

# MAY

## 2024

### Garrard County Family and Consumer Sciences Newsletter

Hello Everyone!

I hope this beautiful weather is filling you with so much joy! I appreciate all the kind wishes and warm welcome I've received since returning from maternity leave. This community has made the transition back much easier. The beginning of summer means it's time to start thinking about County Fair! Please take note that the 2024 FCS Open Class rules and categories are now available to view. You can access them online or pick up a paper copy from the Extension Office. Take the opportunity to support a community program, show off your talents, and maybe even win some prize money! In the meantime, check out the great programs we have going on. Hope to see you soon!



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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Upcoming Events



**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!**

## LUNCH & LEARN FREE MONTHLY COOKING CLASS



**TACO PIE:  
TUES. MAY 14TH**

**CLASS TIMES ARE 12PM AND 6PM. CALL TO RSVP AND CHOOSE YOUR CLASS TIME.**

## 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!**



## 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!**



## Garrard's Gardeners

Open to the public  
Please call to register: 859-792-3026  
Held at the Garrard Co. Extension Office



**Next meeting: May 23  
at 4pm  
Topic: Native Plants  
with guest speaker,  
Tina Elliot**

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
College of Agriculture, Food and Environment  
University of Kentucky  
1900 Commonwealth Blvd., Lexington, KY 40546  
859-257-3800  
www.uky.edu/extension

## MAKE AN APRON 2 DAY CLASS

**Cost: \$7**

**MAY 2 AND 3 AT 6PM  
GARRARD COUNTY EXTENSION OFFICE**

**Call to RSVP: 859-792-3026**

In this beginning sewing class participants will construct a perfect apron for summer grilling or holiday baking! Beginner sewists will learn about sewing straps, pockets, and small hems. Pattern will be furnished.



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.

For the project bring 1 yard of decorator weight, heavy cotton fabric; i.e. ticking, denim, duck cloth, etc.; 1 yard of coordinating 100% cotton fabric for pocket, lining and/or straps; thread to match or coordinate.

## 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!**

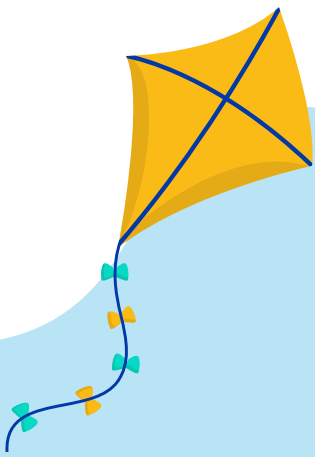
*Enter to Win!*



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# LAUGH & LEARN

## MONTHLY PLAYDATE



May Topic: Plants

May 29th  
10-11am

Garrard County  
Extension Office

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 gaurdians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-3026



# HOMEMAKER HAPPENINGS

## Cultural Arts 2024



Fort Harrod Area Homemaker trip

Maysville, KY

Friday, September 13th

Rides will be provided.

More details to come!



Congratulations to our talented cultural arts participants! We have 10 blue ribbon winners that will be moving on to the state level. Thank you to all who entered!

### Upcoming Dates

KEHA State Meeting: May 7-9 in Bowling Green

Countryside Club: May 16th-

Call for meeting time and location if you're interested in joining!

Garrard Go-Getters Club: May 20th-Meets

5:30pm at the Extension Office. Just show up if you're interested in joining!

Homemaker Council Meeting: May 21st at 6pm at the Extension Office

**SAVE THE DATE  
SEPTEMBER 27, 2024**



**GARRARD COUNTY  
ANNUAL HOMEMAKERS  
MEETING**



**SAVE THE DATE!**  
Garrard County Extension  
Homemakers  
Arts and Crafts  
Swap, Buy and Sale  
Saturday, July 27, 2024

9 am - 2 pm

Garrard County Extension Office

An event for you to clear out your cubbies, closets, cabinets of your unneeded or unwanted supplies, specifically related to arts and crafting.

You might have art and crafts for sale.

Table spaces will be limited so sign up early!

One's unwanted items may be someone else's treasures.

If you would be interested in being a vendor contact the Garrard County Extension Office to request an information packet.

859.792.3026

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2024

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## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).



## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Aprons Sewing Class 6pm	Aprons Sewing Class 6pm	
5	6	7	8	9	10	11
		KEHA State Meeting	KEHA State Meeting	KEHA State Meeting		
12	13	14	15	16	17	18
	FCS at the Farmer's Market 3pm-5pm	Lunch and Learn 12pm and 6pm				
19	20	21	22	23	24	25
	Go-Getters Meeting 5:30pm			Garden Club-Native Plants 4pm		
26	27	28	29	30	31	
	Office Closed for Memorial Day		Laugh and Learn 10am			