



September 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

Sep 1	12 p.m.	Small Appliance Luncheon
Sep 4		Labor Day, Office is Closed
Sep 5 & 6	6 p.m.	Zipper Bag
Sep 7	2 p.m.	Dining with Diabetes
Sep 8	11 a.m.	Mindfulness
Sep 18	10 a.m.	Laugh and Learn
Sep 27	12 p.m.	Lunch N Learn
Oct 6	12 p.m.	Small Appliance Luncheon
Oct 9	6 p.m.	Homemakers Annual Meeting
Oct 12	6 p.m.	Cast Iron Cooking



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.

Mindfulness Homemaker Leader Lesson

September 8th
11 a.m.
Ag Center C



No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.

To register, call 859-885-4811

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 11 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

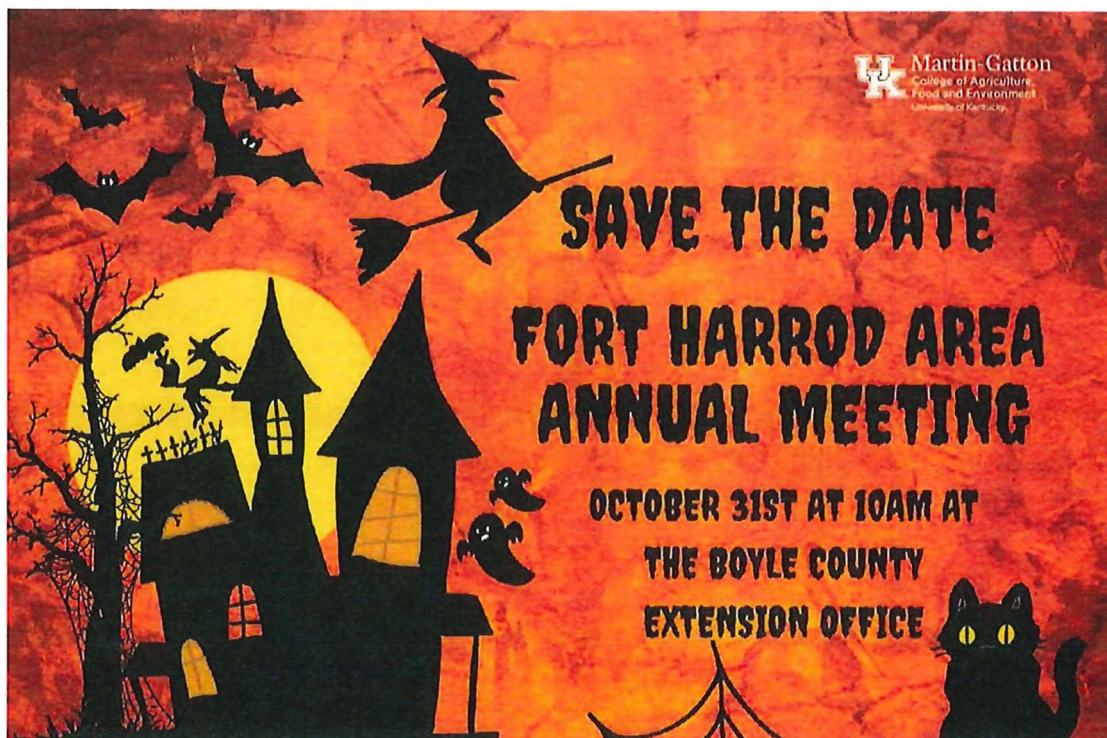
Edgewood Evening

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

Fort Harrod Area Annual Meeting



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.



September 18th, 10 a.m.- 11 a.m.

Theme: The Farm

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

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

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LUNCH N' LEARN

September Recipe- One Pan Shrimp and Veggies



September 27th
12 p.m.- 1 p.m.

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



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!

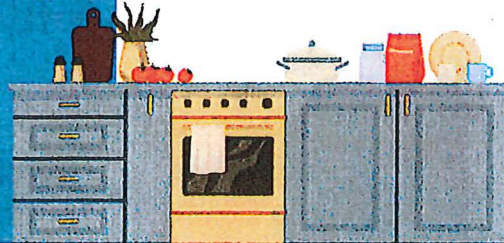
September 1st Griddle w/ Smokless Mode
12 p.m. for indoor grilling

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



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International programs of Kentucky Cooperative Extension serve all people regardless of race, sex, age, and skill and are available on the basis of need. Adult and child care, nutrition, and food safety, and other information, including family, consumer, financial, and health information, are provided as requested. Kentucky is an equal opportunity state. Persons with disabilities are encouraged to attend all programs. For more information, contact the Extension office nearest you. University of Kentucky, Kentucky State University, and the University of Tennessee are cooperating institutions. Lexington, KY 40546



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.



September 5th
6 p.m.- 8 p.m.
and
September 6th
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 August 28th. Register by calling 859-885-4811 or emailing karli.giles@uky.edu



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Join Fort Harrod Extension Homemakers
Learning, Leading, Serving, Fellowship
 Established in 1933

A Homemaker is anyone who makes a Home.

Whether you are just starting out with your first place on your own, sharing with roommates, or family members, or you have been in your home for a while you are a "Homemaker" someone who makes a Home.

According to Dictionary.com, the definition of a Homemaker is a person who manages the household of his or her own family. This can also be known as a household manager, which defined by Wikipedia is someone who oversees the organizational, financial, day-to-day operations of a house or estate, and the managing of other domestic concerns.

Think about it.... Do you pay bills? Do you manage or have a say in household finances? Do you organize schedules whether school, daycare, camp, piano, work, vacation, etc.? Do you participate in daily activities whether laundry or choosing/preparing meals? If you answered yes to any of these, then you are a household manager otherwise known as a Homemaker.

You Can Be Part of This Informative, Active Group

As a member of Extension Homemakers, you will have the opportunity to learn more about topics and issues which concern individuals and today's family. Besides gaining information to improve your everyday life, you'll have the opportunity to share your knowledge with your family, neighbors, and friends.

Join your County Extension Homemakers in this unique educational opportunity. Homemakers learn, lead, serve & enjoy fellowship.

Families Come in All Shapes and Sizes...

And so do County Extension Homemakers. Anyone can be in Homemakers. We have established clubs that are always looking for new members, and we are open to starting new clubs this year, also. Also, Mailbox membership is available for interested individuals whose time is limited by job, family, or other factors. Mailbox members receive the monthly education lessons & newsletters by mail.

Education Can Make a Difference

Strengthening the family, the cornerstone of a healthy America has long been a goal of the Cooperative Extension Service. Since 1914, Extension educational programs have helped families invest in their future by helping them develop the knowledge to improve personally, make informed health and nutrition choices, manage resources, provide quality care for children, & become community leaders.



The Extension Homemaker Has the Opportunity:

- To learn up to date, research based, information through Extension Education programs.
- To become a community volunteer
- To meet others in educational and social settings
- To share experiences and ideas.
- To keep up to date on trends and research.
- To develop skills.
- To make new friends
- To enjoy fellowship

Other Growth Opportunities

- Scholarships
- Tours and Trips
- Family Picnics/Potluck Meals
- Have Fun and Time for Yourself
- Community Volunteer Opportunities
- Contribute to Community Causes: Be A Leader
- Area & State Homemaker Meetings

HOMEMAKER DUES:

Paying Homemaker dues allows your County Homemakers to continue to help make a difference in Ovarian Cancer Research, to help Homemakers and children internationally, to contribute to your county programming budget, along with paying the State and Area Membership dues. Some of our clubs also have a small program fee to help pay for hands-on crafts and/or quilting supplies and club programs.

Join Us as We Invest in the Future

If you're interested in a way to influence the future of Kentuckians positively. The New Homemaker Year starts in September contact your local County Cooperative Extension Service, and talk to your County Extension Agent for Family and Consumer Sciences, for details about Extension Homemakers.





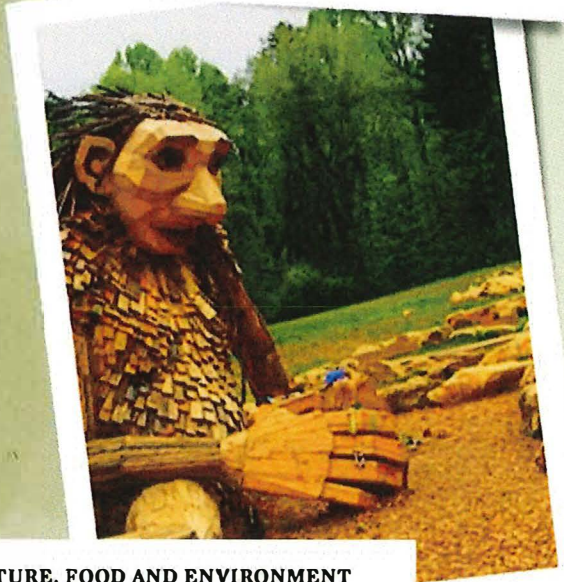
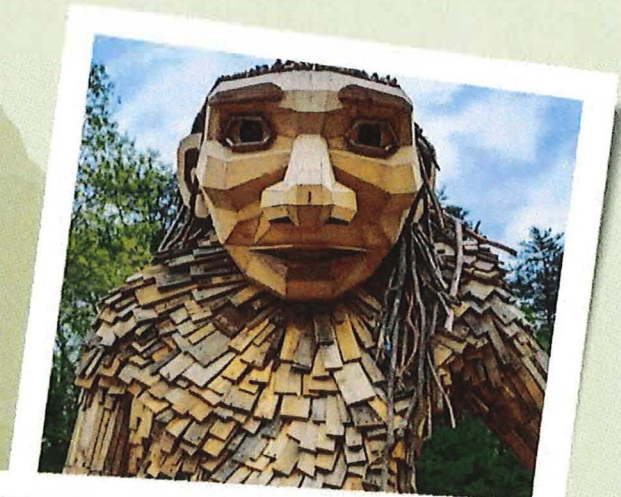
UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

BERNHEIM FOREST HOMEMAKER TRIP

FRIDAY, OCTOBER 13TH

The Fort Harrod Area Homemakers will be taking a trip to Bernheim Forest in celebration of KEHA Week! County groups will meet at Bernheim at noon, enjoy a picnic lunch, and then tour the area!

To sign up and to receive detailed information on transportation, departure times, and lunch choices, please contact your Extension Office. Be advised, there will be a lot of walking on this trip, so please plan accordingly. There is no cost to sign up.



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Disabilities
accommodated
with prior notification.



Jessamine Co. Extension Homemakers Annual Meeting



October 9th


Registration 6 p.m.

Program 6:30 p.m.

Cost: \$10

Menu:

Chicken Casserole, Corn,
Orange Fluff, Tossed Salad
and Dessert.

 **Jessamine Co. Extension Office**
95 Park Dr. Nicholasville KY 40356

Please cut and return to the Extension Office with payment by October 4th.

Name: _____

Club: _____

Phone Number: _____

Make checks
payable to
Jessamine County
Extension
Homemakers

Mail in registration to
Jessamine Co.
Extension Office
95 Park Dr.
Nicholasville, KY
40356

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