



HELLO OCTOBER!

FAMILY & CONSUMER SCIENCES HOMEMAKER NEWSLETTER

2024

A Note From Jackie

Welcome October! Falling leaves, cooler days and Halloween! It is always fun to see the kids in their costumes.

October is a busy month for Homemakers as well. Starting with Bunco and KEHA Week. We have a lot of fun projects to look forward to.

On a personal note, I am having some health issues, which resulted in having surgery on my neck on Wednesday, September 11, 2024. I am at home resting and healing. Please keep me in your thoughts and prayers. I am looking forward to seeing and visiting with all of you soon.

**Hugs,
Jackie Waibel**



Important Reminders

Bunco

Oct 12th

**KEAHA Week
Activities**

Oct 14-18th

Independence

Project Day

Oct 21st

**Homemaker
memberships**

are due

Oct 31st



OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			9 One Dough = Endless Possibilities 6:00PM Kenton Lands	10 Northern Ky Annual Homemaker meeting 8:30 AM reg./cultural arts drop off 10:00 Meeting Grant County		12 BUNCO 11:00AM Kenton Lands
6	7	8				
13	14	15	16	17	18	19
	Fall Craft Class 10:00AM Kenton Lands	Pizza Day 11:30AM Independence Larosa's	Pickleball 1:00PM Marshall Rd.	Cooking Through the Decades 12:30PM Kenton Lands Sock doll class 6 PM Kenton Lands	Quit Block of the Month 9:00AM Kenton Lands	
KEHA Week						
20	21	22	23	24	25	26
	Independence homemaker Project day 11:00AM Marshall Rd	Master clothing Volunteer Training	Master clothing Volunteer Training	Master clothing Volunteer Training County Extension County meeting 6:00 PM Marshall RD		Sip & Paint Boone Co. 10AM
27	28	29	30	31		
	Groovy Lands Club 7:00 PM			Homemaker memberships are due to office		





CLUB NEWS

Independence Homemakers Club

COME ONE AND ALL!- COME JOIN us at our Independence Homemakers Club.

We are trying **SOMETHING NEW**-instead of monthly business meetings we will have business meetings quarterly, 3rd Monday of August, November, March, and June—don't fret; we will remind you.

Besides these 4 regular meetings, we will have some special project meetings on other months (i.e. October -Carol is going to teach us how to make rope baskets this requires a sewing machine.) If you need a machine to use for this project please contact the extension office and let them know. Machines are limited so it will be first come first serve.

December will be Christmas lunch with games and surprises and lots of fun.

October 21-third Monday of the month 11:00 AM will be the first project meeting. If interested in joining, contact the Kenton County Extension Office-859-356-3155

Groovy Land club

Our club meetings have began.

We meet the 4th Monday of each month at Kenton Lands 7:00 PM. This club is a fun club that will be crafting, socializing and going on fun adventures.

Virtual Club


Our Virtual Club is busy crafting many different items, from quilts to doll clothes. We would love for you to join in on the fun and become a member of our club. You can find us on FaceBook by searching The Virtual Kenton County Homemakers.

We are also joining the Book Club members in donating items to Be Concerned.

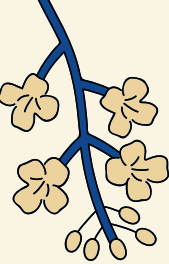
Book Club

Our Book Club is going strong! We will be reading the book, *Frankenstein Or The Modern Prometheus* by Mary Shelley for October. Our book discussion will be Thursday, October 24, 2024. We meet each month at LaRosa (Independence), beginning at 6pm. We would love for you to join us.

We are collecting items for Be Concerned. This month we are donating shaving cream and razors but of course, any items are welcome. Please contact Brenda Clark 859-628-9415 for more information.



2024-2025 Kenton County Homemaker Membership Form



BASIC INFORMATION

Name

Birthday:

Phone Number

Email

Address

Emergency Contact Name:

Emergency Contact Phone Number:

Race:

Gender:

PLEASE SELECT CLUBS THAT INTEREST YOU

- Book Club Femme Nouveau Club Groovy Land Club Virtual Club
 Independence Club Mail Box Membership Interested in starting new club

CURRENT CLUB INFORMATION IS ON BACK OF FORM.

MEDIA RELEASE

I, (*print full name*) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association, and UK Research Foundation, 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 for the following without compensation:

Please check all that apply:

- UK Educational Publications/Videos UK Promotion/Advertising
 UK Electronics Publishing (e.g., World Wide Web) Local/Regional/National News Media (w/permission of UK)

Signature: _____

Signature

Date: _____

Dues: \$11.00 Per year

_____ I have included \$1.00 donation to the Ovarian Cancer Research Fund. (Total \$12.00)

_____ I would like to include this donation \$ _____ to the Marie Rich High School Scholarship Fund

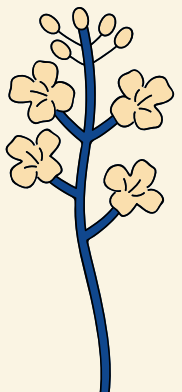
**** Make all check payable to Kenton County Extension Homemakers****

Mail to: Kenton County Extension Homemakers

10990 Marshall Rd. Covington, KY 41015 Question Call: Denise (859) 356-3155

Memberships must be received by Oct 31, 2024 in order to be a state member.

After this date you will be a county only member until it is time to renew your membership in 2025



KEHA WEEK Events

October 14 - October 18

Please visit kenton.ca.uky.edu OR Call 859-356-3155 to register!

Monday Oct. 14th



Fall Crafting with Denise
10:00 AM Kenton
Lands



Thursday Oct. 17th

Cooking Through The
Decades with Denise
12:30 PM Kenton Lands

Sock Doll class 6:00PM
450 Kenton Lands Rd.
(This is a cultural arts category)



Tuesday Oct. 15th



Pizza Day
11:30 AM Independence
Larosa's

Must pay for your own meal.



Friday Oct. 18th

Quilt Block of The Month
9:00 AM 450 Kenton Lands
Rd. Erlanger, KY 41018

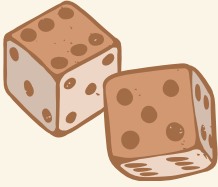


Wednesday Oct 16th

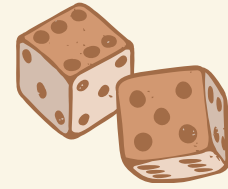


Pickle Ball 101 with Joan
1:00 PM 10990 Marshall Rd.
Covington, KY 41015





UK Martin-Gatton
College of Agriculture,
Food and Environment



IT IS BUNCO TIME

Join us once again for some fun and support a great cause!

Saturday, October 12th 2024

11:00AM-2:00PM

450 Kenton Lands Rd.

To Register:

Call 859-356-3155

OR

visit our website at www.kenton.ca.uky.edu

Register BY:

Friday October 4th

Cost \$20.00



All proceeds go to Chicks & Chucks
in support of breast cancer
Lunch is Included in price

**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.

Don't miss these fun classes!!

Plenty of spots still available for both!!
Call 859-356-3155 today to register or visit
www.kenton.ca.uky.edu

Pickle Ball 101 with Joan
Wednesday October 16th
1:00 PM 10990 Marshall
Rd. Covington, KY 41015



Sock Doll class
Thursday October
17th 6:00PM 450
Kenton Lands Rd.
(This is a cultural arts
category)

QUILT BLOCK OF THE MONTH CLASS



**JOIN US FOR A CHALLENGING
QUILT BLOCK THIS MONTH**

Friday October 18th

9:00 AM

Kenton Lands Office

Register online

kentoncountyextension.org

Supply list will be emailed
after you register



UK Cooperative Extension Service

Northern Kentucky Extension Homemakers Association presents

SIP and PAINT

with an International Flair

Paint along with Susan Miller, Boone County Extension Agent for Community Arts

Discover Extension Homemakers along with your friends and family members! Join or learn how to join the group(s) in your county! Create a personalized mixed-media 6x6x1.5" stretched canvas with your own peaceful thoughts or saying to take home to display on a shelf or wall or give as a gift. Enjoy internationally inspired foods, snacks, and mocktails. Spend time exploring your creative side with old and new friends.

Saturday, October 26, 2024

10:00 a.m.—2:00 p.m.

Boone County Extension Office, 6028 Camp Ernst Road, Burlington, KY 41005

(enter building across from flagpole)

859-912-1902 for information from Jennifer



DETACH AND RETURN THIS COMPLETED FORM WITH CHECK PAYABLE TO Boone County Extension Homemakers **before October 13, 2024**

Your name _____ (include additional names you are paying for on the back of this slip)

Your phone number: _____ Your email: _____

Number of tickets _____ @ \$15.00 = _____

who: _____ Intend to paint ___ Don't intend to paint (same price regardless)

Send completed form and check to: Jennifer Spriggs, 6422 Linkview Ct., Florence, KY 41042

Cooperative Extension Service

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4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.

ADULT

HEALTH BULLETIN



OCTOBER 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

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

➔ **Continued from the previous page**

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

ADULT
HEALTH BULLETIN

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



Cooperative Extension Service

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

RETURN SERVICE REQUESTED



Denise Donahue
Kenton County Extension Agent
for Family & Consumer Sciences
ddonahue@uky.edu



Joan Bowling
Kenton County Extension Agent
for Family & Consumer Sciences
jbowling@uky.edu

@UKKENTONEXT
KENTONCOUNTYEXTENSION.ORG

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