in Social Work, and Clinical License in Social Work. I have been a Pike County resident for my entire life and I look forward to serving this amazing community. Please feel free to reach out with any program or activity ideas you may have. I am looking forward to meeting and getting to know everyone!

Best Wishes,

Chelsea Workman  
County Extension Agent  
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Education

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# Important Dates:

- **June 19th- Office Closed- Juneteenth Holiday**
- **June 26th- Office Closed- District Training**
- **July 1- Homemaker Program of Work Reports due**
- **July 4th- Office Closed- Holiday**





# 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC:

# BECOME A BLOOD DONOR



**B**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>

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**ADULT  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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## 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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# Sweet and Savory Cucumber Salad

<b>2</b> medium cucumbers	<b>1 teaspoon</b> minced garlic	<b>1 teaspoon</b> white wine vinegar
<b>2 tablespoons</b> coarse kosher salt	<b>20</b> seedless grapes	Sodium-free seasoning blend, to taste
<b>¼ cup</b> slivered, blanched almonds	<b>1 cup</b> fresh blueberries	
	<b>2 tablespoons</b> olive oil	

**Preheat** oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

**Add** blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press** dry. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:** 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.

## Kentucky Cucumbers

**SEASON:** June to September

**NUTRITION FACTS:**

Cucumbers are naturally high in water. A ½ cup serving contains only 7 calories.

**SELECTION:** Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have, black spines on the surface.

**STORAGE:** Store unwashed

cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

**PREPARATION:** Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.

**PRESERVING:** Follow recipe instructions. Four pounds of cucumbers yield 5-6 pints of pickles.

**KENTUCKY CUCUMBERS**

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**June 2016**

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

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



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