

# Washington County Homemaker Newsletter

MAY 2024

 University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

## In This Issue:

President's Note  
Senior Celebration  
Book of the Month  
Cooking through the  
Calendar  
Recipe Club  
KEHA News & Notes  
Dates to Remember  
Homemaker Yard Sale  
Free Class Series with  
Springfield Physical  
Therapy  
Census Quilt Squares  
Self Care Tips

## Contact Us:

Washington County  
Extension Office  
245 Corporate Drive  
Springfield, KY 40069  
(859) 336-7741  
[washington.ca.uky.edu](http://washington.ca.uky.edu)

# Washington County Homemaker Potluck & Meeting

**MAY 30, 2024**  
**NOON**  
**AT THE EXTENSION  
OFFICE**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Note from the President

Hello!

I'm so anxious to go to the KY Homemaker State Meeting from May 7-9 in Bowling Green. This is a wonderful opportunity to visit and network with Homemakers from across the state.

As we come to the end of the fiscal year, please use your Homemaker handbook to complete reports that are needed for Lincoln Trail Area, and state. Thanks to Cabrina for setting these handbooks up to make completion of reports so much easier.

Thanks to all for your attendance at our lessons this year. Hope to see everyone on May 30th!

Sue Clements



JOIN US TO CELEBRATE

# SENIOR CELEBRATION

**VENDORS, SPEAKERS, LIVE ENTERTAINMENT,  
EXERCISE, BINGO, LUNCH, DOOR  
PRIZES & MORE!**

**Pritchard Community Center  
404 South Mulberry Street,  
Elizabethtown**

**May 23, 2024  
Free Event | 9am-2pm**

**Thought of the Month:**

**"Every life matters. Be like Mother Nature and love everyone without judging."**

**-Debasish Mridha**

**Roll Call:**

**In May, we celebrate mothers. Share a favorite memory with your mother.**



For more info:  
Call LTADD 270-737-6082



# Book of the Month

.....  
from the 2023-2024  
Homemaker Book List

*The Garden Refresh: How to Give Your Yard Big Impact on a Small Budget*

by Kier Holmes (2022)

Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.



## Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

**May 23 - 4pm**  
**Washington County Public Library**  
**Taco Pie**

Do you need new meal ideas?

## Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

# KEHA News & Notes

**KEHA State Meeting** – Registrations are arriving daily for the KEHA State Meeting May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Visit the KEHA State Meeting website for information on making room reservations, registering, and other details. The following are a few important highlights to note.

- While some deadlines have passed, there is still time to register! April 23 is final postmark deadline for registration. Workshop sessions are first-come, first-serve and they are filling up fast! All hands-on craft sessions are full. Check the PDF of the registration form on the State Meeting webpage for the most up-to-date availability.
- KEHA is once again utilizing a full conference or two-day registration pricing structure. Please know that it takes great expense to reserve the amount of meeting space and equipment required to host all that KEHA State Meeting offers. Registration is critical to cover the costs.
- Agenda highlights include the opening luncheon at 11:30am on Tuesday, the business meeting at 10am on Wednesday, the general session featuring the choir at 5pm on Wednesday, and the awards luncheon at 11:30am Thursday. All times are Central Time.
- Cultural Arts check-in will be from 8:30-11am on Tuesday in five groups of areas. Checkout will be 4-5pm on Wednesday in two groups. Details are outlined in the KEHA State Newsletter.

## **Consider supporting KEHA fundraisers:**

- Areas each provide a themed raffle basket to benefit ovarian cancer.
- Counties may bring items for the silent auction to benefit the 4-H Foundation.
- The 12-inch finished quilt squares auction will offset costs associated with state meeting.
- The Center for Courageous Kids is collecting twin-sized bed quilts for their kids' camp.

## **Reminders for all attendees:**

- Raising Hope will provide free health screenings Tuesday 9-3:30 and Wednesday 8-4. Fasting is recommended; look for more information on site and in your program.
- Bring your device (tablet or laptop) if you want help with social media. For the first time, we'll have a Tech Help Lounge open Tuesday and Wednesday during set hours to offer one-on-one help with social media accounts. Sign up on site.
- Bring games or cards to be social in the evenings. There will be some gathering spots open in the hotel lobby if you'd like to hang out with your new State Meeting friends!
- Bring cash or checks for quilt squares, raffle, and auction items you might purchase!
- Donations (quilt square, auction item) and money to bid
- Wear black and white to the opening lunch, and pack a sweater and maybe a tote bag, as we'll get a different gift at registration this year.

**Quilts for Courageous Kids** – The Center for Courageous Kids in Scottsville needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

## **National Volunteer Outreach Network (NVON)**

**Conference** – The 25th annual NVON Conference will be July 16-18, 2024, in Ashville, N.C. KEHA members are eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference>. Hotel and registration deadline is June 15.

## **Dates to Remember**

- May 7-9, 2024 – KEHA State Meeting
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.
- June 15 - Postmark deadline for NVON Conference registration
- July 16-18 - NVON Conference in Ashville, N.C.

## Dates to Remember

---

April 30 - Understanding Suicide

10:30am - Washington County Extension Office

May 7-9 - KEHA State Meeting in Bowling Green

May 14 - Barn Quilt Workshop

Washington County Extension Office - 9am-3pm

Registration is closed for this workshop.

May 16 - Monthly Food Distribution at

Idle Hour Park - 8:30am

May 16 - Free Class Series with Springfield  
Physical Therapy - Starting a Walking Program  
Washington County Extension Office - 6:30pm

May 23 - Senior Celebration

Pritchard Community Center - 9am-2pm

May 23 - Cooking through the Calendar

WC Public Library - 4pm

May 23 - Free Class Series with Springfield  
Physical Therapy - Shoulder & Elbow Health  
Washington County Extension Office - 6:30pm

May 30 - Homemaker Potluck & Meeting

WC Extension Office - noon

May 30 - Free Class Series with Springfield  
Physical Therapy - Spine Health

Washington County Extension Office - 6:30pm

June 6 - Free Class Series with Springfield  
Physical Therapy - Hip & Knee Health  
Washington County Extension Office - 6:30pm

June 8 - Homemaker Yard Sale at the  
Extension Office - 8am-3pm

*bring donations & set up on June 7*

July 1 - Homemaker reports due to the  
Washington County Extension Office



The Homemaker Yard Sale will be held on Saturday, June 8 from 8am to 3pm at the Washington County Extension Office, inside the meeting room.

**Working Shifts:** At least 3 workers are needed for 2 hour shifts during the day. To sign up, please call the Extension Office or attend the Homemaker meeting on May 30 at noon.

**Bringing Items:** Bring your items on Friday, June 7 during office hours. We have price stickers and we ask each person to price your own items when you bring them to the office. Any items are allowed - please make sure all items are clean and in good selling condition. If you have extra bags, boxes or packing materials for customers, you are welcome to bring those also.

**Proceeds:** Proceeds will go toward projects like Project Graduation, 4-H Camp, and scholarships. The total profit will determine what we can support. Profits from last year's yard sale provided a \$250 4-H Camp scholarship and a \$250 scholarship for a high school senior.

**Payment Methods:** Cash or checks will be accepted. We cannot accept cards.

**Unpurchased Items:** Items that are unpurchased will be donated to Heavenly Treasures after the yard sale.

ON AIR



100.9

Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!




**UK** Cooperative  
Extension Service

# FREE CLASS SERIES

*Join us to learn more about managing conditions  
and what you can do to feel your best!*

**Taught by Springfield Physical Therapy**

 **6:30pm**

 **Washington County Extension Office  
245 Corporate Drive, Springfield**

**May 16: Starting a Walking Program**

*offering a walking group with a certified personal trainer  
& a weekly check in, featuring the Walk with Ease book*

**May 23: Shoulder & Elbow**

**May 30: Spine**

**June 6: Hip & Knee**

**CALL TO REGISTER**

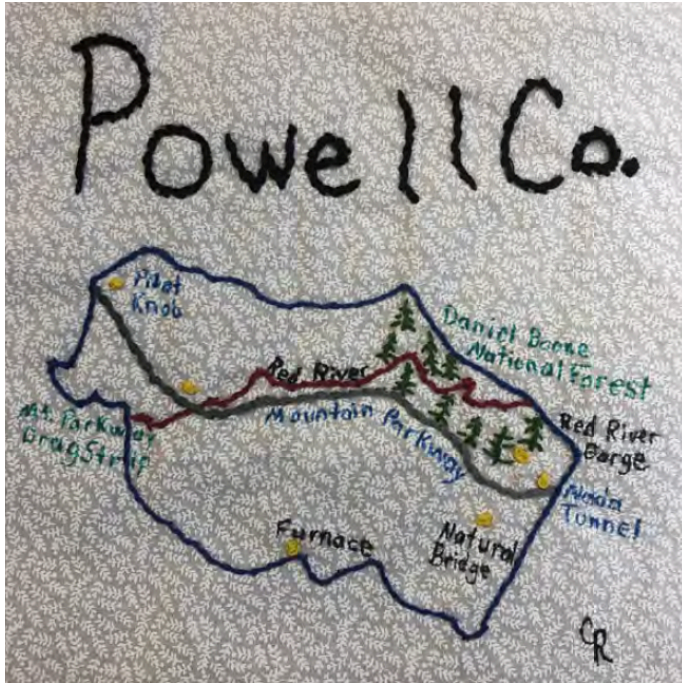
**WC Extension Office: 859-336-7741**

You are still welcome to attend if you don't register.  
Registration helps us to prepare for the classes.



# 2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



## Powell County

**Creator:** Christine Randall

**Pattern:** Embroidered

**Description:** Powell County is located at the foothills of the Eastern Appalachian Mountains and Daniel Boone National Forest. It is home to such scenic natural wonders as the Red River Gorge, Natural Bridge, Nada Tunnel, and several other great outdoor adventures. It is also home to the Mountain Parkway Dragway. The parkway brings many visitors to the county to enjoy the county's natural beauty.



## Pulaski County

**Creator:** Emma Lois Peek

**Pattern:** Applique

**Description:** Lake Cumberland is a great economic impact for Pulaski County, with 1,200 miles of shoreline and 63,000 acres to play. Wolf Creek Dam was completed in 1951, and the basin was filled and completed for beneficial use by the summer of 1952. The dam was constructed for flood control and the production of hydroelectric power, secondary to the Flood Control Act of 1938 and the Rivers and Harbor Act of 1948. Tourism is a great economic asset to Pulaski County. There are two boat marinas on Lake Cumberland and two parks. The only island created by the impounding is Burnside Island, located in the city of Burnside, in southern Pulaski County.

Lake Cumberland is known as a scenic vacation destination for its trophy sized fish, as well as the "Houseboat Capitol of the World." This quilt block was designed by Clifford Dick and constructed by Emma Lois Peek to reflect Lake Cumberland as a major economic asset for our county.

## May Word Search

MEMORIAL  
MOTHER  
CINCO DE MAYO  
VETERAN  
GARDEN  
POPPY  
FIESTA  
BOUQUET  
BASEBALL  
PICNIC



puzzle-maker.com

C I N C O D E M A Y O  
L Y B L P B W L Q V R  
R A K O W I L Z E D L  
E Z I L U A C T P F M  
H G Z R B Q E N I K D  
T L A E O R U E I Y J  
O M S R A M S E P C N  
M A N N D T E P T Z Z  
B W B G A E O M B J Y  
N T L J Z P N Q X Z D



## Spring Harvest Salad

<b>5 cups</b> torn spring leaf lettuce	<b>Dressing:</b> <b>4 teaspoons</b> lemon juice	<b>2 teaspoons</b> Kentucky honey
<b>2½ cups</b> spinach leaves	<b>2½ tablespoons</b> olive oil	<b>½ teaspoon</b> salt
<b>1½ cups</b> sliced strawberries	<b>1 tablespoon</b> balsamic vinegar	<b>¼ cup</b> feta cheese crumbles
<b>1 cup</b> fresh blueberries	<b>1½ teaspoons</b> Dijon mustard	<b>½ cup</b> unsalted sliced almonds
<b>½ cup</b> thinly sliced green onions		

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Types of Physical Activity: Muscle-Strengthening

Muscle-strengthening activities improve the strength, power, and endurance of your muscles. Activities include things like push-ups, sit-ups, lifting weights, climbing stairs, dancing, cycling, and walking up hills. Other examples are working with resistance bands and digging and shoveling while gardening.

Sources:

[www.planeatmove.com/get-moving/how-to-get-started/](http://www.planeatmove.com/get-moving/how-to-get-started/)  
[nhlbi.nih.gov/health/heart/physical-activity/types](http://nhlbi.nih.gov/health/heart/physical-activity/types)