

Cooperative Extension Service

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Building Strong Families in Martin County

April 2017



Go Green as You Clean

As warmer temperatures move into the forecast, spring cleaning may make its way to the top of your to-do list. This year why not go green as you clean? Here are few simple tips to incorporate into your cleaning routine.

- Save money by making your own "green" cleaning products using common household items, such as vinegar, baking soda, and lemon juice. For example, to clean and shine glass, mix 1/4 cup of ammonia, 2 tablespoons of vinegar, and 1 cup of water. For additional information on how to make your own "green" cleaners, contact your county Family and Consumer Sciences Agent.
- As you reorganize and declutter areas such as closets and drawers, collect items such as clothes, toys, and books that you no longer want. Donate these to a local charity such as Goodwill and receive a tax deduction.
- Host a swap party with family, friends, and neighbors. Ask guests to bring gently used items they no longer want, such as accessories, purses, book, toys, or even clothing if guests wear the same size. At the event, trade items you brought with items your friends brought. Walk away with a like- new purse, necklace, or pair of jeans.
- Use items such as torn clothes or old sheets and towels that cannot be donated as rags for cleaning.

Written by: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues
Resources: http://www.extension.org/pages/Make_Economical_Healthy_



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Sincerely,
Sarah Sumpter

Sarah Sumpter,
Family &
Consumer
Sciences Agent



<http://www.Facebook.com/MartinCountyCooperativeExtension>

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Kentucky
College of Agriculture,
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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



MONEY WISE

VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE



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APRIL 2017

THIS MONTH'S TOPIC: VEHICLE INSURANCE

Most states require vehicle insurance in order to operate a motor vehicle on public roads. However, car insurance is not one-size-fits-all. It is important to understand different types of coverage, the minimum requirements for your state, and the ins and outs of an auto insurance policy to ensure that you are getting the best value for your dollar.

What is Vehicle Insurance? Vehicle insurance is essentially a safety net. It protects drivers against financial loss in the event of an auto related accident, theft, or injury. Although paying a monthly premium may sometimes seem like wasted dollars, car insurance can save you from financial disaster in the event that an accident occurs.

Types of Coverage. Typically, insurance companies offer a number of options which vary by coverage type and price. Most of these packages will provide some combination of the following coverage types: Collision insurance, liability insurance, comprehensive insurance, personal injury protection, uninsured and underinsured motorist protection, and gap insurance.

- **Collision Insurance:** This type of coverage pays for damages incurred to your vehicle as of a car accident. Collision will pay for either the repairs to your vehicle or, in the event that your vehicle is totaled (the damages incurred exceed the value of the car), then the insurance company will pay the value of your vehicle. In either case, the damages will be covered once you have paid your out-of-pocket deductible.
- **Liability Insurance:** If someone or something is damaged in an accident and it is deemed to be your fault, liability insurance will cover the



How much money a person has, their race or celebrity are never used to determine recipients.

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Myth 2: If I am at a hospital and the healthcare team sees that I am a donor, they will not try to save my life.

Fact: When a person is admitted to the hospital, the healthcare team's priority is to take care of the person and save their life if needed. Donation of organs is not part of the conversation until all other lifesaving methods have been used.

Myth 3: People who have a lot of money or are famous get to the top of the waiting list faster than anyone else.

Fact: There is a national computer system that works to match up donors and recipients. The match comes from comparing the donor and medical information of the receiver of the organs. Blood type and time spent waiting, and geographic location all come under consideration as well. How much money a person has, their race or celebrity are never used to determine recipients.

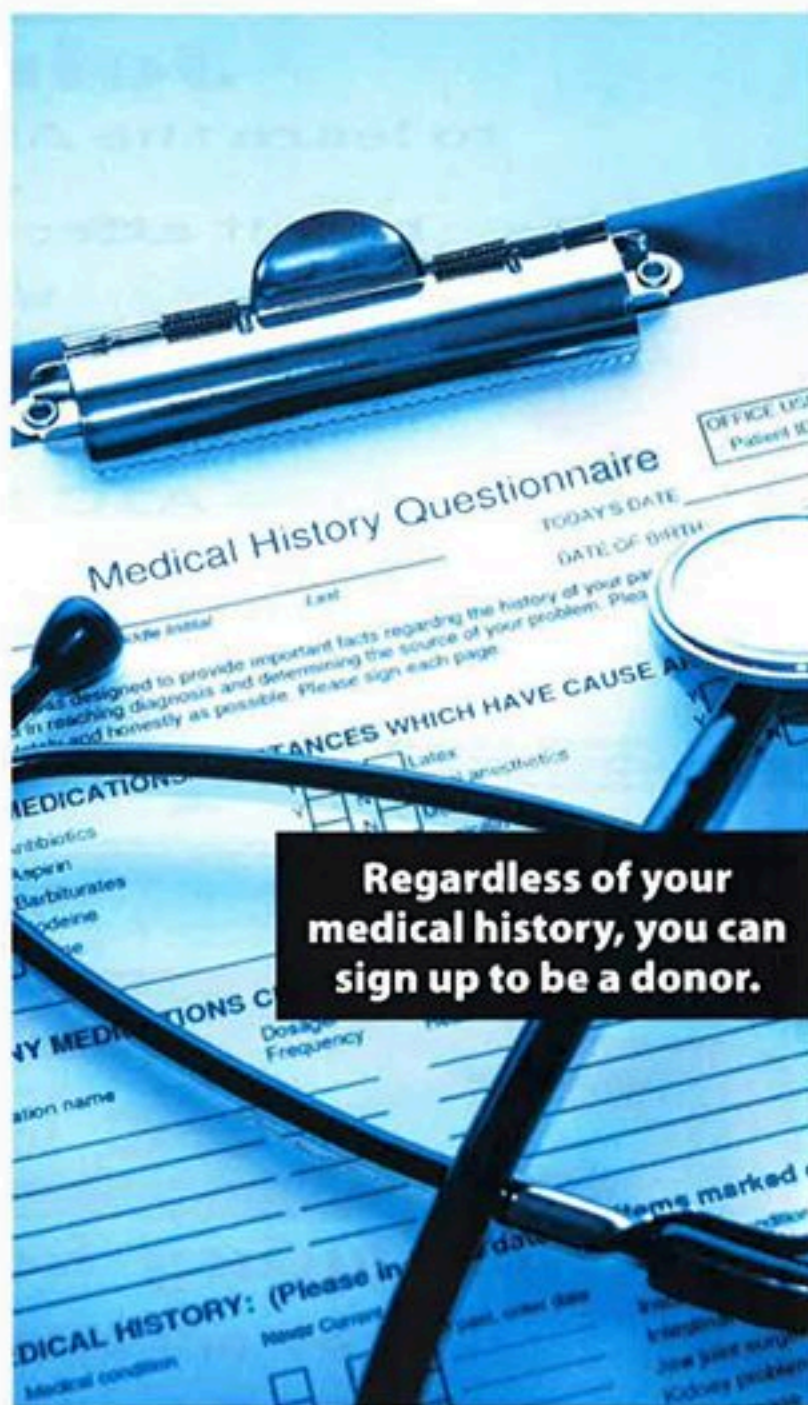
Donating organs can be a big decision, but could save many lives. Don't let myths about donation stop you from being an organ donor.

Myth 4: There are people out there who could take my organs and sell them.

Fact: In the United States, there are federal laws that ban the buying and selling of organs. If a person or company is doing that, they can be fined or given prison sentences.

Myth 5: If I donate organs, my family cannot have an open casket at the funeral.

Fact: When organs are donated a body is treated with care throughout the process. In most cases an open casket funeral is possible for those who donate organs, tissues and even eyes.



Regardless of your medical history, you can sign up to be a donor.

Donating organs can be a big decision, but could save many lives. Don't let myths about donation stop you from being an organ donor.

SOURCE:

U.S. Government Information on Organ Donation and Transplantation
organdonor.gov

ADULT
HEALTH BULLETIN

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com





ADULT

HEALTH BULLETIN



APRIL 2017

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:

ORGAN DONATION: DID YOU KNOW?



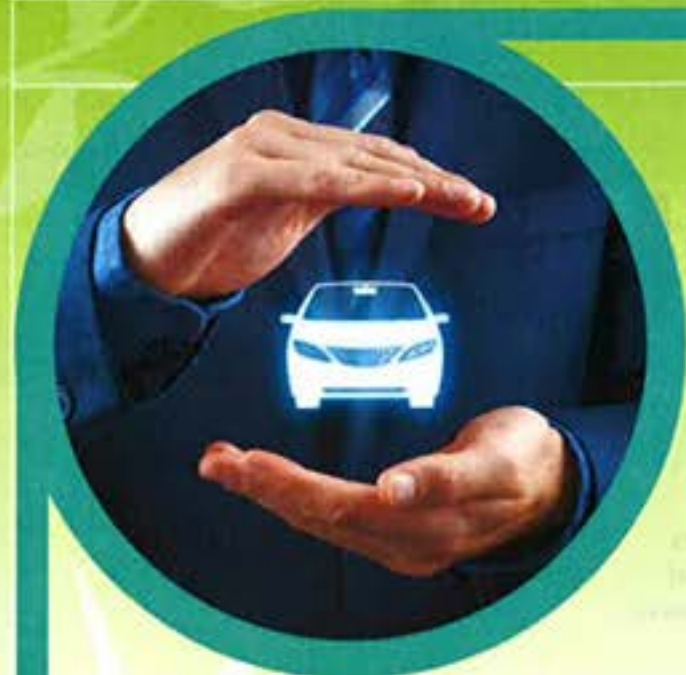
There are many myths about organ donation. These myths may result in someone not wanting to be a donor. Learn a little more about common myths, and whether there is any truth to them.

Myth 1: If I have a chronic medical condition, I cannot be a donor.

Fact: Regardless of your medical history, you can sign up to be a donor. There are actually a few conditions in which a donation would not be possible. These include HIV infection, active cancer or infection that affected the whole body. If a person is listed as a donor, the transplant team will determine if a donation is possible at the time of the donor's death.

Continued on the back





damages. This can include property damage (such as a fencepost or mailbox) as well as medical bills resulting from the accident.

- **Comprehensive Insurance:** This type of insurance covers miscellaneous damages that your vehicle may incur. Depending upon your insurance company, this may include things like hail damage or having your car stolen.
- **Personal Injury Protection:** Medical bills associated with an auto accident can be devastating. Regardless of who is at fault, personal injury protection will cover the costs of your medical expenses and your passengers as well.
- **Uninsured/Underinsured Motorist Protection:** Although the law requires vehicle insurance in the state of Kentucky, not all drivers will be compliant. If an uninsured motorist hits you on the road, you will want this kind of coverage. This policy will cover the cost of your damages incurred by an uninsured driver, including medical bills.
- **Gap Insurance:** Gap insurance may be a smart investment for drivers who still owe a substantial amount of money on their car. Gap insurance will cover the total cost of a vehicle if it is totaled in an accident. As a rule of thumb, gap insurance is a good policy if you owe more on a vehicle than you can reasonably sell it for today.

Minimum Requirements in Kentucky

Most forms of auto policies are optional in the state of Kentucky, including: Collision insurance, comprehensive insurance, uninsured motorist protection, and gap insurance. However, liability insurance is required for bodily injury and property damage. In fact, the state requires motorists to carry minimum coverage for bodily injury liability per person, total bodily injury per accident, and property damage at 25/50/10 policy limits. But what does that mean?

This is where vehicle insurance can begin to get complicated. Basically, these numbers refer to the policy limits for different damages resulting from an accident that you caused. The first number, 25 in this example, refers to \$25,000 coverage for an individual injury in an accident you caused. The middle number, 50, refers to \$50,000 coverage for the total number of persons injured in an accident you caused. And finally, the last number, 10, refers to \$10,000 coverage for property damage you caused. Although state law requires 25/50/10 coverage limits, these are considered a minimum. You will want to review your personal situation, you may considering increasing the policy limits to provide you with additional coverage in case of an accident.

It is a good practice to review all of your insurance policies at least once per year to ensure your coverage and policy limits still meet your needs.

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Strawberry Salsa

1 tablespoon olive oil

2 tablespoons white vinegar or white balsamic vinegar

½ teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped

2 cups chopped cherry or grape tomatoes

½ cup chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE



TAKING OWNERSHIP OF YOUR DIABETES

Join us...

to learn the ABCs of Diabetes
&
how it affects your heart!



When:

Tuesday, April 4 at 5:00 p.m.
Tuesday, April 11 at 5:00 p.m.
Tuesday, April 18 at 5:00 p.m.

Free A1C Screenings!

Registration is a MUST!

HEALTHY MEAL INCLUDED



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4-H Youth Development
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LEXINGTON, KY 40546



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Gardening in Small Spaces

\$5 per person, each class

Floyd Co Extension • May 16 at 10 AM

3490 KY Route 321, Prestonsburg
Call (606)886-2668 to Register by May 12

Boyd Co Extension • May 17 at 10 AM

Franks Building, Boyd County Fairground
Call (606)739-5184 to Register by May 12

Make a
Planter
to Take Home!

Sample
KY Proud
Recipes!



Laura G. G.

Andrea S. Johnson
County Extension Agents for

Jan Cowling
County Extension Agent

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Save the Date!

2017 KEHA State Meeting

May 1-4, 2017



Mapping
Our future

OWENSBORO
MAY 1-4, 2017

- ◆ Hear Tim Farmer of KET's Tim Farmer's Country Kitchen at the Opening Banquet.
- ◆ Enjoy a performance by the KEHA Choir.
- ◆ Attend a variety of learning and training sessions.
- ◆ Visit with friends and network with KEHA members from across the state.
- ◆ Participate in the Quilt Square Showcase.
- ◆ Enjoy tours & hands-on sessions.
- ◆ Explore Owensboro.
- ◆ Learn, laugh and have fun!

Registration details will be included in the
KEHA State Newsletter in February 2017!

One day and full registration options will be available.

Lodging reservation info posted at www.keha.org.

Martin County
9 Holy Street
Inez, KY 41224

RETURN SERVICE REQUESTED



*Building Strong Families
in Martin County*

