



2023 NEWSLETTER

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
Jessamine.ca.uky.edu



Time to Pay Dues!

Our new Homemaker Year has officially begun! If you belong to a club, dues will be taken up at your club meeting. If you are a mailbox member, please mail or drop your dues off at the office to continue receiving the paper newsletter in the mail along with the monthly UK lesson materials.

Homemaker Dues are \$10

SIGN UP

Karli Giles

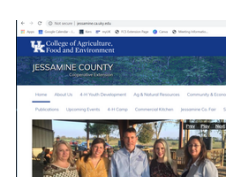
County Extension Agent
Family & Consumer Sciences

Calendar of Events

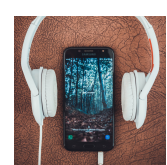
Oct 6	12 p.m.	Small Appliance Luncheon
Oct 9	10 a.m.	Laugh and Learn
Oct 9	6 p.m.	Homemaker Annual Mtg.
Oct 12	6 p.m.	Cast Iron Cooking
Oct 19	6 p.m.	Zipper Bag
Oct 25	12 p.m.	Lunch N' Learn
Nov 3	12 p.m.	Small Appliance Luncheon
Nov 8	9 a.m.	Bucket Hat
Nov 9	2 p.m.	Makeup Basics
Nov 13	10 a.m.	Laugh and Learn
Nov 15	9:30 a.m.	Serger Class
Nov 16	9:30 a.m.	Serger Class



Jessamine County Family and Consumer Sciences on
Facebook: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information on all
program areas: <http://jessamine.ca.uky.edu/>



University of Kentucky Family and Consumer Sciences
Extension Podcast: <https://ukfcsext.podbean.com/>

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 Dates

October 9th at 6 p.m.

Jessamine County Homemaker Annual Meeting

October 12th at 6 p.m.

Cast Iron Cooking Leader Lesson

October 13th at 10 a.m.

Bernheim Forest Trip

October 31st at 9:30 a.m.

Fort Harrod Area Homemaker Annual Meeting

November 1st

Homemaker Membership Dues Deadline

November 9th at 2 p.m.

Makeup Basics Leader Lesson

November 30th at 9:30 a.m.

Fort Harrod Area Homemaker Council Meeting

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

Garden Club

Third Monday of the month, 1 p.m. at the Extension Office

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

Bernheim Forest Homemaker Trip



The Jessamine County Extension Homemakers will meet the Fort Harrod Area Homemakers at Bernheim Forest on Friday, October 13th.

Trip Details:

- Transportation is provided.
- We will leave the Jessamine County Extension Office at 10 a.m.
- A boxed lunch will be provided.
- Please wear comfortable shoes for walking.
- The trip is FREE!!!
- Only four more spots remain. You can call the office at 859-885-4811 to reserve your spot.

Small Appliance Luncheon

Join Karli on the first Friday of the month to learn about a small appliance. Participants will watch a cooking demonstration, sample recipes, and receive a recipe book using the featured appliances!

September 1st Griddle w/ Smokless Mode
12 p.m. for indoor grilling

October 6th Electric Pressure Cooker
12 p.m.

November 3rd Air Fryer
12 p.m.

December 1st Pizza Oven
12 p.m.

The luncheons are **FREE!**
Pre-registration is required each month. Space is limited.
To register, call 859-885-4811 or email karli.giles@uky.edu



Jessamine County Extension Office
95 Park Dr. Nicholasville, KY 40356

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LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.



October 9th, 10 a.m.- 11 a.m.

Theme: The Zoo

Jessamine County Extension Office
95 Park Drive, Nicholasville, KY 40356

To register for the October Laugh and Learn play date, call 859-885-4811 or email karli.giles@uky.edu

Cooperative Extension Service

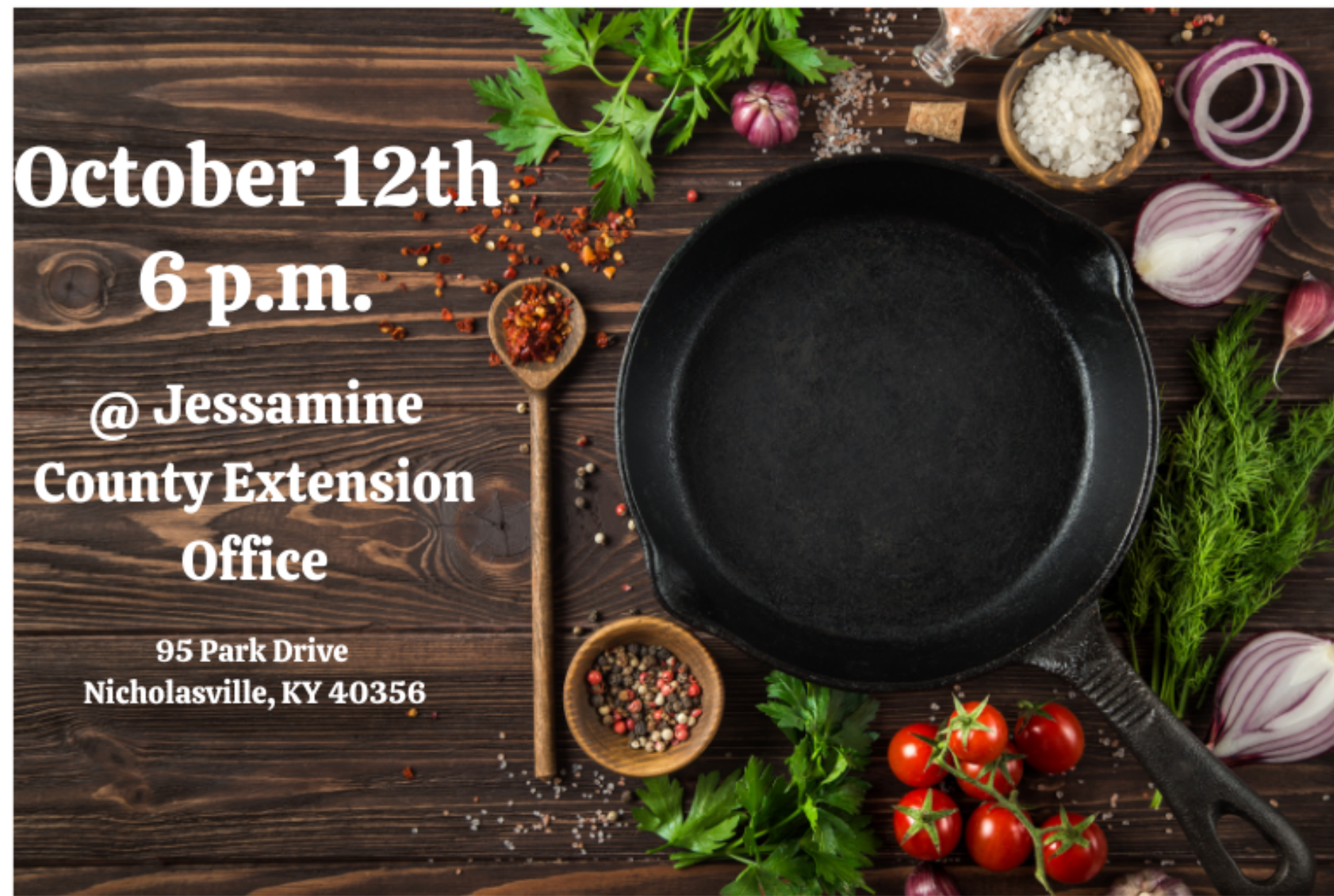
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CAST IRON COOKING



October 12th
6 p.m.

@ Jessamine
County Extension
Office

95 Park Drive
Nicholasville, KY 40356

Register by calling 859-885-4811 or email
karli.giles@uky.edu

ZIPPER BAG

In this two session class you will learn how to make a zipper bag. Each participant will make their own bag to take home.



October 19th
6 p.m.- 8 p.m.

CLASS IS FREE

Sewing machines and class
supplies will be provided.

Class space is **limited**. Registration is required by October 16th.
Register by calling 859-885-4811 or emailing karli.giles@uky.edu



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



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95 Park Drive Nicholasville

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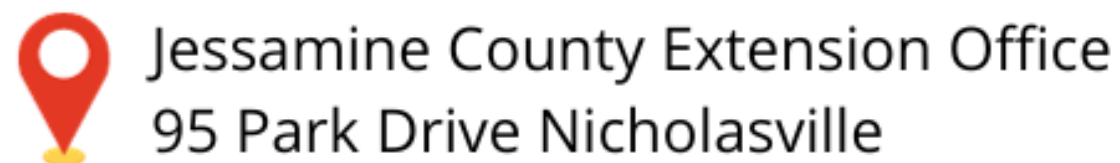
LUNCH N' LEARN

October Recipe- Italian One Pot Pasta and Beans



**October 25th
12 p.m.- 1 p.m.**

Registration is required.
Register by calling
859-885-4811 or emailing
karli.giles@uky.edu



**Cooperative
Extension Service**

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Fabric Bucket Hat

November 8th
9 a.m.- 3 p.m.

Cost: \$10
preregistration
is required



Skill Level: Intermediate

Taught by Marilyn Morrow

The material list will be sent
to those who register.

To register call 859-885-4811

Two-Day Serger Class

SAVE THE DATE

November 15th and November 16th
9:30 a.m.- 3 p.m.



More details to come in the
November newsletter.

To register, call 859-885-4811

FAMILY CAREGIVER HEALTH BULLETIN



OCTOBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

DRIVING WHILE AGING IS A COMMUNITY EXPERIENCE IN KENTUCKY



Deciding when it is time to stop driving can be an extremely difficult and emotional time in your life. The independence to navigate your vehicle freely and safely has suddenly come into question. You might realize this on your own, after concern from family members, or concern from authorities. If you or a loved one has vision loss, is showing signs of dementia or Alzheimer's Disease, or is simply aging, there is help in Kentucky.

The University of Kentucky Human Development Institute's Driver Rehabilitation Program was established in 2000. It specializes in helping folks decide whether it is safe to continue driving. It can also help you get back behind the wheel safely and with confidence.

Continued on the next page 

A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

 **Continued from the previous page**

Here are some warning signs that you or a family member might need the Driver Rehabilitation Program:

- Trouble interpreting or observing traffic signs, signals, and other traffic
- Slow or poor decisions behind the wheel
- Needs help or instructions from passengers
- Often gets lost, even in familiar areas
- Drives too fast or too slowly
- Accidents or near misses
- Poor road position or wide turns
- Difficulty driving at night

If you or someone you know has any of the above warning signs, they may need a Driver Rehabilitation Evaluation. A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

What does a driver rehabilitation evaluation involve?

The Driver Evaluation has two sections: the Clinical Component and the Behind the Wheel Component.

The clinical component

A CDRS with specialized training in evaluating driving skills administers the clinical component. This portion tests your visual and perceptual skills, ability to follow written and verbal directions, judgment, upper and lower extremity strength, and reaction time.

The behind the wheel evaluation

A driver rehabilitation specialist also gives this portion of the evaluation. It is an evaluation of your actual driving skills in different traffic conditions. A CDRS will take you driving in a vehicle with an instructor brake so the specialist can control the vehicle if necessary. These specialists work with people of all ages and abilities by exploring driving solutions for drivers with special needs.



Resources

To apply for Driver Rehabilitation Evaluation and Training in Kentucky, please contact the following programs:

Note: Costs for these services can vary. Please directly contact each program.

Lexington:

- University of Kentucky Medical Center, Driving Rehabilitation Program: (859) 218-7980

Louisville:

- Frazier Rehab Institute: (502) 429-8640
- Norton Heath Center: (502) 629-2501
- Drivabilities: (502) 893-0050

Thelma:

- Carl D. Perkins Vocational Training Center: (606) 788-6656

REFERENCE:

The Association of Driver Rehabilitation Specialists (ADED) <https://www.aded.net/search/newsearch.asp>.

Written by:

Michele Coffey, OT/L, CDRS and Maryfrances Gross, COTA, CDRS, in coordination with Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: 123RF.com

FAMILY CAREGIVER HEALTH BULLETIN



FORT HARROD AREA ANNUAL MEETING REGISTRATION FORM

October 31st, 10:00 a.m.
Boyle County Extension

Registration starts at 9:30 a.m.

Program begins at 10:00 a.m.

Theme is "Bewitching." Costumes are optional.

There will be scary stories, a
costume contest, and spooky
treats. Lunch is provided.

Cost is \$10, please return with
registration form below.

Checks made payable to:
Boyle County Homemakers

**REGISTRATION DEADLINE
IS OCTOBER 17TH**

Mail to Boyle
County
Extension
99 Corporate
Dr. Danville,
KY 40422

COST: \$10

Name: _____ County: _____

Address: _____ Phone: _____





Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356