

May 2023

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences



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

Cooperative Extension Service
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“All things seem possible in May.”

— Edwin Way Teale

And all things seem to be possible with Bourbon County Extension Homemakers! May is a month that has many of my favorite interest at the forefront for public awareness. May has:

- Derby Day
- Mother’s Day
- Memorial Day
- Election Day – May 16 Remember to vote!
- Mental Health Awareness Month – official theme for 2023 is anxiety.
- National Pet Month
- Official Beef Month
- Drinking Water Week
- Smile National Smile Week

In May there are many things to celebrate, be proud of and to be thankful for – but is there any month that we are not blessed with these freedoms? Share each of these (and others that are your favorites) with your family and friends during this month.

There are other opportunities to enjoy the month of May listed in this newsletter. Check it out and plan activities with others. Get outside and soak up some vitamin D from the sunshine.

Be sure to check “Save the Dates” and get your name on the list for some of the upcoming programs and volunteer opportunities. Those volunteer hours will be collected soon.

Kay Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu

LEADERSHIP

Every successful organization, government, family and gathering is lead by good leadership. Bourbon County Extension Homemakers is no exception. Homemakers are blessed with the ongoing strength in leadership. Join me in thanking the following ladies for their years of leadership in Bourbon County Extension Homemakers.

Jeannine Kiser	Ewalt Club	63 years
Betty Hewitt Wyatt	Ewalt Club	61 years
Mary Ross	Nifty Needle	60 years
Mary Etta Thomas	Lynwood Club	59 years
Diana Jones	Member at Large	58 years
Doris Reed	Ewalt Club	57 years
Janice Sosby	Village Square	57 years
Katherine Langfels	Member at Large	56 years
Frances Blanton	Village Square	55 years
Emma Caswell	Village Square	55 years
Becky Wasson	Lynwood Club	54 years
Mildred Ruggles	Lynwood Club	53 years
Mary Lynn Stone	Nifty Needles	53 years
Carolyn Poe	Village Square	52 years
Charlotte Haney	Village Square	50 years
Ann Davis McClain	Lazy Daisy Club	50 years

Thank you ladies!



Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by the
Extension
Office
and pick up
your
2023
calendar
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kay preparing "Easy Tortilla Breakfast Pizza" or even better get your ingredients and prepare along with us. Mark your calendar May 5th at noon!



We have expanded!

BOURBON Bite-Sized LEARNING

Plate it Up! Kentucky Proud edition

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

Subscribe to our YouTube Channel!

Check out our past recipe demos and more on our office YouTube Channel!

YouTube

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

“Bourbon County Homemakers, let’s get started thinking outside the box!”

Great job Bourbon County Extension Homemakers on a VERY successful 2023 Annual Meeting. Congratulations to all those recognized at the meeting for leading our organization onward and upward. Each of you bring something different to the table of Homemaker success and we are thankful that you are part of our “Better Together” organization.

Shout out to the meeting planning committee and to every individual that contributed to the success of the Helping Hands Auction. I am always amazed at the amount of money a few individuals are able to raise with the goal of bettering our community through supporting our youth.

Just another example of how we are better together Bourbon County Extension Homemakers!

Mallory Lowe
President Bourbon County Extension Homemakers



2023 HOMEMAKERS ANNUAL MEETING



Connie Vaughn, Bluegrass Area Extension Homemakers President, installed the incoming officers. Officers are as follows: (left to right)

- Julie Ferrell – Vice President
- Ann Davis McClain – Treasurer
- Elizabeth Rankin – President Elect

Congratulations ladies!



Office Hours change

The Bourbon County Extension Office will close for lunch from 12:30-1:30 p.m.

We apologize for any inconvenience

2023 BOURBON COUNTY EXTENSION HOMEMAKER SCHOLARHIP



Scholarship recipient
Kristen Kirkland
presented by
Ann Davis McClain

SAVE THE *Date*

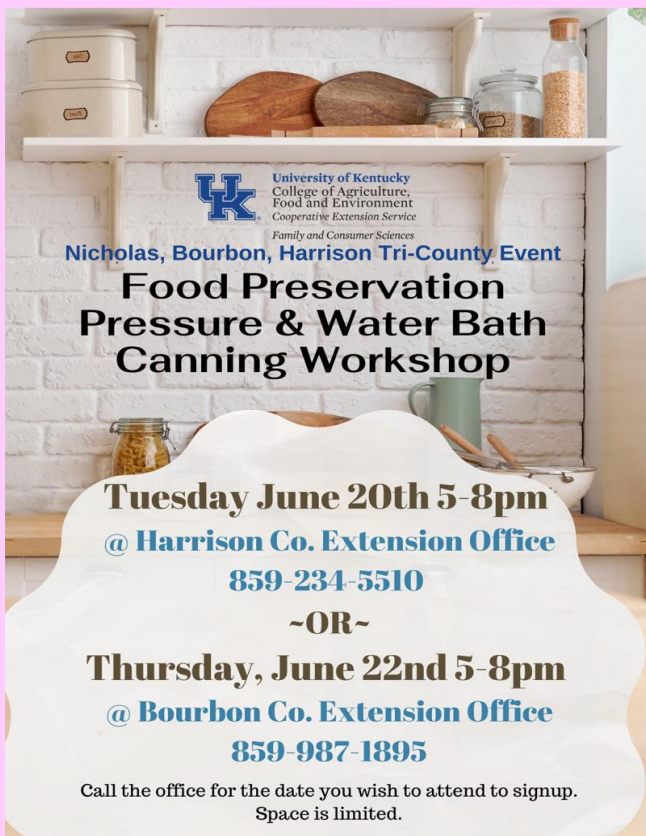



- Bourbon Bite Size Learning.....May 5.
Cooking through Calendar
- KEHA Annual Meeting.....May 9-11
- Paris Story Fest.....May 12-14
- Bourbon Bite Size Learning.....May 19
Plate It Up - KY Proud
- Kym Pope Retirement Reception.....May 22
- POP Club at Farmers Market.....June 3
- Horse Show HospitalityJune 16 & 17
- Rodeo.....June 24
- Bourbon County Fair.....June 26-July 1



Don't miss out on any of these events!

Pick a winner!




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

Nicholas, Bourbon, Harrison Tri-County Event

Food Preservation Pressure & Water Bath Canning Workshop

Tuesday June 20th 5-8pm
@ Harrison Co. Extension Office
859-234-5510

~OR~

Thursday, June 22nd 5-8pm
@ Bourbon Co. Extension Office
859-987-1895

Call the office for the date you wish to attend to sign up.
Space is limited.

Helping Hands Auction Report

\$3475

Perfect teamwork.
Every club donated to this event.

Bourbon County Extension
Homemakers

“Better Together”

Helping Hands Volunteer Hours

How does this connect with Volunteer Hours?

- Time spent shopping for and delivering items you donated.
- Time spent asking/calling others to donate.
- Time spent recruiting volunteers to help with the event.
- Time spent setting up the event.
- Time spent working up after the event.
- Time spent cleaning up and/or storing left over items for the event.

And there are probably more!

Please continue to record these hours (in the method of your liking) monthly to be tallied and calculated at end of year more easily.

Keep on recording!

Plan Now for Canning Season



Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

There will be a basic food preservation class at the Bourbon County Extension Office on Thursday, June 22 from 5:00-8:00 p.m. Beginning canning techniques will be presented. For more information or to sign up call the Extension Office.

The book
"Penguin Problems"
will be in business
windows.

WALLY CAT'S
Story Trail



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

Coming soon to Paris!

Watch the downtown
for the next
Wally Cat's Story Trail.





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


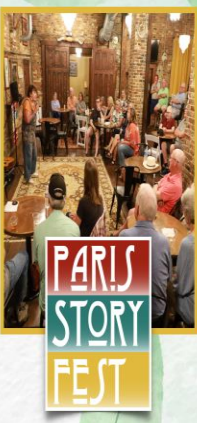
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

LOCATIONS

PARIS STORY FEST

**CELEBRATING THE BEST OF
STORYTELLING &
SMALL TOWN CHARM**

MAY 12-14, 2023

www.ParisStoryFest.com
Email: ParisStoryFest@gmail.com
Facebook: Paris Storytelling Inc.

The Livery 226 Pleasant St.
Trackside at the Depot 134 East 10th St.
Chief Reed Park 1100 Stewart St.
Hopewell Museum 800 Pleasant St.
Wallis Arboretum 616 Pleasant St.
Paris KY, 40361



Book Sale Starting Tuesday, April 11

**All books are in good shape but in need of a good home
where they will be appreciated and enjoyed.**

ALL BOOKS ARE \$2.00

First come, first served - no holds.
Stop by Extension Office to shop 8:30am - 4:00 pm
Office closed 12:30pm - 1:30pm for lunch



ENDS MAY 31ST!!

Drinking Water Week - May 7-13, 2023

WATER
The Miracle Drink We're Ignoring



Drinking Enough Water Can

- Banish Headaches
- Improve Your Mood
- Relieve Fatigue
- Boost Your Energy Levels
- Relieve Constipation
- Flush Out Toxins
- Improve Digestion
- Promote Weight Loss
- Prevent Kidney Stones
- Boost Your Immune System
- Improve Your Complexion
- Prevent Hangovers
- Alleviate Back Pain
- Regulate Body Temperature

& How Much Is Enough?

Your Weight in LBS / 2 = Ounces of H₂O to Drink

Have you considered how much water you use in a day and how easy it is to access? Have you thought of the steps involved that go into producing, protecting, and providing that water to you, your family, and community?

American Water Works Association designates the first full week of May as Drinking Water Week.

This is a time to reflect on the role that clean, accessible water plays in each of our daily lives and how “over the last 100 years, many improvements in the health, success, and life span of the U.S. population can be linked to improvements in water quality. Providing safe drinking water was one of the most important public health achievements of the 20th century.”

It is also a time to appreciate the employees of your local water company and all the work that they do to provide clean and accessible water to you every day.

Ideas for celebrating Drinking Water Week.

1. Contact your local water company and find out what programs and materials they have planned for this week and take part in those offerings.
2. Install a rain barrel(s) at your home for outdoor watering needs.
3. Educate your family on water usage and water conservation steps.
4. Be mindful of your water usage all year long. Examples could include turning off faucets when not actively using them, using water saving products in the home, etc.

Clean water is a limited resource and one that we all need to use wisely. Stop by the Extension Office during “Water Week” to pick up your water information bookmark!

ADULT

HEALTH BULLETIN



MAY 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>

Bourbon County Extension Office
603 Millersburg Road
Paris, KY 40361
(859) 987-1895

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

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Disabilities
accommodated
with prior notification.

Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.

- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.

- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.

- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:
<https://www.ash.org/handcare/safety/gardening>

ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com

Please remember to fill out the entire sheet completely and keep one copy for your records and return one copy to the Extension Office by **JULY 1**. Thank You.

OFFICERS & COMMITTEE CHAIR
2023-24

_____ Club

Regular Meeting Day _____

Regular Meeting Time _____

Officer	Name	Address	Phone #
President:			
Vice President:			
Secretary:			
Treasurer:			

Educational Chairman	Name	Address	Phone #
Cultural Arts & Heritage			
Family & Individual Development			
Food, Nutrition & Health			
4-H Youth Development			
Environment, Housing & Energy			
International			
Leadership Development			
Management			

Bourbon County Walking Horse Show

Homemakers and Clubs,

Once again it is time to prepare for the hospitality services that the Bourbon County Extension Homemakers provide for the Bourbon County Fair Horse Shows. This year the Horse Shows are Friday June 16 and Saturday June 17.

For these shows 8 dozen homemade cookies from each club are needed. We also need sandwich fixings from as many members as possible. The bread for the sandwiches is donated so only the fixings are needed, i.e., chicken salad, olive nut, cucumber, pimento cheese. Please bring food items to the Extension Office by 2:00 pm Friday, June 16. Please complete the form below and return to office by Monday, June 12. It is important that there be a count of items being provided by you or your club for appropriate planning.

There is always a NEED for workers at the show! Please complete the form below for that as well. If you have questions, please call Connie at 859-707-7189.

Thank you for all your assistance with making the Horse Show Hospitality Booth successful!

*Connie Vaughn,
Hospitality Chairman*

Walking Horse Show – Friday June 16

Name	Work Schedule 5:30-8:00	Work Schedule 8:00-Closing	Sandwich/Fixing	Cookies

Saddle Bred Horse Show – Saturday June 17

Name	Work Schedule 5:30-8:00	Work Schedule 8:00-Closing	Sandwich/Fixing	Cookies

PLEASE REVIEW AND SIGN UP FOR 223-240 EXTENSION HOMEMAKERS LESSONS

Return to the Extension Office by JULY 1, 2023.

Remember to keep one copy for your club records.

September Lesson	“Personality Assessments” Ashley Vice	August 22, 2023 6:00 pm
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That’s not the way I would have done it! Do you ever find yourself scratching your head at another person’s reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This lesson will shed light on different personality traits, help you learn more about yourself and allow you to see other perspectives.

Name	Email Address	Phone #
1.		
2.		

October Lesson	“Lead Your Team-Health Literacy for the Win” Shonda Johnston	September 19, 2023 6:00 pm
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Have you ever been confused by the words your doctor as using during an appointment? Or maybe you were unsure when and how often to take prescription medication. Maybe you want to be informed when you take a loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health care team in reaching your overall health goals.

Name	Email Address	Phone #
1.		
2.		

November Lesson	“Healthy Holiday Meals” Maranda Brooks	October 19, 2023 6:00 pm
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Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low cost and delicious recipes, food safety tips and maximize leftovers to avoid waste.

Name	Email Address	Phone #
1.		
2.		

January Lesson	“Savor the Flavor-Spices” Caroline McMahan	November 30, 2023 10:00 am
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Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Name	Email Address	Phone #
1.		
2.		

February Lesson	“Recognizing & Coping w/Trauma After Disaster” Aliva Faris	January 18, 2024 10:00 am
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This lesson will focus on coping with trauma that may occur after a natural disaster or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

1. Name	Email Address	Phone #
2.		

March Lesson	“Self-Care & Pampering” Jessica Hunley	February 20, 2024 10:00 am
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Self-care is about realizing and prioritizing one’s own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you to take control of your own well-being beyond the basic self-care recommendations.

1. Name	Email Address	Phone #
2.		

April Lesson	“A Guide to Beginner Meal Planning & Meal Prepping” Kendyl Redding	March 19, 2024 10:00 am
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Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

1. Name	Email Address	Phone #
2.		

May Lesson	“Savor the Flavor-Herbs” Judy Vaughn	April 18, 2024 6:00 pm
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Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking.

1. Name	Address	Phone #
2.		Email: