



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



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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

Karli Giles



County Extension Agent
Family & Consumer Sciences

Calendar of Events

Feb 12	10 a.m.	Laugh and Learn
Feb 12	5 p.m.	Homemaker Council Mtg.
Feb 19	5 p.m.	Cozy Bowl Sewing Class
Feb 27	6 p.m.	Artisan Bread
Feb 28	12 p.m.	Lunch N' Learn
Mar 1	10 a.m.	Savor the Flavor

Weather Policy

If the Jessamine County schools are closed due to inclement weather, FCS Extension Programs are also canceled.



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/>

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

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Disabilities accommodated with prior notification.

Important Dates

Homemaker Council Mtg.
February 12th at 5 p.m.
John Nickell Rm.

Basic Technology Leader Lesson
March 19th at 2 p.m.
Ag Learning Center

Cultural Arts Contest
April 4th, 9 a.m.- 12 p.m.
Ag Learning Center
More info to come in March
newsletter

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



**Savor
the
Flavor**

The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!

Fee: \$5
Payable via
Cash or
Check

March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
Lunch and taste testing will be provided.

Call BCCES at (859) 236-4484 to
register by Feb. 26th!

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Lexington, KY 40526

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

KCHA
Homemakers

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.



February 12th 10 a.m.- 11 a.m.

Theme: Dinosaurs

Jessamine County Extension Office

95 Park Drive, Nicholasville, KY 40356

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

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Cozy Bowl Sewing Class

February 19th
5 p.m.- 7 p.m.

Class is FREE!

Beginners Level

(A basic knowledge of sewing and your sewing machine is needed for the class).

SPOTS ARE LIMITED

RSVP by calling 859-885-4811
or emailing karli.giles@uky.edu

 Jessamine Co Extension Office
95 Park Dr. Nicholasville



Supplies:

- Sewing machine with a new needle; if you do not have a sewing machine, please let us know.
- Basic sewing kit
- Ruler
- All other supplies will be provided

ARTISAN BREAD

FEBRUARY 27TH

6 P.M.

CLASS IS FREE



LEARN HOW TO
MAKE ARTISAN
BREAD AT HOME
THAT WILL BE A
CROWD PLEASER!



JESSAMINE CO EXTENSION OFFICE
95 PARK DR. NICHOLASVILLE

REGISTRATION IS REQUIRED.
RSVP BY CALLING 859-885-4811 OR
EMAILING [KARLI.GILES@UKY.EDU](mailto:karli.giles@uky.edu)

LUNCH N' LEARN

Everything Tuna Melt

February 28th, 12 p.m.- 1 p.m.



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



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2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot _____ Club Ballot, please name club _____

Scan the QR Code below to fill out the survey via the online survey option.

Please choose the **top 8** lessons you would like taught in the 2024-2025 Extension Homemaker year.

Return your ballot to your County Extension Office no later than April 30, 2024.



_____ Elements and Principles of Art

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

_____ Healthy Eating Around the World

We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.

_____ Strong Bones for Life: Prevent Osteoporosis

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces and an evaluation.

_____ KEHA Plays Pickleball

In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America’s fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.



Understanding and Preventing Suicide

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

Mindful Eating

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.

Move Your Way: Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

People Learn with a Purpose: Understanding Learning Styles

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

Communication Essentials for Good Impressions

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Lesson materials include a publication, facilitator guide, and evaluation.

Handy to Have: Emergency Health Information Cards

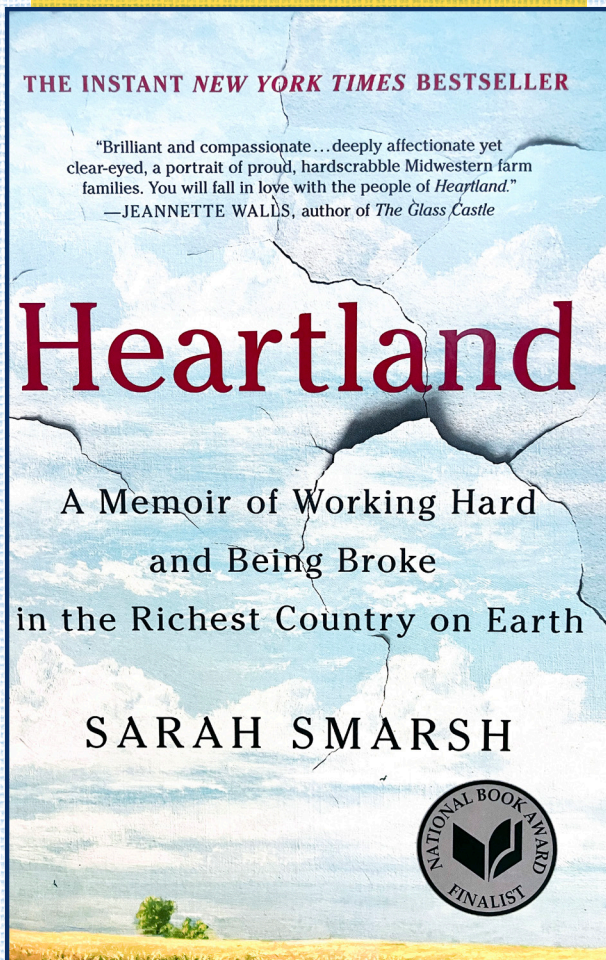
An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country*** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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