

# FAMILY & CONSUMER SCIENCES

# September

## KENTON COUNTY HOMEMAKERS NEWSLETTER

### A Note From Jackie

Hello everyone,

I hope all of you have had a wonderful Summer. The Kenton County Fair was a fun event. I am very proud of all of the entries from you, our Homemakers.

It is hard to believe that schools are back in session, football pre-season is underway, and the stores are bringing out their pumpkin spice scents.

Our Homemakers 2024-2025 season has also began with our Kick-off, which was held on August 8th. This event promoted self care, which included Ovarian Cancer Awareness. Our speaker, Cheri Hauber, an 18 year survivor of Ovarian Cancer, was very informative. We had the opportunity to meet three of our scholarship award winners, and to hear from them about their upcoming school year. The food was delicious, craft was fun, and of course, cultural arts!

We have a lot of great events and classes to look forward to this year! Our next fun day will be, Girl's Day Out on Saturday, September 7, 2024. (Form included in this newsletter). This will be a great day of working on crafts, visiting with each other, food and raffles. If you have not attended one of these days, you will be pleasantly surprised by how much fun you will have!

I am looking forward to this year together!

Hugs,

Jackie Waibel

Kenton County Homemaker President



### Important Reminders

Offices Closed  
Sept. 2nd

Girls Day Out  
Sept. 7th  
Kenton Lands Rd

Area Homemaker  
Meeting  
Sept. 25th  
Kenton Lands Rd

Northern  
Kentucky Area  
Homemaker  
Annual Meeting  
Oct. 10th  
Dry Ridge  
Christian Church

BUNCO  
Oct. 12th

KEHA Week  
Oct. 12th - Oct.  
18th



# 2024 SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 <b>Extension Offices Closed Happy Labor Day!</b>	3	4 <b>Securing Your Legacy 11:30AM - 3:30PM Kenton Lands</b>	5	6	7 <b>Girls Day Out Kenton Lands 10AM-4PM</b>	
8	9	10	11	12	13	14	
15	<b>FCS Agents are at National FCS Conference All Week!</b>				19	20 <b>Quilt Block of The Month 9:00AM- 11:30PM Marshall Rd.</b>	21
22	23 <b>Independence Club Meeting 11:00AM Marshall Rd.</b>	24	25 <b>Area Homemaker Meeting 1:00PM Kenton Lands</b>	26 <b>Book Club 6:00PM Independence Larosa's  County Extension Council 6:00 PM</b>	27	28	
29	30 <b>Groovy Lands Club Meeting 7:00PM Kenton Lands</b>						





# **CLUB NEWS**

## ***Independence Homemakers Club***

**Independence Homemakers will begin our year together September 23rd, 2024. This is the fourth Monday instead of our usual third Monday, due to the Labor Day Holiday, and the extension offices being closed. Mark your calendar!**

**We will begin our year together with our Agent Denise Donahue, sharing information about Homemakers, and the variety of educational opportunities available to our members this year.**

**This year we have opportunities for leadership for our club community. Carol Blair has offered to teach at our October Meeting the rope bowls. You will be able to begin your bowl after the meeting. Let Carol Blair know if you are interested.**

**She will explain what you will need in October at our meeting on September 23rd.**

**What craft are you interested in? Let us know.**

**We have many gifted members who love to share the craft they enjoy.**

**October 10th is our annual meeting for our 8 counties. Check with the extension office for registration. Our annual meeting has a full day of fun! It has a silent auction, cultural arts and a tasty meal. After our meal there will be a speaker who is going to share how to use scarves as an accessory in our wardrobe. Register BY September 26th, flyer and registration form are in this newsletter. Hope to see you there!**



## ***Virtual Club***

**We had a few members win ribbons at both the Kenton County Fair and Homemaker Cultural Arts. Congratulations to these talented ladies!**

**The Virtual Club continued to collect items for BE CONCERNED. This month we will be collecting shaving cream and razors. For more information, please contact Brenda Clark at (859) 628-9415.**



# CLUB NEWS

## Book Club



A few of our members went on a field trip in July to the movie theater to see the movie, **THE NEVERENDING STORY**. This was a treat since this was also our book choice for July.

Our next meeting will be held on Thursday, September 26, 2024 - 6:00 pm - at LaRosa in Independence. We will be discussing the book, **BETWEEN SISTERS**, by Kristin Hannah.

Our group is also collecting items for Be Concerned. This month we are collecting shaving cream and razors. For more details, please contact Brenda Clark at (859) 628-9415.



## Groovy land Club

Our club meeting start back On September 23 Kenton Lands 7:00 PM  
We will be planning our upcoming year lessons and activities.

## Card Making At The Extension Office

Join Jackie Waibel on  
October 2, 2024 @ 10:00am  
at the Marshall Road location to create two (2) handmade greeting cards.  
The cost is \$5 to cover supplies. Registration is required.

## We Still Need Doll Donations!

We would like to donate PJ's paired with a doll or bear in matching Pj's to foster children and other youth in need. Dolls should be 18 inches long and bears should have longer legs.

If you would like to help, dolls and bears should be like new or new. If you do not want to purchase a doll or bear, and don't have one to donate, you can make a donation of \$10.00 toward the purchase of a new doll or bear.

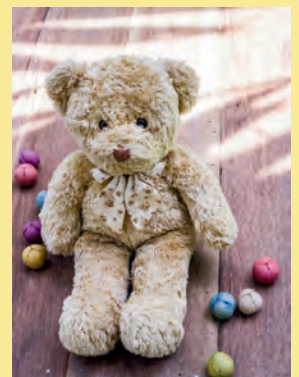
Dolls and bears or money can be dropped off at the Extension office  
BY October 30th

10990 Marshall Rd. Covington, KY 41015

Check should be made to

Kenton County District Board.

Call 859-356-3155 with any questions





# 2024 Annual Homemaker Kickoff



## *Congratulations 2024 Cultural Arts Winners!*

Congratulations to everyone who entered the county cultural arts contest. There were so many beautiful pieces! Blue ribbon winners are eligible to compete at the Area Extension Homemaker Cultural Arts contest on October 10th at the Dry Ridge Christian Church. Homemakers who wish to participate and are able to attend, may register for the event (flyer included in the newsletter) and bring their blue ribbon winner on that day. If anyone is unable to attend the area meeting but would like to participate, please drop off the cultural arts item at the main office on Marshall Road by October 8th and the agents will make sure it is entered.

Please call Joan Bowling if you have any questions.



### Blue Ribbon Winners

- Maryloretto Resing
- Peggy Baum
- Mary Alice Parrish
- Marla Johnson
- Kathy Wullenweber
- Mary Stetter
- Cathy Kunkel-Mains
- Sandy Beach
- Helen Powers



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

# KEHA WEEK Events

## October 14 - October 18



Please visit  
[kenton.ca.uky.edu](http://kenton.ca.uky.edu)

OR

Call 859-356-3155 to  
register!

### Monday, October 14th

Fall Crafting with Denise

10:00 AM 450 Kenton Lands Rd. Erlanger, KY 41018



### Tuesday, October 15th

Pizza Day

11:30 AM Independence Larosa's

### Wednesday, October 16th

Pickle Ball 101 with Joan

1:00 PM 10990 Marshall Rd. Covington, KY 41015



### Thursday, October 17th

Cooking Through The Decades with Denise

12:30 PM 450 Kenton Lands Rd. Erlanger, KY 41018

### Friday, October 18th

Quilt Block of The Month

9:00 AM 450 Kenton Lands Rd. Erlanger, KY 41018



**Cooperative  
Extension Service**

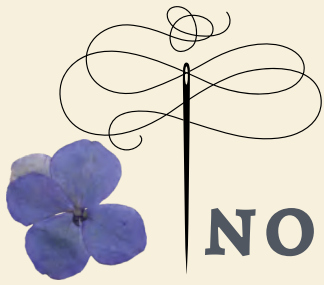
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



# Threading Your Way THROUGH HOMEMAKERS



## NORTHERN KENTUCKY AREA

# HOMEMAKERS 2024 ANNUAL MEETING



**October 10, 2024**

**8:30AM-10:00AM:**  
Registration, cultural  
arts check-in, silent  
auction

**10:00AM:** Meeting  
Begins



**Dry Ridge Christian  
Church**

**13 School Street  
Dry Ridge, KY 41035**



**Guest Speaker: Sue Walsh**

**Sue Walsh is from Hopkinsville Kentucky and with her,  
we will be having "Fun with Scarves"**

**Please wear a scarf to the meeting to be part of the fun!**

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment



**Make Checks Payable to Kenton County Homemakers.**

**Mail form and payment to: 10990 Marshall Rd. Covington, KY 41015**

**REGISTRATION DUE BY SEPT. 26, 2024**

**COST: \$20**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/St/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Menu: Please circle 1  
meat and 1 dessert**

- **Meatloaf OR Pork Loin with Stuffing & Gravy**
- **Mashed Potatoes**
- **Green Beans**
- **Bread**
- **Mixed Fruit**
- **Lemon Lush OR Four Stack Dessert**

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# Quilt Block of The Month



*Join us for our September  
Quilt Block of The Month  
class! We will be making the  
pumpkin block pictured above!*

**Friday, September 20th  
9:00AM - 11:30AM  
10990 Marshall Rd. Covington, KY 41015**

**Call OR visit our website to register!**

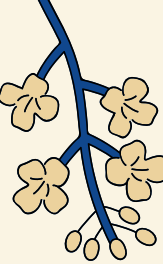
**859-356-3155**

**[www.kenton.ca.uky.edu](http://www.kenton.ca.uky.edu)**

**Register BY September 13th**



# 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

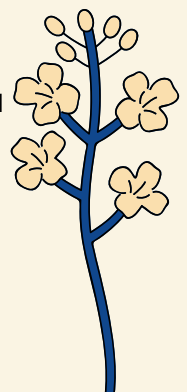
\*\*\*\* Make all check payable to Kenton County Extension Homemakers\*\*\*\*

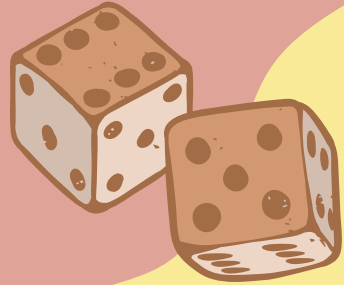
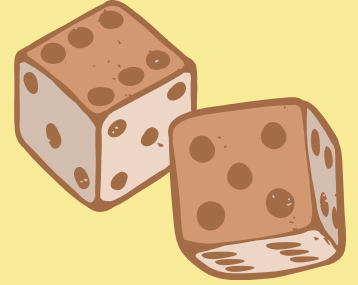
Mail to: Kenton County Extension Homemakers

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





# It is Bunco Time

**JOIN US ONCE AGAIN FOR SOME FUN  
AND SUPPORT GREAT CAUSE!**

**ALL PROCEEDS  
GO TO CHICKS & CHUCKS  
IN SUPPORT OF BREAST CANCER**

Saturday, October 12th 2024

11:00AM - 2:00PM

450 Kenton Lands Rd.

To Register:

Call 859 - 356 - 3155

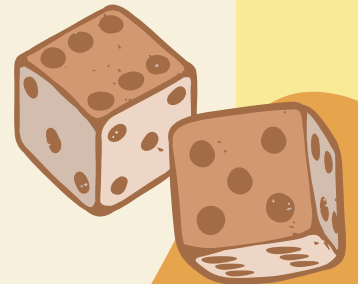
OR

visit our website at [www.kenton.ca.uky.edu](http://www.kenton.ca.uky.edu)

Register BY:

Friday October 4th

**Cost is \$20.00  
Lunch will be served**



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

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Disabilities  
accommodated  
with prior notification.

# Girls Day Out

Do you have an unfinished project or craft, or maybe want to start one?  
Come hang out with us for a fun day of fellowship, and completing projects! Meet new friends or catch up with ones you haven't seen in a while!

Saturday September, 7th  
10:00AM-4:00PM  
450 Kenton Lands Road. Erlanger, KY 41018

Cost is \$20.00 and includes a light breakfast and soup and salad for lunch.

To register:  
Call 859-356-3155

OR

visit our website at [kenton.ca.uky.edu](http://kenton.ca.uky.edu)

OR

mail form and check to: 10990 Marshall Rd. Covington, KY 41015  
Please register by Monday September 2nd



Yes, I want to participate

No, I cannot commit to being there, but I would like to make a donation

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone #: \_\_\_\_\_

The craft I will be working on: \_\_\_\_\_

Would like to be seated by: \_\_\_\_\_

Special needs (electric outlet, etc.): \_\_\_\_\_

Registration for this event will be on a first come first served basis.  
Please send right away. Make checks payable to: Kenton County Extension Homemakers

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# Securing Your Legacy



No matter your age or life situation there will come a time when choices and decisions will have to be made by or for you. Are you and your family ready? Explore through any or all of the programs in this series important information for you and your loved ones to consider.

*Programs are educational only—no sales promotions or endorsements implied.*

## FINANCIAL CONSIDERATIONS

**WED, 9/4, 11:30 a.m. – 3:30 p.m.**, Kenton County Extension Durr Education Center, 450 Kenton Lands Road, Erlanger, 41018, lunch provided for those registered by 8/27/2024.

*Register by calling 859-356-3155 or visiting [kenton.ca.uky.edu](http://kenton.ca.uky.edu)*

Social Security Basics

Medicare Basics

Financial Planning Basics and Selecting a Professional

## LIVING ARRANGEMENTS and IMPORTANT DOCUMENTS

**WED, 9/25, 8:30 a.m. – 3:30 p.m.**, Campbell County Extension office, 3500 Alexandria Pike, Highland Heights, 41076, lite lunch provided for those registered by 9/22/2024.

*Register by calling 859-472-2600 or visiting [campbell.ca.uky.edu](http://campbell.ca.uky.edu)*

Universal Design for the Home

Living Options for Later Life

Elder Abuse and Adult Protective Services

Prepare to Care for Loved Ones

Wills/Trusts/Probate and Important Documents

## END OF LIFE DECISIONS, OPTIONS, and COMMUNICATION

**WED, 10/2, 8:30 a.m. – 3:30 p.m.**, Boone County Cooperative Extension Service, 6028 Camp Ernst Road, Burlington 41005, lite lunch provided for those registered by 9/27/2024.

*Register by calling 859-586-6101 or visiting [boone.ca.uky.edu](http://boone.ca.uky.edu)*

Hospice/Palliative Care Basics

Gravestone Symbolism

Funerals/Funeral Planning/Green Funerals/Funeral Trends with panel of professionals

Organ, Eye, and Tissue Donation

What Every Family Should Know

*Kenton, Campbell, and Boone Counties Cooperating*

**REGISTRATION APPRECIATED for ANY or ALL SESSIONS and REQUIRED for LUNCH. Contact the host office to register (number provided).**

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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

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# ADULT

# 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>

## THIS MONTH'S TOPIC

# STEP INTO NATURE: GROUNDING



**W**hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

**Continued on the next page** →



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# Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



## ➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

#### REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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**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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