

# FCS Newsletter

## March 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: A Little Bit of Personal Style**

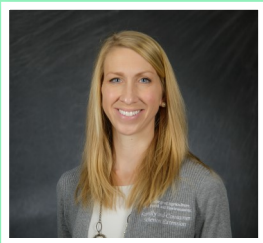
Business	Discount	Business	Discount
Antique	15% off purchase	Daily Grind	10% off purchase
Best Chapter	10% off purchase	Flower Depot	10% off purchase
Books	10% off retail price (excludes HW & DSP)	A Little Bit Personal	10% off purchases excluding fresh flowers (excludes sale items)
Financial Store	10% off purchases (excl. Sale Items)	Molly B's	20% off \$20 or more
Gifts Boutique	15% off purchases online code HOMEMB	Tay's Cloth Peddler	10% off purchases (excludes sale items)
Iron Steel Boutique	15% off purchases	Frames N' Christian Things	20% off entire purchase (excludes separate)
My Cynfal	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off pizza purchase (cannot combine with another offer)
Party Store	10% off menus	Kellisons	20% off in store items only
Photo Store	free bday scoop paid homemaker ONLY	Fruited Blessings	15% off purchases
Shoe Store	10% off \$10 or more	Coffee Shop	15% off purchases
Side Rays	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

## Beginning Sewing

WITH MIKAYLA WOODS

March 12 & 26  
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

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

### Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



# The Butterfly Garden Task Force

The Butterfly Garden Task Force is a collaboration between the Harrison County Homemakers. The garden is located at the old cemetery on highway 27 just before the railroad bridge. They had a very successful 2023 year with lots of caterpillars feasting on the milkweed planted by the group. There are big plans for 2024. Besides maintaining the garden, they are planning an adopt a caterpillar program along with a class on growing milkweed in milk jugs.

Additionally, they are planning two road trips, one to Wilson's butterfly greenhouse in Frankfort and the second one to the arboretum in Lexington. If you would be interested in joining the group or want more information, please call Karen Creger @ 859-588-9356.



# Homesteading Series



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.

**CAIP ELIGIBLE COURSE**

## 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 dying fabrics and see a natural dying demonstration.

**May 28  
6:00pm**

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

Cooperative Extension Service  
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Plant and Consumer Sciences  
4-H Youth Development  
Community Economic Development

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**Martin-Gatton**  
College of Agriculture,  
Food and Environment

# Laugh & Learn

Friday, March 1

10-11am

Harrison County Extension Office

**Ages 3-5**

\*Must have adult with child

\*Crafts

\*Food

\*Fun

rsvp @ 859-234-5510



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

20th Annual Bluegrass Regional

# Grandparents Raising Grandchildren Conference

**Featured Speaker:**  
Allison Davis Maxon  
Executive Director,  
National Center on



**Adoption & Permanency**  
Allison Davis Maxon, M.S., LMFT is a nationally recognized expert in the fields of child welfare and children's mental health specializing in Attachment, Developmental Trauma and Permanency/Adoption. She is the Executive Director of the National Center on Adoption and Permanency and was the foster care consultant for the Paramount Pictures movie Instant Family. Allison was honored in 2017 with the Congressional Coalition on Adoption Institute 'Angels in Adoption' award and is the co-author of Seven Core Issues in Adoption and Permanency: A Guide to Promoting Understanding and Healing in Adoption, Foster Care, Kinship Families and Third Party Reproduction, Jessica Kingsley Publishers (2019) and The Seven Core Issues Workbook for Parents of Traumatized Children and Teens: A Guide to Help You Explore Feelings and Overcome Emotional Challenges in Your Family, Jessica Kingsley Publishers (2022). Her newest book is The Seven Core Issues for in Adoption and Permanency Workbook for Children and Teens: A Trauma-Informed Resource, Jessica Kingsley Publishers (2023).

Register online:  
<http://gapofky.org>  
(859) 257-5582



Grandparents As Parents of Kentucky

**March 21, 2024**  
**8:00 AM - 3:30 PM**

We are back at the newly renovated:






**Clarion Hotel,**  
**1950 Newtown Pike**  
**Lexington, KY**

Grandparents/Relatives  
Signup for a  
**FREE LEGAL CONSULT**

The first 100 kinship caregivers to register will receive a free copy of **The Seven Core Issues Workbook for Parents of Traumatized Children and Teens**

All grandparents,  
relatives, kinship  
caregivers and  
professionals are invited  
to attend.

## Conference Schedule

8:00-8:30 AM	Registration — Resource Pair Opens	
8:30-9:00 AM	Successfully Raised	Judy Russell
9:00-10:30 AM	<b>Kinship Families: Supporting Inter-Generational Healing</b> Our most primal and basic need is our need to belong; to feel that we are among kin. Kinship families offer the greatest opportunity to heal from inter-generational trauma.	Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency
10:45-12:00PM	<b>Workshop Session One</b>	
	<b>1. Understanding Trauma Response: Is it Survival or Defiance?</b> This presentation aims to guide participants in becoming more knowledgeable on the emotional and behavioral impacts of trauma exposure as it related to understanding misbehavior among children and adolescents.	Brittany Gentry, DSW, LCSW-S Founder/President of Trauma Education and Advocacy 
	<b>2. Legal 101</b> Attendees will learn the basics of custody cases from a Family Court judge and lawyer, as well as hearing about dependency/neglect/abuse cases, guardianships, adoptions, and related issues.	Judge Tiffany Yahr & Corey Lee, Esq.
	<b>3. The Impact of Social Media on Mental Health</b> This workshop will provide attendees with an in-depth review of the most recent research regarding how social media may impact brain functioning and overall development. What constitutes screen addiction will be highlighted including risk factors and recommendations for screen usage.	Geoff Wilson, Lexington Counseling & Psychiatry 
12:00-1:00 PM	Lunch & Door Prizes	
1:00-2:00 PM	<b>Workshop Session Two</b>	
	<b>4. Stress Management through Movement and Rhythm</b> Gain a better understanding and fun interactive experience of how to reduce/manage stress through the use of movement, physical activity and finding rhythms through music.	Maranda Brooks, Fayette County Extension Agent for Family and Consumer Sciences 
	<b>5. Family Bridges: Nurturing Trust, Openness and Resilience in Tough Conversations</b> A workshop empowering grandparents and caregivers to forge bonds with their grandchildren by exploring the art of trust-building, effective communication and navigating tough conversations, ensuring a foundation of open dialogue and mutual understanding.	Arion Jett-Seals Holistic Rise, Wellness Coach/Advocate 
	<b>6. The Effects of Substance Use on Kids, Parents and the Family System</b> This workshop will highlight the role substance use often plays in children being raised by caregivers, the cycles of substance use, beginning substance use with teens and the effect of biological parental substance use on the family system.	Geoff Wilson, Lexington Counseling & Psychiatry 
2:10-3:30 PM	<b>7. Post Conference – Seven Core Issues in Kinship Families: Strengthening Growth and Healing</b> This session will help Kinship Parents explore and address the Seven Core Issues of Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, Mastery/Control to promote understanding and healing within their family.	Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency

Online GAP registration is included on the flyer above. Prefer a hard copy of the registration form? Stop by the Harrison County Extension Office to receive one.

HARRISON COUNTY



# MEN'S HOMEMAKER

**THURSDAY, MARCH 7**  
**NOON-1PM**

**Location: Hope's Helping Hands Food Bank**  
**120 S Walnut St, Cynthia, KY 41031**

Meet at Hope's Helping Hands Food Bank to observe the service in action. Lunch will be provided.



**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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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.



**March 18**

**10am or 5:30pm**

Harrison County Extension Office

**Cost \$5 (and bring size F  
crochet hook)**

Call to sign up for a time  
slot at 859-234-5510



# Crochet Necklace

with Janie Butcher



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



## 2024 CULTURAL ARTS EXHIBIT CATEGORIES

### Categories and Subcategories

1. APPAREL
  - a. Accessory
  - b. Appliqued
  - c. Basic Sewing
  - d. Quilted
  - e. Specialty
2. ART, 3-Dimensional
3. ART, NATURAL
4. ART, RECYCLED (Include a before picture)
  - a. Clothing
  - b. Household
  - b. Sculpture
5. BASKETRY
  - a. Cane
  - b. Dyed Material
  - c. Miniature (under 4 inch)
  - d. Novelty
  - e. Plain
6. BEADING
  - a. Bead Weaving
  - b. Non-jewelry Item/Wearable
  - c. Miscellaneous
7. CERAMICS
  - a. Hand-formed
  - b. Molded
  - c. Pre-made
8. COUNTED CROSS STITCH
  - a. 14 Count & Under
  - b. 16-22 Count
  - c. Specialty Cloth (linens, etc.)
9. CROCHET
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
  - d. Thread
10. DOLL/TOY MAKING
  - a. Cloth
  - b. Handmade Toy other than Porcelain/China or Cloth
  - c. Porcelain/China
11. DRAWING
  - a. Pastels
  - b. Pen and Ink
  - c. Pen and Ink with Oil Roughing
  - d. Pencil or Charcoal-Black
  - e. Pencil-Color
12. EMBROIDERY
  - a. Basic
  - b. Candle Wicking
  - c. Crewel
  - d. Machine
  - e. Ribbon
  - f. Smocking
  - g. Swedish
  - h. Tatting/Lace Making
  - i. Miscellaneous
13. FELTING\*
  - a. Needle Method
  - b. Wet Method
14. HOLIDAY DECORATIONS
  - a. Autumn
  - b. Spring
  - c. Summer
  - d. Winter

Consider getting a jump start on those county fair cultural art entries. Categories are listed below.

## 2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY
  - a. Beaded
  - b. Mixed Media (wire, chain maille, mixed with beads)
  - c. Original Design
16. KNITTING (HAND)
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
17. KNITTING (OTHER)
18. NEEDLEPOINT
  - a. Cloth Canvas
  - b. Plastic
19. PAINTING, ART
  - a. Acrylic
  - b. Oil
  - c. Watercolor
20. PAINTING, DECORATIVE
  - a. Metal
  - b. Wood
  - c. Other
21. PHOTOGRAPHY
  - a. Black & White (mounted & framed)
  - b. Color (mounted & framed)
22. QUILTS\*\*
  - a. Baby-size or Lap-size (hand quilted)
  - b. Baby-size or Lap-size (machine quilted)
  - c. Hand Appliqué (hand quilted)
  - d. Hand Pieced (hand quilted)
  - e. Machine Appliqué (machine quilted)
  - f. Machine Pieced (hand quilted)
  - g. Machine Pieced (machine quilted)
  - h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
  - i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
  - j. Technology Based (hand or machine quilted)
  - k. Miscellaneous (hand or machine quilted)
23. PAPER CRAFTING
  - a. Card Making
  - b. Origami
  - c. Quilling
  - d. Scrapbooking\*\*\*
24. RUG MAKING
  - a. Braided
  - b. Hooked
  - c. Punch Needle
  - d. Woven
25. WALL or DOOR HANGING
  - a. Fabric
  - b. Other
26. WEAVING
  - a. Hand (macrame, caning)
  - b. Loom
27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Handbook 40  
June 2022

Handbook 41  
June 2022

## 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: A Little Bit of Personal Style

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

A Little Bit of Personal Style is a local store front offering a wide range of personalized items. With services from engraving, DTF printing, vinyl, and embroidery, we offer apparel and gifts for everyone.

Stop by for an instant gratification shirt that is ready within minutes or place a large order for a sports team or business. Choose from our endless selection of fabric for an appliquéd design for you or your little ones. We offer a large variety of hats from basic to brand specific, like Richardson, that can be personalized with embroidery or engraved leather

patches. We look forward to being your "one stop shop" for all your personalized and logo products.

-Staff of A Little Bit of Personal Style



The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each session will be presented via Zoom at 11 a.m. EDT.

The featured book is "Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth" by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America.

Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

Want to participate in the book club? There are 2 steps:

1) Call the Extension Office to sign up at 859-234-5510. If you would like us to order the book for you, we will need payment by FRIDAY, MARCH 8th. The reduced price will be \$8. The order will be placed that day and participants will be notified as soon as the books arrive.

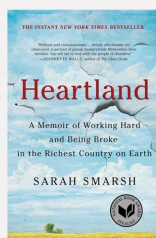
2) Register for the zoom link at [ukfcs.net/BBBC24book1](https://ukfcs.net/BBBC24book1).



## Big Blue Book Club is back!

Sessions on Thursdays,  
April 11-25 @ 11 am EDT

Register @ [ukfcs.net/BBBC24book1](https://ukfcs.net/BBBC24book1)  
or scan the code



*An equal opportunity university.*

# Homemaker News

## President's Corner:

*"Hello Homemakers,*

*March is my GREEN and YELLOW month. There is Saint Patrick's Day for wearing of the green and my daffodils will soon be blooming before spring.*

*The Nursing Home Tea Parties are back and will take place this month. Your club presidents have received the information for this activity. If you know someone who has a loved one at the nursing home, encourage them to come and attend this activity with their loved one.*

*There are lots of activities for homemakers, so please read your newsletter for dates and times. SPRING IS ON IT'S WAY!!!"*

Harlene Welch  
President, Harrison Co Extension Homemakers

## 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
March 25	Planning thrifty meals
April 29	Flavor the savor; herbs

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.



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

**Blazing THE WAY with KEHA**

May 7-9, 2024  
Blazing the Way with KEHA



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

# JUNIOR HOMEMAKERS

**FRIDAY, MARCH 1**  
3:30-5PM  
HARRISON CO EXTENSION OFFICE

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

AGES 6-12TH GRADE

CALL TO SIGN UP:  
859-234-5510

1ST FRIDAYS EACH MONTH

Each year many Harrison County youth attend 4-H Camp. Also, each year we have folks ask if there is any way they can help, and the answer is always yes! The price for camp this year is \$225 per camper. If you would like to make a donation to help send a Harrison County kiddo to 4-H Camp this summer, contact us at 859-234-5510. Checks can be made out to the Harrison County 4-H Council. Thank you!



# Agent Editorials

“Hello FCS Friends!

As we finish out the last weeks of winter, consider spending some of your time working on projects for the county fair. Cultural art categories are listed on page 6 of the newsletter. There are several new clubs and project days being planned for March and upcoming months so keep up with the newsletters and don't miss out on these great opportunities.”

*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences



**Harrison County  
Community  
BLOOD DRIVE**

**Saturday, March 2  
9 a.m.–2 p.m.**  
Harrison County Fairgrounds  
McCauley Building  
2849 US Hwy 27S  
Cynthiana, KY 41031



*Community Corner*

Spanish Resources



MCTC



LIBRARY



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.

HC EXTENSION



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 WYCN 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**



# MARCH CALENDAR OF EVENTS

March 1, Laugh & Learn 10am @ Extension Office  
March 1, Junior Homemakers 10am @ Extension Office  
March 4, Bingocize 10am @ Extension Office  
March 6, Falmouth Road 11am @ Extension Office  
March 6, Pinecone Quilting 5pm @ Extension Office  
March 7, Indian Creek 10:30am @ Indian Creek Church  
March 7, Knitting 4:30pm @ Extension Office  
March 8, Bingocize 10am @ Extension Office  
March 11, Bingocize 10am @ Extension Office  
March 10, Edgemont tea party 2pm  
March 12, Beginner Sewing 10am @ Extension Office  
March 13, Grand Haven tea party 2pm  
March 14, Homemaker Vice President mtg 9am @ Extension Off.  
March 14, Sunrise 10am @ Extension Office  
March 14, Curry 10am @ Extension Office  
March 15, Bingocize 10am @ Extension Office  
March 15, Cedar Ridge tea party 2:30pm  
March 15, Crafty Scrappers 6pm @ Extension Office  
March 18, Bingocize 10am @ Extension Office  
March 18, Crochet Necklace 10am @ Extension Office  
March 18, Maiden Maker 5:30pm @ Extension Office  
March 18, Crochet Necklace 5:30pm @ Extension Office  
March 19, Jacobs Club 6pm @ Extension Office  
March 19, Barlow Club 6:30pm @ Extension Office  
March 19, Breakout Leadership Conference @ Rohs Opera House  
March 20, Leesburg Club 10am @ Extension Office  
March 20, Pinecone Quilting 5pm @ Extension Office  
March 21, Bingocize 10am @ Extension Office  
March 21, Knitting 4:30pm @ Extension Office  
March 22, Breads Class 10am @ Extension Office  
March 25, Bingocize 10am @ Extension Office  
March 25, Leader Lesson Noon @ Extension Office  
March 26, Beginner Sewing 10am @ Extension Office

March 27, Piece Maker Quilt Club 10am @ Extension  
March 28, Scrapbooking 9am @ Extension Office  
March 28, Bingocize 10am @ Extension Office

## DATES TO REMEMBER

April 8, Embroidery Orientation 9am @  
Extension Office  
April 22, Women's Health Seminar 5:30pm @  
Extension Office  
May 7-9, KEHA State Meeting in Bowling Green  
May 20, Homemaker Annual Meeting 6pm @  
Extension Office  
July 13-20 & 27, County Fair

## NEP HAPPENINGS WITH STACEY STEPHENS

March 16, Healthy Choices in Recovery 4pm  
@ Library, call 859-234-4881 to sign up  
Lesson- Cooking Moving Toward Good Health  
Recipe- Creative Salads and Minute to Win it Games  
March 19, Cooking Through the Calendar 5pm  
@ Library, call 859-234-4881 to sign up  
Lesson- Reading Food Labels  
Recipe- Veggie Egg Rings  
March 20, Healthy Choices Lesson 10am  
@ Ebenezer United Methodist Church  
Lesson- Shifting to Healthier Choices  
Recipe- Fruit and Spinach Salad  
March 21, Cooing and Crafts 10:30am  
@ Library, call 859-234-4881 to sign up  
Lesson- Reading Food Labels  
Recipe- Santa Fe Soup  
March 28, Healthy Choices for the Family 11am  
@ Extension Office, call 859-234-5510  
Lesson- Fruits and Veggies for Everybody  
Recipe- Festive Honey Butter Corn

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## How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

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## Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

---

## Understanding Medicare and Medicaid

Understanding the ins and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

---

## Savvy Online Grocery

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

---

## Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

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## A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

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## Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

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**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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2024 - 2025 Bluegrass Area

# Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.

Return to the Extension Office no later than March 29, 2024.

## **Inspiring Grandchildren to Become Grand Cooks**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

## **Creating Welcoming Communities**

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

## **Gardening Safely**

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. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

## **Using Your Air Fryer**

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

## **Composition in Photography**

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

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