

KENTON COUNTY HOMEMAKERS NEWSLETTER

FAMILY & CONSUMER SCIENCES
FEBRUARY 2024

A note from Jackie

Happy February!

Hope that you are staying warm. Winter is definitely upon us.

As I am sure that you know, a little cold weather doesn't keep our Homemakers and friends down. We just add a scarf and mittens and rally on. This was the case for those of us who attended the Deck The Yalls event in December. The lights were amazing! Even the Grinch got into the holiday spirit.

My heart was very warm on December 4th when I, and other ladies from our clubs, joined forces with the 4-H and delivered boxes of goodies to Fire Departments, Police Departments, and the Animal Shelter in Kenton County to say "Thank You" for all that they do for our communities. Thank you also to Cathy Kunkel-Maines for putting this act of kindness event in motion.

January 13th was a very cold day also when we hosted our annual Bunco event. We had a fun crowd, lots of laughter and of course, great food. Prizes for our drop ticket raffle were a success. The money raised from this event will be used for Ovarian Cancer Awareness.

I also attended the Healthy Home, Body & Mind program which was held on January 17th. I was impressed by all of the presentations and left with great tips to implement into my routine. Thank you to all of the agents and staff that were involved with this program.

We will be hosting our International Day event on February 19th. This is sure to be interesting. Details are included in this newsletter.

This Homemaker year is off to a good start. I am looking forward to the events we have coming up. Thank you for all that you do.

I know how generous all of you are with your time. Remember that it is important to keep a log of your volunteer hours.

Have a wonderful month.

Hugs,

Jackie Waibel
Homemaker Council President



Important Reminder

As we move into that time of year, just a reminder of the SNOW POLICY: Extension and Homemaker county-wide sponsored activities are CANCELLED when Kenton County Schools are closed due to bad weather. Individual club leaders may decide to meet. Call the Extension Office or your club leader if you have questions.



Homemaker Club News

INDEPENDENCE HOMEMAKERS

Well, here we are already into the second month of 2024! It seems time goes faster and faster. Our club had their first meeting this year and we happily welcomed two new members. Welcome Donna and Ellen!

Our February meeting will be February 19, on President's Day, as that is not a holiday for the office. We have a special meeting that will be open to all the Kenton County Extension Homemaker Clubs for a special speaker. Laura Allen speaks about life in Israel. This event will be in the Wicklund room at the Marshall Road Extension Office at 11:00 am. Ms. Allen will be talking about her life in Israel, along with some history of the country. There will also be a tasting of a popular dish from there. We hope you will be able to attend. I hope you will check out all the learning opportunities available in our website: <https://kenton.ca.uky.edu>

Marla Johnson, President of Independence Club

Thank You Box Project



Deck The Yall's Holiday Outing



MAKING CARDS AT THE EXTENSION

Jackie Waibel is hosting a class to create handmade greeting cards. In this class you create two cards. Cost for this class is \$5 (to cover supplies). Spaces are limited. Please register at the Marshall Road office.



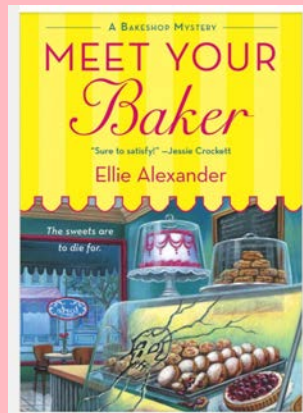
Dates for upcoming classes are:

3/6	Marshall Road	10:00AM
5/1	Kenton Lands	10:00AM
6/5	Kenton Lands	10:00AM
8/7	Kenton Lands	10:00AM
10/2	Marshall Road	10:00AM
12/4	Marshall Road	10:00AM

Homemaker Club News

BOOK CLUB

In December we collected books for a member's 4th grade classroom. She reported that there were 39 English, 13 Spanish and 2 books that were written in both English and Spanish in the same book! This idea was a success. We have already discussed doing this annually for schools in our county. We also collected items for Be Concerned pantry. In January, we collected shampoo. Our February book is Meet Your Baker by Ellie Alexander. Our meeting will be on Thursday, February 22nd at LaRosa (Harris Pike), Independence, beginning at 6pm.



Some of our members went to the movie in December to see, A Christmas Story. We are looking forward to another outing soon.



KENTON LANDS HOMEMAKERS

Happy New Year!! Our group had a fun Christmas lunch at Carrabas!! We will continue to work on Kindness Hearts to place in the community. Members will be attending classes to share info with our group. We meet the third Tuesday at 1pm. Please bring a friend!!

VIRTUAL CLUB

Our club joined in with the Book Club and donated books to the classroom and members also donated toilet paper for Be Concerned pantry. Some of our members belong to both the Virtual Club and the Book Club. A few of us went to the movie to see, A Christmas Story, and had a good time. Our quarterly, in person meeting was held on January 31st at LaRosa. Pictures and details will be in next months newsletter.

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 Bead Making For The Beginner 10:00AM & 2:00PM Marshall Rd	9	10
11	12	13 Savor The Flavor 10:00AM Marshall Rd	14 Printmaking 1:00PM Marshall Rd. <i>Happy Valentine's Day</i>	15 Cooking Through The Decades 12:30PM Kenton Lands	16	17
18	19 Independence Homemakers International presentation 11:00AM Marshall Rd	20	21 Computer Basics 1:00PM Kenton Lands	22 Book Club 6:00PM Larosa's Harris Pike	23	24
25	26 Homemaker Council Meeting 10:00AM Kenton Lands Acrylic Mediums 1:00PM Kenton Lands Groovy Lands Meeting 7:00PM Kenton Lands	27 Olives to eat and grow 6:00PM Kenton Lands	28 Digital Security 10:00AM Kenton Lands Drawing Projects Group 1:00PM Kenton Lands	29 Cork Purse Making Class 9:00AM Kenton Lands		

UPCOMING ART AND TECHNOLOGY CLASSES

Please visit kentoncountyextension.org for more detailed information and to register.

BEADMAKING for beginners

Thursday, 8 February 2024

10 am - Noon OR 2 - 4 PM

Kenton County Cooperative Extension, Main Office
10990 Marshall Road Covington, KY

PRINTMAKING

Wednesday, 14 February 2024

1 - 4 PM | \$10 registration fee

Kenton County Cooperative Extension, Main Office
10990 Marshall Road Covington, KY

COMPUTER BASICS

Wednesday, 21 February 2024

1 - 4 PM | optional - bring your own laptop

Durr Education Center

450 Kenton Lands Road, Erlanger KY

Acrylic MEDIUMS

Monday, 26 February 2024

1 - 3 PM | \$10 registration fee

Durr Education Center

450 Kenton Lands Road, Erlanger KY

DIGITAL SECURITY

MAKE-UP
DATE

Wednesday, 28 February, 2024

10 am - Noon

Durr Education Center

450 Kenton Lands Road, Erlanger KY

Drawing PROJECT GROUP

Wednesday, 28 February 2024

1 - 4 PM | Open to all skill levels

Durr Education Center

450 Kenton Lands Road, Erlanger KY

Cork Purse Making Class



Join us to make a cork purse!

Basic Sewing Skills Required

Fee: \$50

3 spots left for this class.

Registration is open online

www.kentoncountyextension.org

When: Thursday February 29th

Where: 450 Kenton Lands Rd. Erlanger, KY

Time: 9:00AM - 4:00PM

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Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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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.

DIABETES

Education

 Cooperative Extension Service

The more you know...



DIABETES BASICS

Thursday, March 7, 2024, 1:00-3:30 PM

Adults will learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste of a diabetes-friendly recipe.

**Boone County Extension Office
(Lutes Room)**

6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)

(859) 586-6101 or boone.ca.uky.edu to register
Registration required.



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Family and Consumer Sciences
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Community and Economic Development

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PLANNING YOUR LEGACY: A FAMILY ESTATE GUIDE

A thought out estate plan allows you to meet your financial goals while building a legacy knowing that you are doing the best for you and your family.

The first session of this class will help you as you prepare to meet with your attorney before you put your estate plan in writing.

The second session will be conducted by an attorney who will address the legal perspective of a well thought out estate plan.



Session 1 Thursday, March 7, 2024

Session 2 Thursday, March 21, 2024

Each session begins at 6:30 PM

**Location: Kenton County Extension Service
10990 Marshall Rd
Covington, KY 41015**

You can enroll by calling 859-356-3155

OR

online at www.kentoncountyextension.org



COOKING THROUGH THE DECADES

Join us as we explore the evolution of cooking and
celebrate the dishes that shaped generations.

THURSDAYS
FEB. 15TH, MARCH 14TH,
APRIL 18TH, MAY 16TH

12:30PM - 2:30PM

KENTON LANDS RD. ERLANGER, KY 41018
REGISTER ONLINE OR CALL 859-356-3155



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Lexington, KY 40506



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Kenton Co.

Homemakers

Quarter Auction Fundraiser

JOIN THE KENTON COUNTY HOMEMAKERS ALONG WITH SEVERAL VENDORS LIKE PAMPERED CHEF, THIRTY ONE, MARY KAY, ETC. YOU CAN BID AND WIN SOME GREAT PRODUCTS FOR JUST A FEW QUARTERS, WHILE HELPING SUPPORT BREAST CANCER THROUGH THE CHICKS & CHUCKS ORGANIZATION.

PAY AT THE DOOR

\$5.00 GETS 3 PADDLES & \$2.00 FOR EACH ADDITIONAL PADDLE.

Saturday, March 16th, 2024

12-2 PM

450 Kenton Lands Rd

Erlanger, KY 41018

To register call 859-356-3155

OR

Visit our website at www.kentoncountyextension.org



Martin-Gatton
College of Agriculture,
Food and Environment



Outdoor Cast Iron Cooking

A new look at an old cooking practice

Do you and your family like the great outdoors? Are you a camper or hiker that likes to cook? Do you have a backyard fire pit and thought about cooking outside?

In this class we will learn the skill and art of cooking in traditional cast iron cookware. We will sample assorted recipes that are prepared and demonstrated during the class. At the end of the class you will have a great starter set of recipes the whole family will enjoy. You will learn how to season and care for your cast iron

5:00PM Tuesday, March 26, 2024

**Kenton County Extension Service
Durr Education Center
450 Kenton Lands Road
Erlanger, KY 41018**



enroll @ www.kentoncountyextension.org OR call 859-356-3155

KENTON CO. HOMEMAKERS

DAY AT THE RACES

FUNDRAISER FOR:

THE MARIE RICH SCHOLARSHIP FUND



Sat. April 27, 2024

12-3 p.m.

Tickets: \$25.00

**TICKETS CAN BE PURCHASED
FEBRUARY 14TH TO APRIL 19TH
AT MARSHALL RD OR KENTON LANDS OFFICE
OR CALL 859-356-3155**

THE DAY WILL INCLUDE

- Betting on your favorite horse
- Hat Contest
- Raffle Items
- Delicious Derby food
- Loads of fun

Event will be held at:
Kenton County Extension Office
10990 Marshall rd. Covington KY 41015

No tickets will be sold after April 19th

Gaming License # No.: EXE0002247

ADULT HEALTH BULLETIN

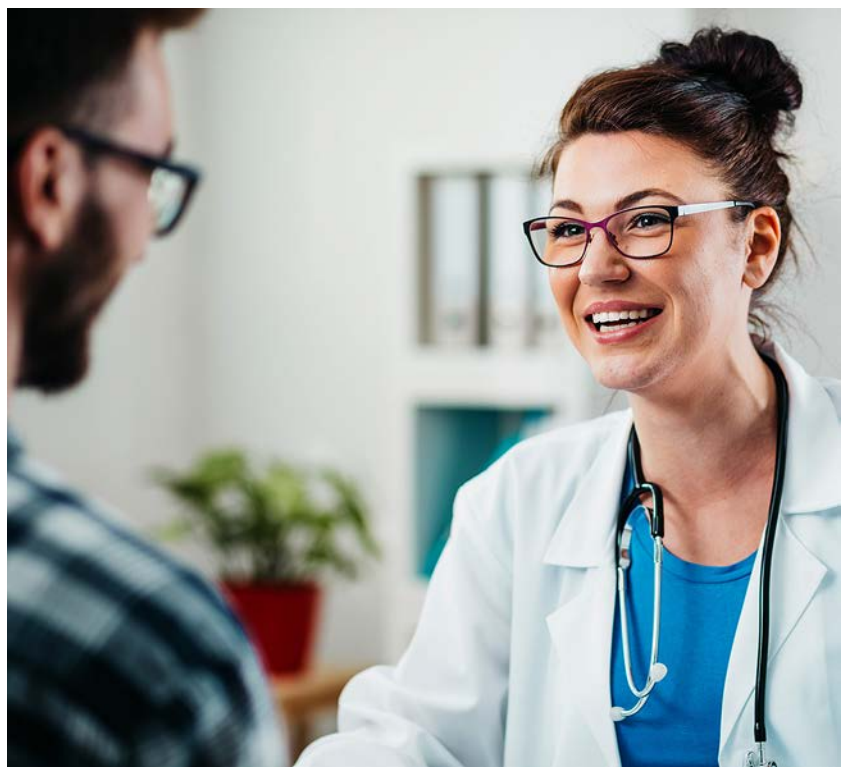


FEBRUARY 2024

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

THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page ➔



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If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



➔ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints. Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.


REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

**ADULT
HEALTH BULLETIN**

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





You are invited to
Independence Homemakers
International Presentation With Ms. Laura Allen

Ms. Allen will be talking about her life in Israel,
along with some history of the country.
There will also be a tasting of a popular dish from there.

Date: Feb. 19, 2024

Time: 11:00 AM

Kenton County Extension
10990 Marshall Rd
Covington, KY 41015



Non-discrimination Policy

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Visit the CES Program and Staff Development website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



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College of Agriculture,
Food and Environment
Cooperative Extension Service

Kenton County Cooperative Extension Service
 10990 Marshall Road
 Covington, KY 41015-9326

RETURN SERVICE REQUESTED



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