

September

2024

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

Cooperative Extension Service
Garrard County
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Lancaster, KY 40444
(859) 792-3026
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extension.ca.uky.edu/garrard

Garrard County Family and Consumer Sciences Newsletter

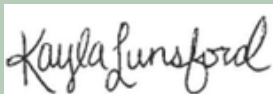
By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."

-Helen Hunt Jackson

Hello Everyone!

The first glimmer of fall has arrived, and I hope you're finding enjoyment in it. September is always a nice in-between time for me. The hustle of summer has slowed down, and the busyness of the holidays has not yet begun. Be sure to stay up to date with all of the goings-on around the Garrard County Extension Office! Our Homemaker County Annual Meeting is coming up at the end of this month! All Garrard County Homemakers are invited to attend, as well as those who are not a homemaker but may be interested in joining. The cost for the event is \$10. Please RSVP at the office. Cash and checks are accepted, and checks should be made out to the Garrard County Homemakers. We also have a variety of new events and classes coming up for anyone interested. Spread the word, and come on out!

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



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.
FACEBOOK.COM/
GARRARDCOUNTY
FCS](https://www.facebook.com/garrardcountyfcs)

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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.

Upcoming Events

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

LUNCH AND LEARN FREE MONTHLY COOKING CLASS



**SEPTEMBER
3RD
12PM OR 6PM**

**GARRARD COUNTY
EXTENSION OFFICE
1302 STANFORD ROAD**

**PLEASE CALL TO
REGISTER:
859-792-3026**

We're taking our taste buds on a trip! Come along as we sample this month's recipe from the 2024 Food and Nutrition Calendar and explore the culture and cuisine of a new country!

**COUNTRY OF THE
MONTH: JAPAN**



**RECIPE: RAMEN
SKILLET DINNER**



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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!

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



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College of Agriculture,
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University of Kentucky

Garrard's Gardeners

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

Next meeting: September
26th at 4pm

Topic: Landscaping and
Winter Cover Crops



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CAMPFIRE COOKING

HELD AT THE
GARRARD COUNTY EXTENSION OFFICE

TUESDAY, SEPTEMBER 10TH
6PM

JOIN US FOR AN ENJOYABLE AND EDUCATIONAL EVENING. THE SESSION WILL INCLUDE TOPICS ON FOOD SAFETY, FIRE-BUILDING TECHNIQUES, AND A CHANCE FOR ATTENDEES TO CREATE AND TASTE SOME DELICIOUS CAMPFIRE RECIPES.



CALL TO REGISTER

LIMIT OF 20 PARTICIPANTS

859-792-3026

Cooperative
Extension Service

Apprentices and Natural Resources
4141 South Cooperators
University of Kentucky
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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1862
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authority

BEGINNER SEWING CLASS



2-SESSION CLASS SERIES

INSTRUCTOR: DEBBY JORGENSEN

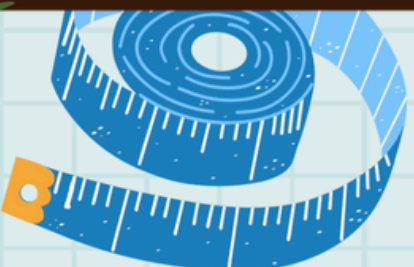
SEPTEMBER 5TH, 9AM-12PM
SEPTEMBER 12TH, 9AM-12PM

This is a class for true beginners. Whether you have limited experience and need a refresher, or you've yet to take that sewing machine out of the box, this class is for you!

Participants will need to bring their own sewing machine to learn on. If you need to borrow a machine for class, the office may provide one on a first-come, first-served basis. Please specify when you register if you need one.

This class will cover:

- Basic machine set-up and use
- How to cut and measure material
- How to know what supplies you'll need to get started



Class Limit: 6 people | Call to RSVP: 859-792-3026

LOCATED AT THE GARRARD COUNTY EXTENSION OFFICE
1302 STANFORD RD. LANCASTER, KY 40444

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4141 South Cooperators
University of Kentucky
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Martin-Gatton
College of Agriculture,
Food and Environment

LAUGH & LEARN

MONTHLY PLAYDATE



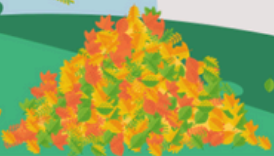
September 24th
10-11am

Garrard County
Extension Office
1302 Stanford Rd.

September Topic:
Wind/Fall

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



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Lexington, KY 40506



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Homemaker Happenings

UPCOMING DATES

GO-GETTER'S CLUB: SEPTEMBER 9TH AT 6PM AT GARRARD EXT.

COUNTRYSIDE CLUB: SEPTEMBER 19TH- CALL FOR MORE DETAILS

NOT YO MAMA'S HOMEMAKER CLUB: SEPTEMBER 29TH AT 12PM AT LOGAN HUBBLE PARK

HOMEMAKER COUNCIL MEETING: SEPTEMBER 30TH 6PM

MAYSVILLE TRIP: SEPTEMBER 13TH- CALL IF YOU WOULD LIKE A RIDE. WE WILL DEPART FROM THE OFFICE AT 7:45AM.

COMMUNICATION ESSENTIALS WATCH PARTY LEADER LESSON: SEPTEMBER 26TH AT 10AM

COUNTY ANNUAL MEETING: SEPTEMBER 27TH AT 6PM

AREA ANNUAL MEETING: OCTOBER 12TH- CALL IF YOU WOULD LIKE A RIDE. MORE DETAILS TO COME.

THE GARRARD COUNTY HOMEMAKER BYLAWS HAVE BEEN UPDATED BY THE HOMEMAKER COUNCIL. ALL GARRARD COUNTY HOMEMAKER MEMBERS WILL HAVE AN OPPORTUNITY TO VIEW THESE NEW BYLAWS, AND THEY WILL BE VOTED ON AT THE ANNUAL MEETING ON SEPTEMBER 27TH. IF YOU'D LIKE A COPY, PLEASE EMAIL [KAYLA.LUNSFORD@UKY.EDU](mailto:kayla.lunsford@uky.edu) OR STOP BY THE OFFICE TO RECEIVE A COPY BEFORE THE MEETING.



Fort Harrod Area Homemaker's Day Out Maysville

September 13

Meet at the National Underground Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town

Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

KEHA Homemakers

National Underground Railroad Museum 38 West 4th Street	Tumbleweed 511 Market Square Drive	Gateway Museum Center 215 Sutton Street
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POSITION OPEN

THE OFFICER POSITION OF PRESIDENT ELECT IS NOW OPEN ON THE GARRARD COUNTY EXTENSION HOMEMAKER COUNCIL. IF YOU WOULD LIKE TO NOMINATE SOMEONE, PLEASE DO SO BY SEPTEMBER 20TH. NAMES CAN BE SUBMITTED TO MARTINA ECKLER (COUNCIL PRESIDENT) AT MARTINA.ECKLER@KY.GOV. THE OFFICER WILL BE VOTED IN AND INSTALLED AT THE COUNTY ANNUAL MEETING.

IT'S TIME TO PAY DUES FOR THE 2024-2025 HOMEMAKER YEAR!

\$10 FOR THE YEAR

YOU CAN PAY THIS AT THE COUNTY ANNUAL MEETING OR COME INTO THE OFFICE ANY TIME TO PAY. RENEWAL FORM IS FOUND AT THE END OF THIS NEWSLETTER!



Watch Party on: Communication Essentials for Good Impressions

Led by Boyle County FCS Agent,
Alethea Bruzek

September 26th at 10am
Garrard County Extension Office
Call to Register
859-792-3026
Everyone is welcome!

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

KENTUCKY 
COOPERATIVE EXTENSION



Healthy Eating *Around the World*



October 16th
11am-1pm

Event will be held at the
Boyle County Extension Office

99 Corporate Drive
Danville, KY 40422

WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!

Free Program presented by the Fort Harrod Area FCS Agents-
This is a Homemaker Leader Lesson, but anyone can attend!

Please register by October 9th by calling the
Boyle County Extension Office at **859-236-4484**.

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Lexington, KY 40506



Disabilities
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with prior notification.





Please join us for the 96th

ANNUAL GARRARD COUNTY HOMEMAKER MEETING

Friday, September 27th
6pm

Cost: \$10/person

This will be a fun-filled celebration for all Garrard County Homemakers and those interested in joining! Spouses are also welcome to attend. The event will include dinner, a silent auction, door prizes, and installation of new county officers. Proceeds from this year's event will go to Ovarian Cancer Research, which will be our educational theme for the evening. You may also pay your dues for the 24'-25' Homemaker year at this meeting. Costumes are not required, but a friendly competition will take place for those who choose to wear their "Wizard of Oz" inspired attire!

Please RSVP by calling 859-792-3026 by Friday, September 20th.



Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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FORT HARROD AREA ANNUAL MEETING



A Day at the Races

Come dressed in your favorite race day attire to enjoy lunch and our guest speaker, Michael Blowen, founder of Old Friends Thoroughbred Retirement Farm.

When: October 12th, 2024, 10:00 AM
Registration begins at 9:30 AM.

Register by calling the Woodford County Extension Office.

Where: Versailles Baptist Church
125 E. Green St.

Make checks payable to:
"Woodford County Extension Homemakers"

Program Cost: \$20

Mail checks to:
184 Beasley Drive
Versailles, KY 40383

Registration Deadline: September 27th

(859) 873-4601



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Lexington, KY 40506



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HEALTH BULLETIN



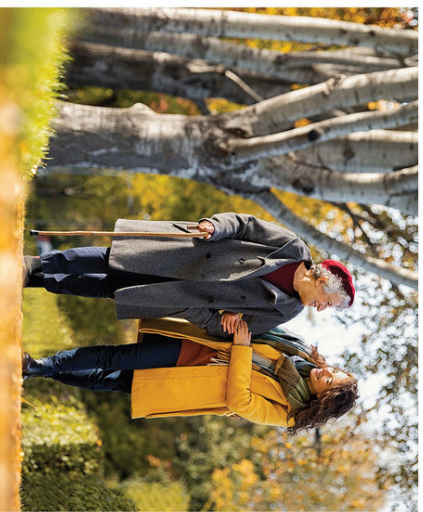
SEPTEMBER 2024

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](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: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are a some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

Continued on the next page →



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Statewide Cooperative Extension, KY 40306



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*After a warm and sticky summer, the cool fall weather
can be a welcome platform for outdoor activity.*

Continued from the previous page →

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations. Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

REFERENCES:

- Baidwin, M., Bierman, M., & Landau, M. J. (2015). Remembering the real me: Nostalgia offers a window to the intrinsic self. *Journal of personality and social psychology*, 108(1), 128–147. <https://doi.org/10.1037/a0038033>
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- Well.org. (2019). How the falling autumn leaves benefit our mind and body. Retrieved June 11, 2024 from <https://well.org/mindset/autumn-leaves-benefit>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Mansau
Stock Images:
Adobe Stock

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day: Office Closed	3 Lunch & Learn 12pm and 6pm	4	5 Beginner Sewing 9am-12pm	6 Rural Heritage Festival	7 Rural Heritage Festival
8 Senior Center Bingoize 10am Go-Getters 6pm	9 Senior Center Bingoize 10am Go-Getters 6pm	10 Campfire Cooking 6pm	11	12 Beginner Sewing 9am-12pm	13 Maysville Trip	14
15	16	17	18 Kayla out for National Conference	19 Countryside Homemaker Club	20	21
22	23 Senior Center Bingoize 10am	24 Laugh & Learn 10am	25 Senior Center Bingoize 10am	26 Leader Lesson Watch Party: Communica- tion 10am	27 County Annual Homemaker Meeting 6pm	28
29 Not Yo Mama's Homemaker Club 12pm	30 Homemaker Council 6pm					