

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Practice moderation when drinking alcohol

BY DR. ALEX ELSWICK

Extension Specialist for Substance Use Prevention and Recovery

Right now, the public is focused on the opioid epidemic. We tend to hear less about alcohol and its impact. Alcohol continues to affect more people than opioids each year. According to a nationwide survey, 70% of drinking-age adults drank alcohol last year, and 27% engaged in binge drinking in the last month. All that drinking leads to 88,000 alcohol-related deaths (considerably more than opioids) and almost 10,000 alcohol-impaired driving deaths each year. Alcohol abuse also leads to unemployment, lost productivity, physical and mental health problems, and an increased risk for domestic violence.

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Engaging 4-H volunteers during the pandemic

BY DR. KEN CULP, III

Principal Specialist, Volunteerism

During the COVID-19 Pandemic, 4-H Youth Development Professionals and volunteers across the Commonwealth have found innovative ways to deliver 4-H programs, supplement classroom learning, and engage new audiences.

Agents, volunteers, and members have posted videos on their Facebook pages as important learning components. Other volunteer leaders have relied on Facebook groups, email, and Zoom meetings to stay connected with 4-H'ers. Whatever method is used, it's important to keep members engaged in the 4-H program without adding stress to parents. Here is how we've been doing that.

- **Facebook groups.** Clubs use their Facebook group to schedule virtual talks and demonstrations. 4-H'ers ask their parents to record their talk or demonstration, then post the video to their club's group page.
- **Zoom.** Clubs use Zoom for virtual meetings where members volunteer to give talks or demonstrations. Members make motions and hold discussions.
- **Guest speakers.** Guest speakers share information during virtual club meetings,



which can be recorded and posted on the club's Facebook page or on YouTube to be viewed again.

- **Judging team practices.** Livestock, horse, dairy, meats, and poultry judging teams continue to meet using Zoom. 4-H'ers are able to practice on their own using YouTube classes. Zach Bartenslager is developing and posting weekly classes for livestock judging and oral reasons.

You can also schedule community challenges, a virtual 4-H Tour, a Zoom scavenger hunt, individual service projects, or porch projects.

Regardless of how it's done, it's important that volunteer leaders continue to connect with the members of their 4-H club and work on 4-H projects. We may not be sure what the county fair will look like, but 4-H projects will be completed and judged.

Special thanks to Holly Spangler, editor of Prairie Farmer magazine and the April 29, 2020, issue.

OTHER RESOURCES

Full article:

https://extension.ca.uky.edu/sites/extension.ca.uky.edu/files/engaging_4-h_volunteers_during_covid-19.pdf



Trimming expenses when income is tight

BY KELLY MAY

Senior Extension Associate for Family Finance and Resource Management

Every household has expenses. What expenses you have and how much you spend on them will vary. Some expenses are fixed, or don't change from month to month. Other expenses are flexible, or change based on how much you use it.

When income is tight, ask yourself which expenses are most important to your family's health and happiness. Make a list, and those things that don't make the top are options to cut back. Even among necessary expenses, there may be ways to save. You might turn down the thermostat or conserve water. You could cut back on restaurants or use meal planning to make economical food choices.

One area where costs can vary widely is communications. Your cellular phone package can cost more if you have multiple lines or unlimited services. Look at your

services to determine whether you need all of them. Even with a contract, it never hurts to ask if your service can be modified.

Another area where costs vary is entertainment. You might subscribe to cable, satellite, or streaming services — or a combination. Keep track of how much you use each service. Also, look at what channels or brands are included with each as there may be some overlap. A different combination may provide the channels you like at a lower price.

Pay bills on time to avoid fees and finance charges. In difficult times, it's tempting to use credit cards more or take out a loan. But try to limit credit use as it is not a solution, but simply delays when you pay, and adds interest. If you have a loan, you may be able to defer payments — basically, taking a break from paying. This can help, but interest may still be building, so it could cost you more later.

OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/trimming-expenses-when-income-is-tight.pdf>

Managing financial stress

(article, English version):

<https://fcs-hes.ca.uky.edu/files/managing-financial-stress.pdf>

Managing financial stress

(article, Spanish version):

https://fcs-hes.ca.uky.edu/files/managing_financial_stress_spanishversion.pdf

Coronavirus: Responding to the stock market (article):

<https://fcs-hes.ca.uky.edu/files/coronavirus-responding-to-the-stock-market.pdf>

Save money and relax by rediscovering hobbies (article):

<https://fcs-hes.ca.uky.edu/files/rediscovering-hobbies.pdf>

What's happening with your finances during COVID-19 (article):

<https://fcs-hes.ca.uky.edu/files/covid-money-resources.pdf>

Financial considerations in uncertain times (video):

<https://youtu.be/aMgSUHo8XZg>

Related item (article):

https://fcs-hes.ca.uky.edu/files/wdymg_-_spending_saving_worksheet.pdf

Related item (article):

<http://www2.ca.uky.edu/agcomm/pubs/fcs5/fcs5446/fcs5446.pdf>

**Drink in moderation: 1 drink per day for females; 2 drinks per day for males.
FYI: A drink is 12 oz. of beer, 5 oz. of wine, or a shot (1.5 oz.) of spirits or liquor.**

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Practice moderation when drinking alcohol

Given the effects and frequency of alcohol misuse, it is helpful to remember safe alcohol consumption practices.

- **Be of age:** The earlier a person takes their first drink, the higher their likelihood of having problems with alcohol later in life.
- **Drink in moderation:** 1 drink per day for females; 2 drinks per day for males. FYI: A drink is 12 oz. of beer, 5 oz. of wine, or a shot (1.5 oz.) of spirits or liquor.
- Don't drink on an empty stomach.

- Alternate nonalcoholic drinks to slow your intake.
- Know your limit.
- Plan ahead.

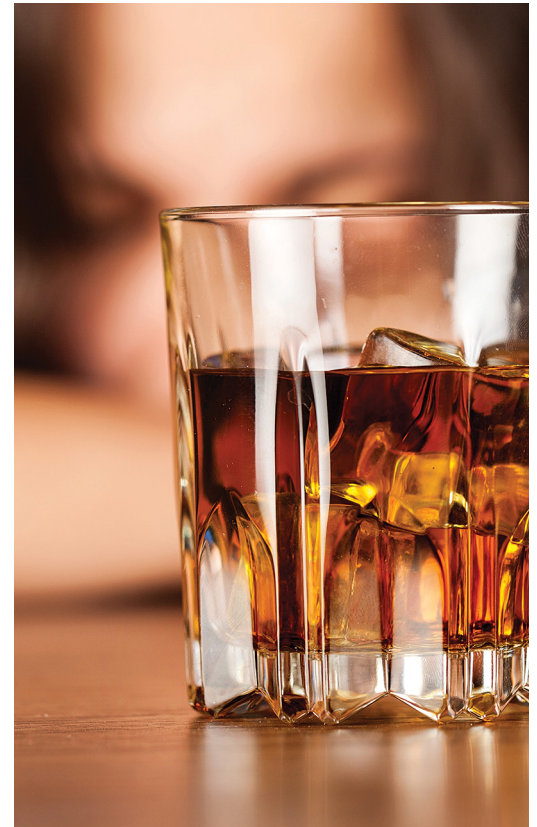
OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/safe-alcohol-consumption.pdf>

Everybody is Recovering from Something (video):

<https://youtu.be/E9g4yगतgto>



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COOPERATIVE EXTENSION SERVICE.**

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**FOR MORE INFORMATION, EMAIL US:
ukfcsext@uky.edu**

EDITING by Alyssa Simms
DESIGN by Rusty Manseau

- **Alison Davis, Ph.D.**
Director, Community and Economic Development Initiative of Kentucky
- **Jennifer Hunter, Ph.D.**
Assistant Extension Director, Family and Consumer Sciences
- **Mark Mains, Ph.D.**
Assistant Extension Director, 4-H Youth Development
- **Craig Wood, Ph.D.**
Interim Assistant Extension Director, Agriculture and Natural Resources