

Breckinridge County FCS Newsletter



MARCH 2023



Older Adults: Disaster Preparedness

Tornadoes, floods, wildfires, and hurricanes - these natural disasters reinforce the fury for which Mother Nature is capable. And they serve as reminders to how especially dangerous natural disasters can be for older adults. Some older adults may have experience and wisdom when it comes to mother nature. But they are also more vulnerable during a disaster, especially if they have chronic illness, medication or medical equipment needs, mobility issues, functional limitation, or dementia. Some older adults may have social and economic constraints that interfere with their ability to prepare or evacuate. They may even have more trouble hearing, accessing, or understanding information and/or recommendations about safety and evacuation. So they refuse or feel reluctant to leave their home and their possessions behind. Time has proven, however, that the danger in lack of planning and/or ignoring evacuation recommendations is deadly.

According to the CDC, "If an emergency does occur, being prepared can save valuable time and possibly lives." Therefore, it is important for family, friends, and community members to develop a plan should a natural disaster occur. The Federal Emergency Management Agency (FEMA) reports, "Being prepared can reduce fear, anxiety, and losses that accompany disasters."

For those living in long-term care facilities, the hope is that operating generators and professional caregivers will look out for the residents' best interest. Families should always ask about a facility's disaster plan. The CDC recommends asking the following questions:

- "What emergency plans are in place?"
- "Are sufficient supplies and generators available?"
- "When will an evacuation occur?"
- "Do you practice your emergency response plan?"
- "How and by whom will we be notified if our loved one has to be evacuated?"



The CDC encourages older adults living at home to plan for emergencies. They remind older adults that it may take time for responders to organize and reach disaster victims. Therefore, stocking basic supplies, such as, nonperishable food, water, medicine, flashlights, batteries, radio, and a first aid kit is important. The CDC recommends creating an emergency plan that includes a checklist of items to bring with you, such as, medications, glasses, hearing aids, assistive technology, mobility and medical equipment, and back up batteries. It is important to create a means for transporting items necessary


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Older Adults: Disaster Preparedness (continued from front page)

for survival. Make copies of prescriptions, emergency contacts, health-care providers, mobility and medical equipment including style and serial numbers. Keep copies of these lists with you in a waterproof container, as well as, in another location — such as, a family member's home. Make advanced plans to take a pet with you or make arrangements with a vet or shelter. According to the CDC, many emergency shelters do not allow people to have their pets because of health, safety, and noise concerns. Make arrangements for where you might go if you need to leave your house — a family member, friend, shelter, hotel, etc. Some shelters provide access to medical care. If you have medical needs, do not wait to make arrangements with these shelters in advance of the disaster if possible.

It is also important to know your risks and how to prepare depending on where you live. If you live in Kentucky for example, the state is susceptible to ice, flash floods, and tornadoes. Media and government agencies do their best to warn residents of certain kinds of disasters and emergencies. Specifically, the US Administration on Aging recommends:

- *Communicate. Develop an emergency communication plan within your family, friends, and/or neighbors. Choose a key person(s) to whom intended whereabouts and well-being are to be reported during the disaster.*
 - *Charge cellphones and get backup batteries.*
 - *Notify your contact if you leave your home.*
 - *Stay Educated. Get a battery-powered or hand-crank radio.*
 - *Evacuate early rather than later. It is better to get ahead of rain, flooded roads, debris, etc., than to drive in it.*
 - *Name a Meeting Place. In some cases, communication will be cut off, therefore it can be helpful to have a familiar and convenient meeting spot. Recognize that circumstances can change this spot.*
 - *Stock up. "Be ready with a supply of personal, health, and home supplies, including a two-week supply of prescription medications, enough nonperishable food and water to last three (3) days, first-aid supplies (including hand sanitizer, face masks, gloves, soap), candles and matches, flashlights, a waterproof container for essential documents, and items needed by older adults and persons with disabilities."*
 - *Prepare a to-go kit ready for a quick departure. "Kits should include a flashlight, extra batteries, a battery-operated radio, a first-aid kit, contact lenses or eyeglasses, medications, copies of prescriptions, photo identification, copies of essential documents (birth certificate, marriage certificate, Social Security card, and Medicare, Medicaid and other insurance cards, emergency contact information, name of medical power of attorney), and a small amount of cash (a maximum of \$50)."*
 - *Wear an identification band with your name, list of allergies, and an emergency contact name and number.*
 - *Get a whistle to signal for help.*
- 
- An illustration of an emergency kit. A central white circle with a dashed border contains the words "EMERGENCY KIT" in bold black letters. Surrounding this circle are various colorful icons representing emergency supplies: a flashlight, a first aid kit, a red backpack, a water bottle, a map, a compass, a whistle, a candle, a box of tissues, a roll of paper towels, a bag of snacks, a can of soup, a box of instant noodles, a box of crackers, a box of cereal, a box of pasta, a box of rice, a box of beans, a box of lentils, a box of quinoa, a box of oats, a box of granola, a box of fruit, a box of vegetables, a box of meat, a box of fish, a box of eggs, a box of milk, a box of juice, a box of coffee, a box of tea, a box of sugar, a box of salt, a box of pepper, a box of oil, a box of vinegar, a box of soy sauce, a box of ketchup, a box of mustard, a box of mayonnaise, a box of butter, a box of margarine, a box of shortening, a box of lard, a box of tallow, a box of suet, a box of fat, a box of skin, a box of bone, a box of marrow, a box of blood, a box of hair, a box of nails, a box of teeth, a box of eyes, a box of ears, a box of nose, a box of mouth, a box of throat, a box of lungs, a box of heart, a box of stomach, a box of intestines, a box of bladder, a box of rectum, a box of anus, a box of vagina, a box of penis, a box of testicles, a box of ovaries, a box of uterus, a box of cervix, a box of fallopian tubes, a box of uterus, a box of cervix, a box of fallopian tubes, a box of uterus, a box of cervix, a box of fallopian tubes.



After a disaster, older adults and their families can turn to aging services for help. In Kentucky this may include the Department for Aging and Independent Living, Area Agencies on Aging, local senior centers, and the Cooperative Extension Service.

References:

Bensen, W. F. CDC Healthy Aging Program. (nd). CDC's Disaster Planning Goal: Protect Older Adults. Retrieved https://www.cdc.gov/aging/pdf/disaster_planning_goal.pdf

Bensen, W. F. CDC Healthy Aging Program. (nd). Disaster Planning Tips for Older Adults and their Families. Retrieved https://www.cdc.gov/aging/pdf/disaster_planning_tips.pdf#:~:text=To%20keep%20planning%20from%20seeming%20overwhelming%2C%20experts%20recommend,to%20seal%20out%20toxins%20from%20a%20chemical%20attack.

CDC Emergency Preparedness for Older Adults. <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>. This information has been specifically created to help older adults know what they should do in a disaster strike.

The Department of Homeland Security's Ready.gov site offers a specific list of emergency resources, including items that should be in a basic emergency kit. <https://www.ready.gov/kit>

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

Build Your Emergency Savings

One of the most important things you can do to protect your family's finances is to be proactive. This means planning for unexpected life events that can affect your money. Consider the 5 Ds: downturn, disaster, disease, divorce, and death. Building an emergency savings fund can help your family afford the costs that come with unexpected life events.

Ideally, an emergency savings fund will have between three- and six-months' worth of living expenses. Living expenses include critical needs, such as, housing, food, monthly utility bills, and other necessities, such as, medicine and health-care costs. You can leave out noncritical expenses. These expenses are ones not crucial to your livelihood, such as, entertainment, vacations, and nonessential shopping. While three- to six-months of living expenses is ideal, any amount of money is helpful if an unexpected life event occurs.

Because emergencies often come with little warning, you want to be prepared. It is best to begin saving before an emergency arises. Your emergency savings fund should be a separate account from your regular savings because it is strictly for emergencies. The money in this account should be "liquid," meaning you should be able to access it easily. If an emergency occurs, you want to be able to retrieve your money quickly without a penalty for withdrawal. Consider keeping your emergency savings in a high-yield savings account that will earn interest. Be sure to choose an account with no monthly fees, minimum balance, or deposit requirements.

Source: Nichole Huff, Ph.D., Assistant Extension Professor, Family

When Disaster Strikes, Consider the Disaster

When officials declare a disaster to be a federal emergency, states can request to operate the Disaster Supplemental Nutrition Assistance Program (D-SNAP) in the disaster area. Once approved at the federal level, this program gives one month of food assistance to individuals and families who were affected by the disaster. They must also meet certain criteria. You may not qualify for SNAP outside of a disaster, but certain circumstances can make you eligible for D-SNAP because of substantial disaster-related expenses such as:



- Home or business repairs
- Temporary shelter expenses
- Evacuation or relocation expenses
- Personal injury
- Loss of income because of the disaster
- Certain scenarios where you have food loss after flooding or power outages

If you receive D-SNAP benefits, you will get an Electronic Benefits Transfer (EBT) card. You can use it just like a debit card at local, authorized stores to buy certain food. Often, state agencies and organizations will tell you about D-SNAP through the press and local media outlets after a disaster. If you already receive SNAP benefits, you can also ask for more benefits through the D-SNAP program. If you receive benefits less than the monthly maximum or you can show you suffered losses during the disaster, you might qualify.

For more information, contact your local SNAP office location. To find your local SNAP office, visit: https://kynect.ky.gov/benefits/s/find-dcbs-office?language=en_US.

Resource: <https://www.disasterassistance.gov/get-assistance/forms-of-assistance/5769>

Source: Heather Norman-Burgdolf, PhD, Extension Specialist for Nutrition and Health



Homemaker Happenings

Roll Call & Thought for February

Roll Call: March is Women's History Month. Name a woman from history you admire.

Thought for the Day: "A woman is like a tea bag; you never know how strong it is until it's in hot water."~~Eleanor Roosevelt

February Club Meetings

Feb. 20	Cloverport, 1 p.m. (ct), Cloverport City Hall
TBA	Countryside, 5:30 p.m. (ct)
Feb. 21	Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building
Feb. 21	Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church
Feb. 24	Flower Rangers, Breckinridge County Public Library, Hardinsburg
Feb. 28	Sunshine Sisters, 11 a.m. (ct), Extension Community Building

March Club Meetings

Mar. 20	Cloverport, 1 p.m. (ct), Cloverport City Hall
Mar. 20	Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building
Mar. 21	Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church
Mar. 27	Countryside, 5:30 p.m. (ct)
Mar. 28	Sunshine Sisters, 11 a.m. (ct), Extension Community Building
Mar. 31	Flower Rangers, Breckinridge County Public Library, Hardinsburg

March Homemaker Lesson Training

The March Lesson,
"Generational Differences"
will be presented by Dayna Fentress on
Wednesday, March 1 at 1:30 p.m. (ct)
in the Extension Office Basement.

April Homemaker Lesson Training

The April Lesson, "Move Your Way Exercise
for Everyone" will be presented
by Natalie Taul on
Tuesday, March 28 at 1:30 p.m. (ct)
in the Extension Office Basement.

Homemaker Council Meeting

The Breckinridge County Homemaker Council will
meet Thursday, March 9
10 a.m. (c.t)
Extension Community Building.

Items on the agenda will include spring fundraiser,
annual meeting, state meeting and a special LTA
day trip.

All club presidents and chairman are encouraged
to attend this important meeting to discuss year
end business and events.

Pathways to Wellness

Health begins
where we
live, work, learn,

 College of Agriculture,
Food and Environment

*Family and Consumer
Sciences Extension*

Join Us!

When: Tuesday, Feb. 28th

@ 12:00 Noon—1 pm CT

(Lite lunch will be served)

Where: Basement of the Extension Office

1377 Hwy 261 S., Hardinsburg, KY 40143

Info: (270)756-2182

Join us for a conversation about the effects family, friends,
and social networks have on our health.

**Registration requested
but not required.**



Quilting & the Elements of Art LTA Homemaker Bus Tour

**Join Homemakers from across the area on a bus tour to the
National Quilt Museum in Paducah, KY.**

Price will include transportation, brunch on the way and supper at Patti's Settlement on the way back. Three pick up locations will be available: Bardstown, Elizabethtown & Caneyville.

Booking soon!

Tentative Date and Cost:

May 22, 2023

Estimated cost depending on group size:

\$130—\$180



Thank You!



All Council members enjoyed delicious refreshments, received a handmade Valentine card and got to take home daffodil bulbs to celebrate spring!



We want to thank each club and member who donated food items and gifts for the Lincoln Trail Area Council Meeting on February 7th.

Homemakers from all (8) eight counties enjoyed the wonderful hospitality.

We also want to congratulate Jean Aull for being elected as the 2nd Vice President for the Lincoln Trail Area.



New Spring Bazaar

The Homemaker Fundraising Committee would like to invite local artisan and vendors to set-up at the new **Homemaker Spring Bazaar.**

Saturday, May 13th.

A 10 foot booth space with one (1) table is available for \$25. Contact the Breckinridge County Extension Office at 270-756-2182 for more details.



2023 Recipe Calendars Available

Stop in at the
Extension Office to
pick up
your FREE copy.





E x t e n s i o n H o m e m a k e r s

Spring Bazaar



Saturday, May 13, 2023
9 a.m. CT - 2 p.m. CT

***Shop local arts and crafts vendors for
spring holiday gifts and decor.***



Free Admission

Breckinridge County Extension
Community Building & Farmers Market
1377 S. Hwy 261, Hardinsburg, KY 40143

*Proceeds to benefit
local high school
scholarships!*



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

March 14, 2023

FREE DIABETES SUPPORT GROUP

Breckinridge County Extension Community Building

No Registration Required!

1:30 —3 p.m. CT

- * **Relaxed Group Setting**
- * **Recipe Sampling**
- * **Nutrition Information**
- * **Door Prize!**



Bring a friend or family member, everyone welcome!

Call 270-756-0711 or 270-756-2182 for more information.



College of Agriculture,
Food and Environment
Cooperative Extension Service

So You Want to... Make Sausage!



Virtual Office Hours/Q&A On
March, 9th. 12:00-1:00 PM ET.

Registration for this event can
be found on the MarketReady
website. Click [here](#).



Please join us on March 9th for a virtual office hour discussing sausage! The University of Kentucky's Food Systems Innovation Center is hosting a virtual Q&A session over sausage production and processing in Kentucky. We want to hear from you, the producer, on any questions or comments you may have. Hosted by Dr. Gregg Rentfrow!

March, 9th 2023
12:00-1:00 PM (ET)
Virtual



Homebased Microprocessing Workshop



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For more information & to register:
ukfcs.net/HBM

or call

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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University of Kentucky
College of Agriculture,
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Cooperative Extension Service

ADULT HEALTH BULLETIN



MARCH 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:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Keep medications in a secured area out of the reach of children.

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would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like "Caution," "Warning," "Danger," or "Poison." If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com

