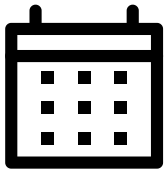


POWELL COUNTY EXTENSION HOMEMAKERS



2022 FALL NEWSLETTER



Dates to Remember:

- **September 2022:** Start of the Homemaker Program year
- **September 27:** Trip to Mary Lincoln Todd House and Lexington Cemetery
- **October 4:** Walking Club's Health Lesson @ office
- **October 9-15:** KEHA Week
- **October 18:** Trip to Creative coffee roasters
- **October 21:** Bluegrass Area Meeting in Madison County
- **November 15:** trip to Lexington for ovarian cancer screening
- **May 9-11:** KEHA State Meeting in Louisville

Save the Date!

COOPERATIVE EXTENSION



*Madison County is honored to host the
Bluegrass Area Annual Meeting.*

October 21, 2022

Spotlighting Berea, Ky!

Madison County Fairgrounds, Richmond, KY

Bluegrass Area Cultural Arts Contest, October 20, 2022 --More details to come!

Kendyl Redding,
Powell County Extension Agent for
Family and Consumer Sciences
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Stanton, KY 40380
Phone: (606) 663-6405
Fax: (606) 663-6404
kendyl.redding@uky.edu

 Cooperative
Extension Service



NEW CLUB!



EVERY WEEK
AT THE
STANTON
PARK



MONTHLY
HEALTH
LESSONS

Powell County Extension Homemakers

**First meeting Sept. 6 at
Powell County Extension Office
5:30 p.m. - 6:30 p.m.**

NEXT MEETING: OCTOBER 4TH

Powell County Homemaker Council Officers

President: Sue Reynolds.....859-608-6878
Vice President: Brenda Salyer.....606-481-0250
Secretary: Janet Ford.....606-481-3612
Treasurer: Jane Murphy.....606-481-1058

Club Meetings (beginning September 2022)

Clay City Homemakers
Meets on the 2nd Tuesday of each month at 11:00 am
at the Extension office
Contact: Sue Teasley, 859-398-8790

Quilt Club
Meets on the 2nd Monday of each month at 10:00 am
at the Extension Office
Contact: Christine Randall, 606-481-8275

Clay City Club Officers

President: Sue Teasley.....859-398-8790
Secretary/Treasurer: Brenda Salyer.....606-481-0250

Quilt Club Officers

President: Christine Randall.....606-481-8275

Powell County Homemakers

2022-2023 Leader Lesson Descriptions

AUGUST: WHAT'S A HOMEMAKER?

Some people have been a part of Kentucky Extension Homemakers Association (KEHA) for years while others may have recently joined or inquired. This lesson will give some history and background to how KEHA began, its journey through the years, and the vision for the future. We will discuss ideas for recruitment, service and educational opportunities, and how to keep the excitement of homemakers thriving in your counties.

SEPTEMBER: ENTERTAINING LITTLE ONES

Keeping little ones entertained can be rather difficult at times. In this lesson, learn how to identify activities, including digital, that keep children engaged and active. Having a plan is often helpful when keeping kiddos interests, so you will also create a 5-day activity routine that you can pull from when you have little ones in your care.

OCTOBER: THE ART OF EATING MINDFULLY

Learn how to add mindful eating strategies into your daily routine. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat.

NOVEMBER: MOVE YOUR WAY: EXERCISE FOR EVERYONE

Healthy lifestyle habits, like regular exercise, offers numerous benefits such as improving mood, burning calories, and helping slow the aging process. This lesson focuses on low-impact exercises, including seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own home and chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

JANUARY: LET'S TALK ABOUT IT! KEYS TO GREAT COMMUNICATION

Some may think communication is how you talk with someone. But there is so much more that goes into being a good communicator. Learn more about non-verbal communication (body language) as well as the roles speaking and active listening play in communication. These skills will come in handy as you work with your fellow homemakers as well as at home and in the community.

FEBRUARY: TRANSFERRING CHERISHED POSSESSIONS: ESTATE PLANNING FOR NON-TITLED PROPERTY

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. The goals of this lesson include, how to determine a fair distribution process between heirs and to discuss the methods of communicating distribution with loved ones while minimizing potential conflicts.

MARCH: GREEN CLEANING

Want to go green as you clean? Reduce exposure to harsh chemicals and opt for safer, more natural cleaning methods for your home. By swapping your cleaning products with common household staples, such as white vinegar, lemon juice, baking soda and salt, you can effectively clean your home while also improving the environment and reducing waste.

APRIL: HEALTHY OUTDOOR COOKING

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

Bluegrass Area Extension Homemaker Lesson

What's a Homemaker?

#KEHA101

Date: September 13th at 11:00 a.m.

Location: Powell County Extension Office



KEHA:

Learn some history and background

- Vision for the future
- Ideas for
 - Recruitment
 - Service
 - Educational Opportunities
- Keeping the excitement of Extension Homemakers thriving in your county



Bluegrass Area Leader Lesson



Entertaining Little Ones

Come learn some ways to stay involved with young people while encouraging learning and fun! Discover how to work as a team to create a 5 day planner full of creative activities!



Powell County Extension Office
October 11, 2022
11:00 a.m.



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

*Presentation by Madison
County FCS Agent:
Jessica Hunley*

COOPERATIVE EXTENSION

UK University of
Kentucky.
College of Agriculture,
Food and Environment



Bluegrass Area Extension Homemakers' Annual Meeting October 20, 2022

Spotlighting Berea, Ky Featuring Obadiah Ewing-Roush, a Chautauquan, portraying John Fee



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.

Lunch Menu:

McAlister's Deli will be catering—your box lunch selection includes a side, cookie, pickle, and drinks. Please make your selection from:

McAlister's Club: Smoked turkey, Black Forest ham, bacon, sharp cheddar, Swiss, lettuce, tomatoes, mayo and honey mustard on wheat bread.

Harvest Chicken Salad Sandwich: A Southern classic chicken salad dressed with spring mix and tomatoes, served on a croissant. **NOTE: Contains pecans.**

Black Forest Ham Sub: Black Forest Ham on sub bun with lettuce, tomatoes, and cheese.

Veggie Wrap: (Vegetarian) Spinach, tomatoes, crisp cucumbers, balsamic red onions, house roasted multicolored peppers, avocado and herb mayo in a wheat wrap.

Drinks



Please Join Us:

When:

October 21, 2022

Where:

Madison County Fairgrounds
3237 Old Irvine Road
Richmond, KY 40475
(Note, gravel parking lot, no pavement)

Time:

9:00 a.m.—Registration
9:30 a.m.—Call to Order

Registration Deadline:

October 14, 2022

Registration Fee & Payable to:

\$15 registration fee

Bluegrass Area Cultural Arts:

Available for viewing in Willis Hall, before, during, and after event

For Questions:

Call 859-623-4072, or email
Jessica Hunley, Madison Co. FCS Agent,
Hunley.jessica@uky.edu

Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by **October 14** with your check payable to "Bluegrass Area Homemakers"

Name: _____ Phone: _____

Email: _____

Club Name: _____ Mailbox Member _____ Guest _____

Lunch Box Selection (check one):

- McAlister's Club Harvest Chicken Salad Black Forest Ham Veggie Wrap

NOTES

