

FALL 2024

HENRY COUNTY

FAMILY & CONSUMER SCIENCES

Fall Fun in
Central Kentucky

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WEEK
ACTIVITIES
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A NOTE FROM THE AGENT

WELCOME TO OUR Quarterly Newsletter

Krista Perry- Agent for
Family and Consumer
Sciences



Krista M Perry

How is the Summer already coming to an end? My girls have started back to school, the days are getting shorter, and the leaves are beginning to change colors. With summer coming to an end, fall activities will begin, festivals, hayrides, pumpkin picking, mums and more! While I enjoy Summer a lot, I look forward to the cool crisp days of wearing hoodies and jeans, watching football with my family & friends and having campfires.

Be sure to join one of the programs this fall and visit our Homemakers at their Holiday Bazaar in November!



County Annual Meeting

This year, our Homemaker Annual meeting was themed, “Through the Years.” The Town & Country Homemaker Club chose vintage paper dolls as the table decor for the meeting; Homemaker photo albums from as early as the 1940's were shared for viewing and our speaker of the evening, Mrs. Sandra Smith who is a third generation Homemaker shared fascinating information from Homemaker secretary books she was gifted by the Historical Society. The secretary books dated back to the first Smithfield Homemaker Club meeting in the 1939 until they concluded in the late 1950's. She also shared vintage homemaker dollies, washcloths, aprons, and more that were made during Homemaker clubs in the early years.

The current officers were recognized and sincerely thanked for their service, as they rotated off from their positions:

President, Terry Heffley

Vice President, Kathy Schwandner

Treasurer, Irene Smith

The new Homemaker officers slated into office were from left to right,

President: Kathy Schwandner

Vice President: Cindy Moore

Treasurer: Angie Baxter

Summer Wrap-up 2024



Summer Youth Nutrition Programs

Teaching youth all things cooking, exercising and being healthy is fun; especially when it is hands-on! This Summer, I had the opportunity to teach participants of Mrs. Davis's Summer School Academy about MyPlate, portion sizes, eating healthy, and keeping our bodies moving. One program, the participants were given their own “snackle” box. They filled the boxes with various foods to cover the five areas of myplate: fruits, vegetables, grains, protein, and dairy. They were encouraged to use the snackle boxes when they visited the park, went to the pool, at the ballpark and more! During another program, participants made their own pizzas using english muffins and a variety of toppings and prepared their own fruit smoothie! Then the participants got their bodies moving by learning the game of disc golf!

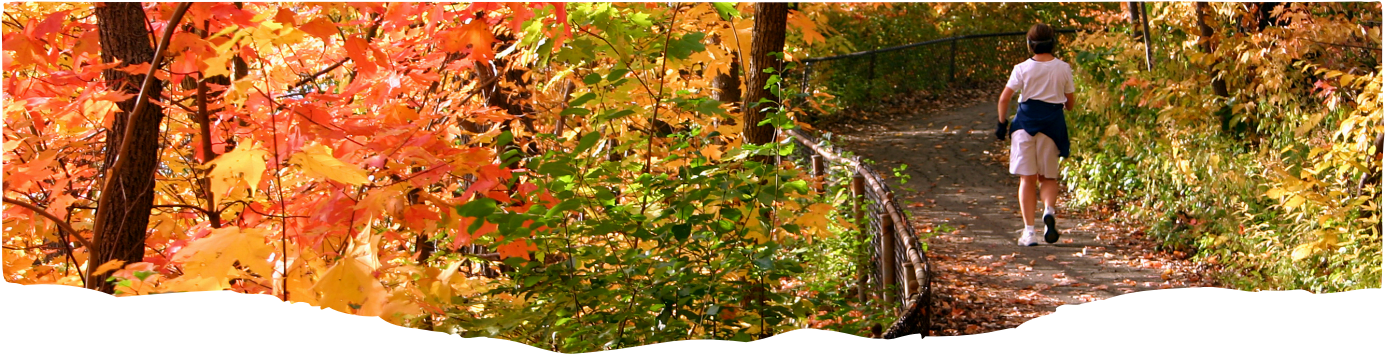


The Kids Health Fair at the Renaissance Fair was another fun opportunity for families and youth to pick up recipe cards to try at home, sample a fruited coleslaw and even receive a free voucher to spend with Farmers Market vendors! Any chance to teach youth about eating healthy, teaching them to cook or moving their bodies is always fun!

Exhibit Showcase

What another great year for our Exhibit Showcase! This is our second year combining our Exhibit Showcase with the Harvest Showcase event and what a great change. The quantity, quality, and variety of exhibits being entered continues to increase and the number of patrons coming to view the exhibits is greater, too. Next year, mark your calendar for July 24 to showcase your exhibits! The list of categories and classes will be released in the Spring/Summer newsletter.





FALL FUN IN CENTRAL KENTUCKY

As autumn paints Central Kentucky with vibrant hues of red, orange, and gold, it's the perfect time for seniors to enjoy a variety of engaging activities. The cooler weather and picturesque landscapes make this season ideal for leisurely pursuits and community gatherings. Here are some enjoyable fall activities specifically tailored for senior adults in Central Kentucky.

1. **Scenic Garden Walks**

Central Kentucky boasts several beautiful gardens and parks that are especially stunning in the fall. The Arboretum in Lexington offers serene walking trails lined with colorful fall foliage. Similarly, the Yew Dell Botanical Gardens in Crestwood provides a peaceful setting for a leisurely stroll amidst autumn's splendor.

2. **Historic Tours**

Exploring the rich history of Central Kentucky can be both educational and enjoyable. The Mary Todd Lincoln House in Lexington offers guided tours that delve into the life of the First Lady with a seasonal twist. Additionally, Shaker Village of Pleasant Hill hosts fall-themed tours and demonstrations that bring the area's historical heritage to life.

3. **Craft and Art Classes**

Engage your creative side with fall-themed craft and art classes. The John Black Community Center in Oldham County offers a

variety of workshops where you can put your creativity to work. These classes are a fun way to express your creativity and meet new people.

4. **Participate in Guided Tours**

Consider joining a guided tour to explore the beauty and history of Central Kentucky without the hassle of planning. Many organizations offer bus tours of scenic spots, historical sites, and local attractions. These tours are often designed with comfort and accessibility in mind, making them ideal for seniors.

5. **Join a Book Club or Discussion Group**

Fall is a wonderful time to cozy up with a good book. Many libraries and community centers host book clubs and discussion groups. Join a local group to discuss autumn-themed literature or simply enjoy engaging conversations with fellow readers.

FCS ANNOUNCEMENTS & ACTIVITIES




BIG BLUE BOOK CLUB presents **SNACK CLUB**

register @ ukfcs.net/BBBCsnack

Cooperative Extension Service Family and Consumer Sciences

Podcasts and videos released every Thursday and Monday in September beginning September 5th.

 ukfcs.net/TalkingFACS

 ukfcs.net/FACSLearningChannel


BIG BLUE BOOK CLUB presents **SNACK CLUB**

Cooperative Extension Service Family and Consumer Sciences

DANIEL BOONE

THE FIRST KENTUCKIAN 1734-1820


KY HUMANITIES CHAUTAUQUA



WHEN:
SEPT 26TH
1:30PM

WHERE:
TWIN OAKS
ASSISTED
LIVING

SPONSORED BY
HENRY COUNTY
FAMILY & CONSUMER
SCIENCES

 Henry County Extension Office
College of Agriculture, Food and Environment

For information on how to become a homemaker, please call Krista at 845-2811

Daniel Boone is the quintessential Kentuckian, having blazed the trails that would become the map of Kentucky through courage, love of the newfound region, and his cunning facility with the land and its native peoples.

Born November 2, 1734, Boone quickly demonstrated a preference for the outdoors and established himself as an accomplished hunter and explorer. In 1767, he first visited Kentucky and found this new territory as beautiful as it was dangerous, as it was hotly contested by native populations and the ever-advancing British colonists.

Boone was an intrepid adventurer and natural leader whose exploits justify his larger-than-life reputation. In 1784, John Filson published *The Discovery, Settlement And Present State of Kentucke*. This influential book chronicled the adventures of Boone and established him not only as an important settler and explorer of Kentucky and the west, but as an American legend.

Walk with your Extension Agent



Krista will be walking the trails in Eminence & at the John Logan Brent Park in New Castle this Summer! Let's get motivated and moving together! See the dates and locations below to join her!

Tuesday, Sept 17	Eminence Walking Trail
Tuesday, Sept 24	John Logan Brent Community Park in New Castle
Tuesday, Oct 1	Eminence Walking Trail
Tuesday, Oct 15	John Logan Brent Community Park in New Castle
Tuesday, Oct 24	Eminence Walking Trail

Eminence Walking Trail: Meet at the Coach D Park.
John Logan Brent Community Park in New Castle: Meet at the pavilion.
Rain will cancel the walk



 Henry County Extension Office
College of Agriculture, Food and Environment

CHARCUTERIE BOARD FUN!

LEARN HOW TO CREATE YOUR OWN THEMED CHARCUTERIE BOARD.
TUESDAY: OCTOBER 22 6:00-7:30PM AT THE EXTENSION OFFICE.
\$10 REGISTRATION FEE AND SIGN UP IS REQUIRED AS SPOTS ARE LIMITED : SHARE A THEME FOR YOUR BOARD WHEN YOU CALL TO REGISTER.

Each participant will receive a locally hand crafted Charcuterie board

A woman with long brown hair, wearing a strapless floral dress, is shown in profile, looking down with a distressed expression. Her hands are raised to her face. The background is a dramatic scene of a storm hitting a red wooden house in a rural setting. Debris is flying through the air, and a large, dark storm cloud looms over the house. The overall mood is one of fear and uncertainty.

IN THE FACE OF DISASTER, ARE YOU PREPARED?

ARE YOU READY FOR WHEN A NATURAL
DISASTER MAY HIT OUR AREA? COME LEARN
HOW TO PREPARE AND RESPOND TO ALL TYPES
OF DISASTERS

**TUESDAY, OCTOBER 1: 6:00-8:00PM AT
THE HENRY COUNTY EXTENSION OFFICE**

PARTICIPANTS WILL ALSO BE PREPARING THEIR
OWN DISASTER KIT! REGISTRATION IS REQUIRED,
PLEASE CALL (502) 845-2811.

ADULT

HEALTH BULLETIN



SEPTEMBER 2024

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

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Fall 2024

Homemaker
Hub



Just for You

SLOW COOKER BEAN SOUP



This may be the easiest soup to make in the universe. Simply put the ingredients in a slow cooker in the morning and come home to a hot dinner. Serve with crusty bread or Kentucky Sweet Potato Bread.

Ingredients:

- 9 cups no salt added chicken broth
- 1 package (16 to 20 ounces) dried beans (2¼ cups), sorted and rinsed
- 4 medium carrots, chopped (2 cups)
- 3 medium celery stalks, chopped (1½ cups)
- 1 large onion, chopped (1 cup)
- 2 tablespoons tomato paste
- ½ teaspoon salt
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon garlic powder
- ½ teaspoon ground pepper
- 1 (15 ounce) can diced tomatoes, undrained

Directions:

1. In 5-to 6- quart slow cooker, mix all ingredients except the tomatoes.
2. Cover and cook on low heat 8-10 hours.
3. Stir in tomatoes and increase heat setting to high. Cook 15 minutes or until hot.

Nutrition Facts Per Serving: 170 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 20 mg cholesterol; 290 mg sodium; 27 g total carbohydrate; 4 g dietary fiber; 4 g sugars; 12 g protein; 70% Daily Value of vitamin A; 15% Daily Value of vitamin C; 6% Daily Value of calcium; 15% Daily Value of iron

RECOMMENDED BOOK LIST

FAMILY & CONSUMER SCIENCES

The Allergy-Friendly Cookbook: Simple Recipes for the Whole Family by Elizabeth Pecoraro (2023)

The Art of Beautiful Tables: A treasury of inspiration and ideas for anyone who loves gracious entertaining by Melissa Lester (2023)

HISTORY

Anne Boleyn & Elizabeth I: The Mother and Daughter Who Forever Changed British History by Tracy Borman (2023)

American Childhood: A Photographic History by Todd Brewster (2023)

Cold Sun: The Search for World War II Airmen Lost in a Tibetan Glacier by William H. Jordan and Mac Thornberry (2023)



Holiday Bazaar
November 9th
9am-3pm

SUPPORT YOUR LOCAL CRAFTSMAN THIS HOLIDAY SEASON. LUNCH SERVED BY WILDER'S CORNER



Homemaker Soup Swap



Bring a pot of your favorite soup with the recipe! Try as many soups as you like and take home new recipes!



FRIDAY, JANUARY 22ND
11:30AM-1PM @ THE
EXTENSION OFFICE



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



KENTUCKY EXTENSION HOMEMAKER ASSOCIATION WEEK OCTOBER 13-19TH

COME JOIN US AS WE CELEBRATE

Tuesday, October 15th from 5-7pm
Pie Social, Quilt dedication & fabric
pumpkin decoration craft

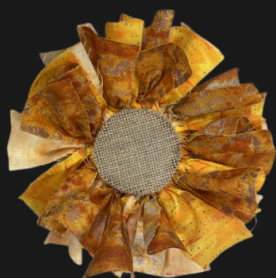


VISIT SHAKER VILLAGE

THURSDAY, OCTOBER 17TH
\$10 REGISTRATION FEE
LUNCH AND TOUR INCLUDED

LIGHT WALKING ON TOUR ACCOMMODATIONS AVAILABLE IF NEEDED
MUST BE A HOMEMAKER AND RSVP 845-2811

A KEHA Homemaker Week Event



Create your own

CANNING LID

Wednesday, Oct 16
2:30pm

SUNFLOWER

A KEHA HOMEMAKER WEEK EVENT



20
24

Photography Contest

Join the contest now!

Capture the Spirit of Fall!
Share your fall experiences
and all the joys of the
season in our Fall Photo
Contest! Don't miss this
opportunity to freeze-frame
your fall fun! Submit your
entries now through Dec
6th! Please submit entries
to kmbrow8@uky.edu

Entries could be utilized in our calendar fundraiser and subject to light touchups

For information on
how to become a
homemaker, please
call Krista at 845-
2811

2024

September

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day Extension Office Closed	3 Country Ladies HM Meeting	4	5	6	7
8	9 Open Sew Day: 10AM-4PM	10 Leader Lesson Seminar	11 Jericho Homemakers Meeting	12 Town & Country HM Meeting	13	14
15	16	17 Walk with Agent in Eminence	18 Book Club, 1:30PM	19 Quilt Group Meeting: 10AM-4PM	20	21
22	23	24 Walk with Agent in NC	25	26 Daniel Boone Chautauqua 1:30pm	27	28
29	30					

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	Country Ladies HM Meeting	1 Walk with Agent in Eminence Disaster Preparedness 6-8pm	2	3	4	5
6	7 Open Sew Day: 10AM-4PM	8	9 Jericho Homemakers Meeting	10 Town & Country HM Meeting	11	12
13	14	15 Walk with Agent in NC KEHA Week Pie Social 5-7pm	16 Book Club, 1:30PM KEHA Week Sunflower canning lid 2:30pm	17 KEHA Week Trip to Shaker Village Quilt Group Meeting: 10AM-4PM	18	19
20	21	22 Charcuterie Class 6-7:30pm	23	24 Walk with Agent in Eminence	25	26
27	28	29	30	31		

November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Open Sew Day: 10AM-4PM	5 Country Ladies HM Meeting	6	7	8	9 Holiday Bazaar 9-3pm
10	11	12	13 Jericho Homemakers Meeting	14 Town & Country HM Meeting	15	16
17	18	19	20	21 Quilt Group Meeting: 10AM-4PM	22	23
24	25	26	27	28 Extension Office Closed	29 Extension Office Closed	30

2024

December

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Country Ladies HM Meeting	4	5	6 Photo contest deadline	7
8	9	10	11 Jericho Homemakers Meeting	12 Town & Country HM Meeting	13	14
15	16	17	18	19 Quilt Group Meeting: 10AM-4PM	20	21
22	23	24	25 Extension Office Closed	26 Extension Office Closed	27 Extension Office Closed	28
29	30 Extension Office Closed	31 Extension Office Closed	1 JAN Extension Office Closed			

**HENRY COUNTY EXTENSION
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NEW CASTLE, KY 40050**

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the CES Program and Staff Development website for additional guidance.
Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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