



Garrard County Family and Consumer Sciences Newsletter

Summer is upon us!

I hope this newsletter finds you happy, hydrated, and ready for some fun summer events and programming. We have big things coming up, so make sure to stay tuned! County fair is only a month away, so continue working on those entries. If you're looking to get involved with a new club and you like gardening, check out Garrard's Gardeners which has 2 events happening in June! Don't miss our ongoing Lunch and Learn Program. We are continuing to cook through the calendar, but with a new twist- Each month will feature a new country to learn about! If you have little ones ages 2-5, check out Laugh and Learn. Our first session was last month, and we had a blast! At this program, kids will learn, play, socialize and gain skills to prepare them for Kindergarten. And lastly, don't forget about our "June Jelly and Jam-boree" Class! Canning season is here, and you don't want to miss out. Those are just a few things we have going on. Read more to see what you can get involved with!

County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



HTTPS://WWW.
FACEBOOK.COM/
GARRARDCOUNTY
FCS

**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

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



Disabilities
accommodated
with prior notification.

Upcoming Events

FCS MEETS THE FARMER'S MARKET!

MONDAY, JUNE 10TH, 3-6PM!

STARTING IN JUNE, I WILL BE SET UP AT THE GARRARD COUNTY FARMER'S MARKET THE 2ND MONDAY OF EVERY MONTH! COME OUT. GRAB SOME GREAT PRODUCE AND SAY HI! I WILL BE GIVING OUT SAMPLES, PROMOTING EXTENSION AND MEETING WITH THE COMMUNITY!



FRIENDLY FIBERS GROUP MEETS EVERY 4TH MONDAY AT 1:30 AT THE OFFICE. JOIN ANYTIME IF YOU LIKE KNITTING, CROCHET, OR OTHER TYPE OF NEEDLEWORK!



June Jelly & Jam-boree

Participants will get to make and take home their own jar, and we will be discussing best practices for safe food preservation.

June 7th at 10am: Blueberry-Lemon Jam
 June 14th at 10am: Peach Jam
 June 21st at 10am: Apple Jelly
 June 28th at 10am: Jalapeño Jelly

Located at the Garrard County Extension Office
 1302 Stanford Rd. Lancaster, KY 40444

Please call the office to reserve your spot.
 859-792-3026

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 Lexington, KY 40546



Garrard County KEHA
 Homemakers
**ARTS 'N CRAFTS
 SWAP, BUY AND SELL**
 Saturday, July 27th
 9 AM - 2 PM
 Garrard County
 Extension Office

Artisans and Crafters have cleared out those dark cubbies, closets and cabinets in their studios, craftrooms and everywhere to swap, buy and sell gently used supplies, new craft/art items too. You might find something that you can actually use, need or want!

Free Admission - Admission Donation Accepted
 Silent Auction Raffles

Proceeds will benefit KEHA local education programs and activities and the Kentucky Foster Care System
 1302 Stanford Rd., Lancaster 859.792.3026

YOGA CLASS!

INSTRUCTOR: KRISTINA BEAMAN

COST: \$5 PER CLASS

TIMES:

TUESDAYS AT 7PM

(BEGINNER AND ADVANCED)

THURSDAYS AT 9AM

(CHAIR YOGA)

FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE "YOGA W/ KRISTINA" FACEBOOK GROUP!





FREE Health Screening

Sponsored by Ephraim McDowell Health

Garrard County Extension Office

Open to the public for anyone 18 Years of age or older.

Saturday, June 15, 2024
10:00 a.m. - 12:00 p.m.

- Blood pressure
- Take home colorectal screening kits
- Cholesterol
- Body Mass Index
- Mental Health Testing

Garrard Co. Ext. Office
1302 Stanford Rd.
Lancaster, KY 40444



To sign up, please contact:
(859) 797-3026

Walk-ins are welcome!

Community Service
Ephraim McDowell Health.



LAUGH & LEARN

MONTHLY PLAYDATE

June 25th
10-11am

Garrard County Extension Office

May Topic: Insects

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-3026



LUNCH AND LEARN

FREE MONTHLY COOKING CLASS



JUNE 4TH
12PM OR 6PM

GARRARD COUNTY
EXTENSION OFFICE
1302 STANFORD
ROAD

PLEASE CALL TO
REGISTER:
859-792-3026

Take your taste buds on a trip!

We will still be cooking through the UK Food and Nutrition calendar as usual, but now we will also explore the cuisine and culture of a new country each month. Grab a friend and join us!

COUNTRY OF THE
MONTH: THE
NETHERLANDS
RECIPE: FRUITED
COLESLAW



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Lexington, KY 40546



GARRARD COUNTY FAIR

FCS OPEN CLASS

RULES AND CATEGORIES NOW AVAILABLE!
ANY GARRARD COUNTY RESIDENT MAY ENTER.

CALL THE GARRARD COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON HOW TO ENTER! 859-792-3026

ENTER FOR A CHANCE TO WIN RIBBONS AND PRIZE MONEY! CATEGORIES INCLUDE PHOTOGRAPHY, NEEDLECRAFTS, CANNING, FLOWERS, ART AND MORE!

Enter to Win



Daylily Garden Tour

An Event from Garrard's Gardeners

Wednesday, June 26th at 10am

Thank you to Willie Francis Graham for opening up her beautiful garden for us to view. Call 859-792-3026 to get info and sign up. Rides will be available at the Extension Office that morning. We will leave here at 9:45.



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Individuals
accommodated
with prior notification.

Garrard's Gardeners

Open to the public

Please call to register: 859-792-3026

Held at the Garrard Co. Extension Office

Next meeting: June 20th at
4pm

Topic: Irrigation for your
Home Garden + How to
enter plants in the County
Fair



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HOMEMAKER HAPPENINGS

Save the Date

Fort Harrod Area Homemaker trip

Maysville, KY

Friday, September 13th

Rides will be provided.

More details to come!



Upcoming Dates

Countryside Club: No June Meeting

Garrard Go-Getters Club: June 17th at 6pm-Recipe Exchange

Homemaker Council Meeting: June 3rd at 4pm for Bylaw Updates and June 24th at 6pm for regular Council at the Extension Office

Recipe Exchange
Hosted by the Garrard Go-Getters Homemaker Club

HAVE A FAVORITE RECIPE THAT YOU WOULD LIKE TO SHARE? FIX YOUR FAVORITE DRINK, APPETIZER, ENTREE, OR DESSERT ALONG WITH COPIES OF THE RECIPE TO SHARE WITH OTHERS. LET'S ENJOY AN EVENING OF CONVERSATION AND GOOD SNACKS.

JUNE 17TH AT 6PM
GARRARD COUNTY EXTENSION OFFICE

Cooperative Extension Service
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4-H Youth Development
Community and Economic Development MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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SAVE THE DATE
SEPTEMBER 27, 2024



GARRARD COUNTY
ANNUAL HOMEMAKERS
MEETING

NOT A PAID HOMEMAKER? NO PROBLEM! STOP BY THE EXTENSION OFFICE ANYTIME TO GET MORE INFO ON HOW TO JOIN AND GET INVOLVED! YEARLY DUES ARE \$10 AND GENERALLY PAID IN THE FALL. BUT YOU CAN JOIN ANYTIME.

ADULT

HEALTH BULLETIN



JUNE 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>

Garrard County Extension Office
1302 Stanford Road
Lancaster, KY 40444
859-792-3026

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

➔ Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
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Designed by: Rusty Manseau
Stock images:
Adobe Stock



June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Lunch & Learn 12pm and 6pm	5	6	7 Jellies and Jams Canning Class 10am	8
9	10 FCS at the Farmer's Market 3- 6pm	11	12	13	14 Jellies and Jams Canning Class 10am	15 Health Screenings 10am-12pm
16	17 Recipe Swap 6pm	18	19 Office Closed in Observance of Juneteenth	20 Garden Club 4pm	21 Jellies and Jams Canning Class 10am	22
23	24 Friendly Fibers 1:30pm Homemaker Council 6pm	25 Laugh and Learn 10am	26 Daily Garden Tour 10am	27	28 Jellies and Jams Canning Class 10am	29
30						