

FCS Newsletter

April 2024

Harrison County Family & Consumer Sciences

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Harrison County
668 New Lair Road
Cynthiana KY 41031
(859) 234-5510
Fax: (859) 234-6197
extension.ca.uky.edu



Interested in becoming a Harrison County Homemaker?

Stop by the Harrison County Extension Office to pay your dues and receive a Shop Cynthiana Discount Card. See Downtown Edition on page 7 for featured business of the month: Cymply Cynful Nutrition

SHOP CYNTHIANA

Harrison County Homemakers 2024
Discounts good through
November 30, 2024



15% off any purchase	10% off purchases	10% off purchases	10% off purchases
10% off purchase	10% off retail price (excludes HF & HSP)	10% off purchases (excludes sale items)	10% off purchases (excludes sale items)
10% off purchases (excl. Sale items)	10% off purchases online code HOMEMAK	10% off purchases (excludes sale items)	10% off purchases (excludes sale items)
15% off purchases	15% off purchases	10% off entire purchase (Excludes apparel)	10% off pizza purchase (cannot combine with another offer)
\$1 off XLG bubble tea only	10% off menu free bday scoop paid homemaker ONLY	10% off entire purchase (Excludes apparel)	10% off pizza purchase (cannot combine with another offer)
10% off menu free bday scoop paid homemaker ONLY	10% off \$10 or more	10% off purchases	10% off purchases
10% off purchases	10% off purchases	10% off purchases	10% off purchases



The Headlines

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Shelley Meyer

Shelley W. Meyer

Harrison County Extension Agent
For Family & Consumer Sciences
shelley.meyer@uky.edu

UK Martin-Gatton
College of Agriculture,
Food and Environment

SELF-DEFENSE

WITH LARRY MATTOX

April 9th 9:30-11am
Cost \$10; rsvp 859-234-5510



Location: Harrison County Extension Office
Dress in comfy clothes
Hands-on practice is optional
Cost: \$10; rsvp 859-234-5510

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

Harrison County
Homemakers presents:




**Maysville
DAY TRIP**

May 17, 2024

- *8am: Depart Harrison County Extension Office
- *12:30: Lunch (bring lunch money for the trip)
- *5pm: Estimated return
- *Guided bus tour with Ann Porter through Washington & Maysville
Stops include: KSB miniatures at the Kentucky Gateway Museum, Pogue distillery, Opera House, and lunch



Cost \$80, stop by the office to reserve your seat on the bus. Space is limited

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Harrison County Homemaker

SAVE THE DATE

ANNUAL MEETING

Monday, June 3

****DATE CHANGE FROM MARCH NEWSLETTER**

5:30pm

Harrison County Extension Office

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky



Martin-Gatton
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SAVE THE DATE

Savannah, GA

September 30-October 5

Cost: \$800

***Additional details will be in the May/June newsletter**

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**JUNIOR
HOMEMAKERS**



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FRIDAY, APRIL 5

3:30-5PM

HARRISON CO EXTENSION OFFICE

- CREATE FAIR READY PROJECTS
- SERVICE PROJECTS
- LEARN HOME SKILLS

**1ST FRIDAYS
EACH MONTH**

**AGES 6-12TH
GRADE**

**CALL TO SIGN UP:
859-234-5510**

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COOPERATIVE EXTENSION



A Shot of Prevention: What You Need to Know About Adult Vaccines



How do vaccines affect my body?

Which vaccines are right for me?

What should I consider before getting vaccinated?

You have questions- we have answers!

Date: May 2, 2024

Time: Supper @5pm, Program @5:30pm

Location: Harrison County Extension Office

Please RSVP: Call 859-234-5510 by Friday, April 26, 2024

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Virtual Dementia Care

Quarterly education for those who are working and also caring for a loved one!

Topic: Discussion on Care Resources

This program will help connect you with statewide dementia experts and available resources. It offers flexibility with a live quarterly zoom conference and all information available via our website:

www.dementiacaregiver.createuky.net

Questions: Contact Sarah

at Sanders-Brown Center on Aging 859-323-5550
seha280@uky.edu

Jan 23rd
12:15 EDT
11:15 CDT

Registration Required
Scan the code to register :



Next one
will be
April 23rd
2024

This is a partnership with UK Telehealth & Sanders-Brown Center on Aging



Beginning Sewing

WITH MIKAYLA WOODS

April 16 & 23

with anticipated
continued dates for 2nd
and 4th Tuesdays each
month until county fair.

Learn basic sewing skills
Call to sign up 859-234-5510



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**SAVE
THE
DATE**

**Coffee
Crawl**
coming to a town
near you!

**MAY WALKING
CHALLENGE**

*Urban Hikes in
downtown
Cynthiana
(scheduled walks for
Wednesdays @ 9am,
Mondays @ 5:30pm, OR
complete on your own)
*Replenish at local
coffee shops



PARTICIPANT FORM WILL BE INCLUDED IN MAY NEWSLETTER

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religion, marital status, sex, sexual orientation, gender identity, gender expression, pregnancy, genetic
traits, gender non-conformity, sex, gender identity, or gender expression. University of Kentucky,
Kenton State University, U.S. Department of Agriculture, and Kentucky Division, Cooperative Extension,
LEICESTER, KY 40346



Homesteading Series



**CAIP
ELIGIBLE
COURSE**

Join us on the 4th Tuesday of each month, starting in January and going through May to learn more about homesteading on your very own property! These courses are suited for those who are interested in home-grown products and self-sufficiency, whether you are just beginning or have an established operation and just need a few more resources.

5 Courses Available

Maple Syrup 101

Learn the basics of how to tap your own trees and make maple syrup from an expert right here in Harrison County. Class also includes a field trip on February 16.

(Class attendance is required to participate in field trip)

**January 23
6:00pm**

Fodder Systems

Discover how to create an inexpensive system to easily grow fodder for your small livestock.

**February 27
6:00pm**

Dehydrating

Dehydrating is one of the oldest methods of food preservation. Learn how to use a modern day dehydrator as a dehydrating food method.

**March 26
6:00pm**

Chopping Block: Chicken

Whether you are raising your own chickens or buying whole birds, knowing the skill to break down a whole chicken is a skill that can save you money.

**April 23
6:00pm**

Creating Natural Dyes

Discover the basics of using flowers and foliage to naturally dye materials and the sustainability potential involved with it. Participants will learn the supplies needed to get started, which plants create which colors, the steps involved in naturally dyeing fabrics and see a natural dyeing demonstration.

**May 28
6:00pm**

To register for the courses or for more information, contact the Harrison County Extension Office at 859-234-5510

Laugh & Learn

Friday, April 5

10-11am

Harrison County Extension Office

Ages 3-5



***Must have adult with child**

***Crafts**

***Food**

***Fun**

rsvp @ 859-234-5510



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College of Agriculture,
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University of Kentucky.

HARRISON COUNTY

Health Fair

DATE: Thursday, May 30, 2024
TIME: 7:00 am to 11:00 am
LOCATION: Harrison County Middle School



Men's Homemaker

Friday, April 26 at Noon

Harrison County Extension Office

**Budget Planning
Lunch provided**

Q how to spend money to best serve others



WOMEN'S HEALTH INFORMATION SEMINAR

SPEAKERS:

Dr. Ashley Blake
HMH Obstetrician and Gynecologist
"What to Know About Menopause and Hormone Replacement Therapy"

Kelly May
Senior Extension Associate for Family & Consumer Sciences with University of Kentucky
"Protect Your Life from Scams & Fraud"

Jenny Lynn Varner Hatter, Ed.S.
Assistant Superintendent, HC Schools
"Lipstick & Leadership Style: What Your Tube Says About You"

DATE: Monday, April 22

TIME: Doors open at 5:30 pm
Speakers begin at 5:45 pm

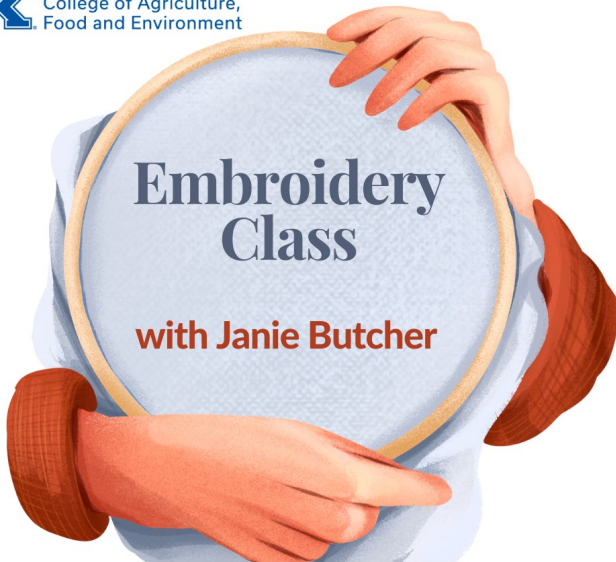
PLACE: Harrison County Extension Office

Join us for an evening of valuable information geared toward women. You'll be provided a free meal, be eligible for door prizes and more. Please RSVP to the Harrison County Extension Office at (859) 234-5510 no later than April 18, 2024.



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April 8 @9am

Harrison County
Extension Office

Orientation, class materials &
details, and plans for future
meetings will be discussed

RSVP 859-234-5510

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Downtown Edition

Interested in joining Harrison County Homemakers? Membership is \$10 and can be paid year-round. Stop by the Harrison County Extension Office to sign up and walk out with your Shop Cynthiana Discount card.

Featured business of the month: Cymply Cynful Nutrition

This Downtown Edition features businesses from the Shop Cynthiana discount card.

Located on Pleasant Street, Cymply Cynful Nutrition is a family owned and operated business bringing you delicious and nutritious drinks. We offer items such as herbal teas, protein shakes, smoothie bowls, and more. Unsure which item best suits you? Let me help!

Our herbal teas come in a plethora of flavors, from strawberry to dragonfruit, we're bound to have one that you will love. Plus, they are all sugar free! We have items that can be added to your drink, like bubbles and lift. Bubbles are just an extra little pearl of flavor that accent your drinks taste. Lifts are a combination of caffeine and B12 to get you up and moving! Our meal replacement protein shakes are perfect for anyone wanting to build muscles at the gym, consume a grease-free meal, or just needing to add a little extra protein to their diet. We make these in tons of flavors, like fruity pebbles and butter pecan! Last, but certainly not least, our smoothie bowls. We make them in shop with lots of delicious fruits, and freeze them. You can top them with anything like local honey, homemade granola, chocolate chips and more. Stop by today, we're open Sunday-Saturday!

Business Owner,
Charlene Brown



Homemaker News

President's Corner:

A **BIG THANK YOU** to Linda Herrington for making the return of the Nursing Home tea parties a success. Also, thank you to all, who made cookies and helped serve. We were unable to go into Edgemont ,because of covid, but individual bags of cookies and treats were delivered for the residents. Grand Haven and Cedar Ridge residents were treated to cookies, treat bags and singing, which was enjoyed by all.

Early registration for the KEHA state meeting is fast approaching, if you plan to attend, submit your registration by April 4.

Also, please consider becoming a county officer or county chairman if asked. The Harrison County Homemakers will slowly die, if our members do not step up and assume a leadership position

“SPRING HAS SPRUNG ENJOY”

Harlene Welch
President, Harrison Co Extension Homemakers

If you are interested in attending the annual Kentucky Extension Homemaker Association meeting May 7-9, contact the Harrison County Extension Office to receive more information. **Deadline to register is Thursday, April 4th.**

Make plans to attend the 2024 KEHA State Meeting
at Sloan Convention Center
and Holiday Inn University Plaza in Bowling Green!



May 7-9, 2024
Blazing the Way with KEHA

Club Meetings:

Homemaker clubs are meeting monthly. See the calendar page for your club's scheduled time. If you are new and would like to join a club, contact the Extension Office for more details.

Leader Lessons:

Mondays noon-1pm @ Harrison County Extension Office. Lunch provided. Please call the office to rsvp for food count; 859-588-9122

Date	Lesson Topic
April 29	Flavor the savor; herbs



Harrison County Homemaker SPRING CLOTHING DRIVE SOCK, UNDERWEAR, & MONEY

Accepting donations through Friday, April 26
All donations go to local clothing shelter



Drop off to the
Extension Office
Mon-Fri
8-4:30pm

Cooperative Extension Service

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Agent Editorials

“Hello FCS Friends!

Happy spring! Hope everyone is taking time to enjoy some warm weather. Spring brings about some of our exciting Homemaker events with the upcoming county annual meeting and state KEHA, both of which take place in May. Those details are located in this newsletter along with several other programs and activities, many of which will aid participants in producing county fair ready entries. Keep up with promotions throughout these newsletters, on Facebook, and on WCYN radio.”

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Community Corner

Spanish Resources



MCTC



LIBRARY



HC EXTENSION

CHAMBER OF COMMERCE



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.



Check out our Facebook page:
**Harrison County
Family & Consumer Sciences.**

**Like us on Facebook to receive notifications on upcoming events, posts, and shares.*



Tune in to WCYN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.

- * **Jessica Wells with Horticulture: 1st Wednesdays**
- * **Shannon Farrell and Holly Laytart with 4-H: 2nd Wednesdays**
- * **Shelley Meyer with FCS & Stacey Stephens with NEP: 4th Thursdays**



APRIL CALENDAR OF EVENTS DATES TO REMEMBER

April 1, Bingocize, 10am @ Extension Office
April 3, Falmouth Road 11am @ Extension Office
April 4, Indian Creek 10:30am @ Indian Creek Church
April 4, Knitting 4:30pm @ Extension Office
April 5, Laugh & Learn 10am @ Extension Office
April 5, Junior Homemakers 3:30pm @ Ext Office
April 8, Embroidery 9am @ Extension Office
April 9, Self Defense 9:30am @ Extension Office
April 11, V. Pres Committee, 9am @Extension Office
April 11, Sunrise 10am @ Extension Office
April 11, Curry 10am @ Extension Office
April 12, Basket Weaving 10am @ Extension Office
April 16, Beginner Sewing 10am @ Extension Office
April 16, Jacobs Club 6pm @ Extension Office
April 16, Barlow Club 6:30pm @ Extension Office
April 17, Leesburg Club 10am @ Extension Office
April 18, Knitting 4:30pm @ Extension Office
April 19, Crafty Scrappers 6pm @ Extension Office
April 22, Women's Health Seminar @ Extension Office
April 23, Beginner Sewing 10am @ Extension Office
April 24, Piece Maker Quilt Club 10am @ Ext Office
April 25, Adult Scrapbooking 9am @Extension Office
April 26, Men's Homemaker Noon @ Extension Office
April 26, Last day of clothing drive
April 29, Leader Lesson Noon @ Extension Office



May 3, Beef Day @ Courthouse; please make & individually package desserts to sell for \$1; call the office if interested in setting at booth and selling desserts
May 4, Adult Scrapbooking 10am-8pm
May 7-9, KEHA State Meeting in Bowling Green
May 17, Homemaker Day Trip to Maysville, KY
June 3, Homemaker Annual Meeting 5:30pm @ Extension Office
May 30, Health Fair 7-11am @ Middle School
June 20- Butterfly Garden Field Trip
July 13-20 &27, County Fair
Sept 30-Oct 5, Homemaker Overnight Trip to Savannah, GA



NEP HAPPENINGS WITH STACEY STEPHENS

April 9, Cooking Through the Calendar 5pm @ Library, call 859-234-4881 to sign up
April 10, Healthy Choices Lesson 10am @ Ebenezer United Methodist Church
April 11, Crafts and Cooking 10:30am @ Library, call 859-234-4881 to sign up
April 13, Healthy Choices in Recovery 4pm @ Library, call 859-234-5510 to sign up