

# APRIL

2024

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

Cooperative Extension Service  
Garrard County  
1302 Stanford Road  
Lancaster, KY 40444  
(859) 792-3026  
Fax: (859) 792-3026  
[extension.ca.uky.edu/garrard](http://extension.ca.uky.edu/garrard)



## Garrard County Family and Consumer Sciences Newsletter

Happy April!

This month marks the end of my maternity leave, so I will be returning to the office later in April. I am looking forward to seeing familiar and new faces around the Extension Office, and jumping back into more regular programming. I want to thank my awesome coworkers and homemakers/volunteers who have kept the ball rolling while I have been away! My hope is that this spring is a time of new opportunities for fun and learning within the Family and Consumer Sciences Program in Garrard County. Don't forget, this is the last month that we will be doing paper mailing only. We are transitioning in May to electronic newsletters, so make sure we have a good email address on file for you to receive your newsletter, OR let us know if you want to remain on the smaller paper mailing list. Thanks Everyone for your continued support and participation! See you soon!

County Extension Agent for  
Family and Consumer Sciences  
[kayla.lunsford@uky.edu](mailto:kayla.lunsford@uky.edu)



CHECK US OUT ON  
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTY FCS](https://www.facebook.com/garrardcountyfcs)



### 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.

# Upcoming Events

## LUNCH & LEARN FREE MONTHLY COOKING CLASS



LENTIL SLOPPY JOES:  
TUES. APRIL 2ND

CLASS TIMES  
ARE 12PM  
AND 6PM.  
CALL TO RSVP  
AND CHOOSE  
YOUR CLASS  
TIME.

## YOGA CLASS!



INSTRUCTOR: KRISTINA BEAMAN

COST: \$5 PER CLASS

TIMES:

TUESDAYS AT 7PM (BEGINNER AND ADVANCED)

THURSDAYS AT 9AM (CHAIR YOGA)

FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE  
"YOGA W/ KRISTINA" FACEBOOK GROUP!



## Garrard's Gardeners

Open to the public  
Please call to register: 859-792-3026  
Held at the Garrard Co. Extension Office

Next meeting: April  
25th at 4pm  
Topic: Straw Bale  
Gardening



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

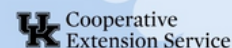


FRIENDLY FIBERS  
GROUP MEETS  
EVERY 4TH  
MONDAY AT 1:30  
AT THE OFFICE.  
JOIN ANYTIME IF  
YOU LIKE  
KNITTING,  
CROCHET, OR  
OTHER TYPE OF  
NEEDLEWORK!

## 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.



## MAKE AN APRON

Cost: \$7

DAYTIME CLASS: FRIDAY, APRIL 19, 10AM  
EVENING CLASS: THURSDAY AND FRIDAY,  
MAY 2 AND 3, 6PM

Call to RSVP: 859-792-3026

In this beginning sewing class participants will construct a perfect apron for summer grilling or holiday baking! Beginner sewists will learn about sewing straps, pockets, and small hems. Pattern will be furnished.



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.

For the project bring 1 yard of decorator weight, heavy cotton fabric; i.e. ticking, denim, duck cloth, etc.; 1 yard of coordinating 100% cotton fabric for pocket, lining and/or straps; thread to match or coordinate.

Cooperative Extension Service

Agriculture and Natural Resources  
Rural and Community Action  
411 North Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Advanced program of Kentucky Cooperative Extension series of locally developed programs in adult education and community development for rural and urban populations, including youth, senior, and migrant populations. The program is available in English and Spanish. Program information may be made available in large print or Braille. University of Kentucky, Kentucky State University, 110 Department of Agriculture and Natural Resources, Lexington, KY 40546



# FIRST AID TRAINING



Franklin County Extension Office  
101 Lakeview Ct, Frankfort, KY 40601

Tuesday, April 16th

Dinner will be provided at 5pm.

Training will take place from 6-8pm.

Please call the Franklin County Extension Office to register: [\(502\) 695-9035](tel:5026959035)



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.



Disabilities accommodated with prior notification.

Lexington, KY 40506

# LET'S MAKE JEWELRY WORKSHOP



Cost: \$15

Garrard County Extension Office

Thursday, April 11th

Daytime Class: 12:30-3:00pm

Evening Class: 6-8:30pm



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.

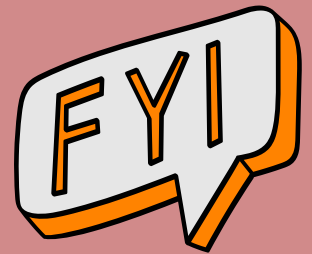


Disabilities accommodated with prior notification.

Lexington, KY 40506

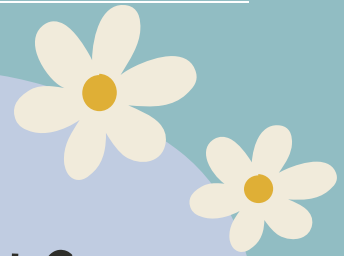
Baubles, beads, charms, and trinkets; how do you incorporate the many choices to express yourself with jewelry pieces? Learn the basics of using wire, elastic and even knots to create a pair of earrings, an elastic bracelet and charm bracelet. All supplies will be provided.





STARTING IN MAY, WE ARE GOING TO BEGIN TRANSITIONING TO ELECTRONIC NEWSLETTERS. THIS MEANS MOST PEOPLE WILL RECEIVE YOUR NEWSLETTER BY EMAIL. PLEASE CALL AND MAKE SURE WE HAVE AN UPDATED EMAIL ADDRESS ON FILE FOR YOU. ALTERNATIVELY, IF YOU WOULD LIKE TO REMAIN ON THE PAPER MAILING LIST, PLEASE CALL AND LET US KNOW. PAPER COPIES WILL ALSO BE AVAILABLE TO PICK UP ANYTIME AT THE EXTENSION OFFICE. THANK YOU!

## Homemaker Happenings



**Area Homemaker Council Meeting: April 4th at 6pm.**  
Registration starts at 5:30pm. Located at the  
Mercer Co. Extension Office

**Garrard Go-Getters Club: April 15th Meets**  
5:30pm at the Extension Office. Just show up if  
you're interested in joining!

**Countryside Club: April 18th**  
Call for meeting time and location if you're  
interested in joining!

**Homemaker Council Meeting: April 22nd at 6pm at**  
the Extension Office

**Area Cultural Arts Contest: April 23rd in Franklin**  
County

## 2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot \_\_\_\_\_ Club Ballot, please name club \_\_\_\_\_

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.

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



### \_\_\_\_\_ 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.

# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Lunch & Learn 12pm and 6pm	3	4 Homemakers Area Spring Council Meeting 6pm in Mer- cer County	5	6
7	8	9	10	11 Jewelry Making Class 12:30pm and 6pm	12	13
14	15 Go-Getters Club Meeting 5:30pm	16 First Aid Leader Lesson 6pm in Franklin Co.	17	18 Countryside Club Meeting	19 Winter Sewing Session: Aprons 10am	20 Earth Day Festival at the Fairgrounds
21	22 Friendly Fibers 1:30pm, Homemakers Council 6pm	23 Area Cultural Arts Franklin Co.	24	25 Garden Club 4pm	26	27
28	29	30				