

Newsletter

FAMILY & CONSUMER SCIENCES



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

Boyle County Homemakers



Kentucky Extension
Homemakers Association

June 2025

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Hey Everyone! The weather is finally turning out to be awesome and the flowers are blooming! First I'd like to thank everyone for participating in the Cultural Arts Contest this year. Special congrats to the blue ribbon winners at the state level from Boyle County, Lydia Thornton, Ramona Milburn, and Charlotte Hammons.

I'd also like to thank the Wilderness Trail Club for stepping up to host the County Annual Meeting. Thanks to all those who plan on helping with this event. Mark your calendars, June 24th at 2pm for the County Annual Meeting. A fun time to be had by all.

Club and county officers, educational chairpersons be thinking of things you want to do in the coming Extension Homemaker year. The July council meeting will be a planning meeting for the calendar for next year. Think Extension Homemakers week events, fundraisers, recruitment activities, craft classes. Anything you may want to see Boyle County Extension Homemakers do in the coming year. Bring all your ideas to the July council meeting, but start brainstorming now. If you have any questions please let me know.

Last chance to have a look at the new draft of the proposed bylaws and provide feedback. Copies of the draft bylaws are available at the Extension Office and available by mail if requested. If you have any questions, again please call 236-4484 or reach out to the Bylaws Committee members Joyce Zinner, Martha Thornton, Debra Caldwell, and Becki Justice.

Alethea Bruzek

Boyle County Extension Agent
for Family and Consumer Sciences

Upcoming Programs & Events

- Executive Board Meeting- June 16th at 12pm at the Boyle County Extension Office
- County Homemaker Council- June 16th at 1pm at the BCEO
- County Annual Meeting- June 24th at 2pm at the BCEO
- Civic Engagement Series- June 26th at 6pm at the BCEO
- Knitting Group- 1st and 3rd Mondays at 6pm at the BCEO
- Crochet Group- Mondays at 10am at the BCEO
- Workdays- 3rd Tuesdays at 10am at the BCEO
- Sew Days- 2nd and 4th Tuesdays at the BCEO
- Food As Health Program- July 1st, 8th, 15th, and 22nd at 6pm at the BCEO

Club Meetings:

- *Wilderness Trail- First Thursdays at 10:30am*
- *76ers- 2nd Wednesday at 1:30pm*
- *Lancaster Road- First Wednesdays at 10:30am*
- *Pieceable Friends- Third Tuesdays at 6:30pm*
- *Unguild Group- 1st Tuesday and 3rd Thursday at 10am*
- *Sewing Friends- Mondays at 10am*

Hello
June

Club News

76er's- May's meeting was a small gathering. Huge congratulations to Lydia Thornton on her blue ribbon at the State Cultural Arts!! The homemakers had 6 blue ribbon items go to State Cultural Arts and 3 of them won additional ribbons! Congratulations to all of you! Martha & Toby spoke about their experience at the State Meeting in Lexington. Toby discussed the Area Council meeting. Please bring toothpaste for June meeting for the Latimer Heights.

By Laws are going to be finalized no later than June 24th. Updated drafts can be picked up at BCEO. Please review the draft and note any suggestions by our June meeting. Annual meeting is June 24th from 2-5pm at BCEO. Kim Miller is our representative and is asking for summer items to be donated for our summer themed basket that will be auctioned off. Please bring the item at our June meeting. Please RSVP Kim as well.

Flora Hall is July 28th-August 1st. Volunteers are needed. Contact the Extension Office to volunteer. Please remember that this will count for volunteer hours for next year. Please have this year's passport and volunteer hours turned in by June 30th. *Teresa discussed the Memorial Trees in honor of deceased homemakers.*

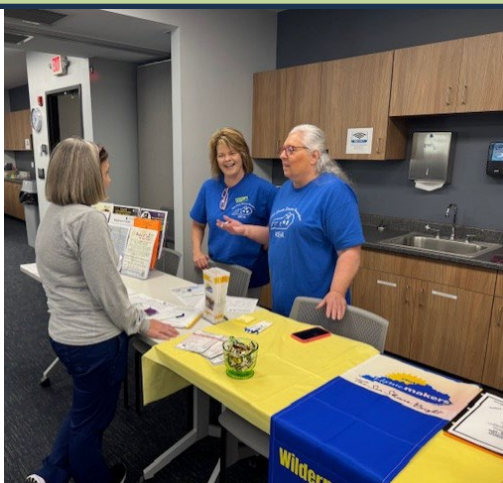
Wilderness Trail- Our May destination meeting was great fun! We feasted on baskets of fried green tomatoes and onion petals-yum!!! Thanks Betty Gayle and Ramona for hosting/organizing the trip. We enjoyed Clara's leader lesson and even exercised in our chairs, keep moving ladies! We talked of the summer events for Boyle County Homemakers and agreed on hosting this year's annual meeting.

Wilderness Trail had 4 members to advance to Area Cultural Arts and 3 then to advance on to state with one winning. Congrats Ramona on your first-place win at state. Congrats to all B.C. Homemakers we had 6 advance to state and 3 wins.

Summer is such a fun busy time for all of us and although we will not meet again until September, I encourage all of you to stay in contact and check in on one another. We will not be crafting at Morning Pointe this summer, but if interest holds, we will start again in the fall. Don't forget to turn in your volunteer hours by the end of June, you can drop these off at the Extension office.

"The secret of staying young is to live honestly, eat slowly and lie about your age." Lucille Ball

Photo Gallery



Becki and Debra at the Women's Health and Self Care Fair

Looking for material to make tote bags 19 x 20; pillows 11 x 22; walker bags 15 x 45; fidget quilts. Looking for yarn to make hats. Worsted-Red Heart or I Love This Yarn. Sugar and Cream—I Love.....Cotton Yarn to make face or dishcloths, potholders. **TY-Joyce Zinner**



Annual Meeting Announcement for Newsletter

June 24th 2-5:00, Wilderness Trail is hosting the event committee/contact persons are listed for your help, questions and RSVPS test or call:

76ers-Kim Miller (859) 324-0147

Mailbox Members-Lisa Breeding (859) 516-5524

Lancaster Rd.-Patty Overing (859) 583-9411

Pieceable Friends-Charlotte Hammond-1 (678)-588-3577

Unguild-Lisa Burke 1 (859) 583-7484

Wilderness Trail-Barbara Spoonamore (859) 324-9249

Please RSVP to your club committee/contact persons by June 17 if possible we look forward to seeing you all there.

Recipe Corner



Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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



HSW-JSW.705



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LEAP FOR HEALTH

NEWS

HOW TO HANDLE A "CHOOSY" EATER



Consider what a child eats over several days, not just at each meal. Most kids eat more of a variety than a parent thinks. .

Trust your child's appetite rather than force a child to eat everything on the plate. Forcing a child to eat encourages overeating.

Set reasonable time limits for the start and end of a meal then remove the plate quietly. What is reasonable depends on each child.

Stay positive and avoid criticizing or calling any child a "picky eater." Children believe what you say!

Avoid being a short-order cook by offering the same food for the whole family. Plan at least one food everyone will eat.

Substitute a similar food if a child does not like a certain food. For example, instead of squash, offer sweet potatoes.

Provide two or three choices instead of a huge array of food. Then let your child decide.

Focus on your child's positive eating behavior not on the food.

Enjoy a family meal at the kitchen or dining room table. Do not allow your child to eat while watching TV.



Your child's class read *D.W. the Picky Eater* by Marc Brown. D.W. does not like certain foods, especially spinach. However, after she finally tries it, she discovers that spinach is delicious!



QUESTION FOR FAMILY TIME

Q: Did D.W. change her mind about spinach?

A: Yes, she did!

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Have fun during the mealtimes. Consider funny conversation starters to make mealtime a pleasant time for everyone. Examples: If you could be any superhero, who would you be? If you were a teacher, what rules would you make? If you won million dollars, what would you do with it?

Sources: USDA Nibbles for Health (n.d.). Handling a "Choosy" Eater http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_13.pdf



LIGHTENED UP SPINACH DIP

INGREDIENTS

- 10 ounces chopped frozen spinach
- 1.4-ounce package dry vegetable soup mix
- 16 ounces nonfat plain Greek yogurt
- ½ cup mayonnaise (not salad dressing)
- 3 chopped green onions
- Vegetables (e.g., baby carrots, pepper slices, cucumber rounds, grape tomatoes)

DIRECTIONS

1. Thaw and drain spinach in a colander; squeeze out excess liquid.
2. In a bowl, mix together spinach, soup mix, yogurt, mayonnaise and green onions.
3. Chill several hours before serving.
4. Serve with assorted raw vegetables.



YIELD: 32 servings

SERVING SIZE: 2 tablespoons

NUTRITION FACTS PER SERVING: 40 calories; 2.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 110mg sodium; 2g carbohydrate; 0g fiber; 1g sugar; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

Source: Brooke Jenkins-Howard, Extension Specialist for Nutrition Education Program, University of Kentucky Cooperative Extension Service.

**FOR MORE RECIPES, TIPS, NUTRITION INFORMATION AND CLASSES,
CONTACT YOUR COUNTY EXTENSION OFFICE.**

Alethea Price

County Agent for Family and
Consumer Sciences

a.price@uky.edu

Boyle County Cooperative
Extension Office

99 Corporate Drive
Danville, KY 40422

Phone 859-236-4484
<http://boyle.ca.uky.edu/>



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MENDING 101

**Tuesday, June 10
6:00 p.m.-8:00 p.m.**

**Boyle County Extension
99 Corporate Dr.
Danville, Kentucky**

Your favorite pants have been worn so often that now they have a hole or maybe the hem has fallen out; maybe you have a well-loved shirt that you tore when it got caught in the car door! There are lots of ways worn clothing can need to be repaired. From sewing on buttons, re-hemming, fixing a hole or replacing a zipper; simple repairs can extend the life of a favorite garment.

Participants are asked to bring something they currently have that needs repair for discussion and how-to demonstrations.

No Cost. Limited space. [CLICK QR CODE TO REGISTER](#)

Instructor: Marilyn Houchin

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The College of Agriculture, Food and Environment is a leading research, teaching and extension institution in the field of agriculture, food and the environment. We are committed to providing the highest quality education and research to our students and the public. We are also committed to providing the highest quality extension and outreach services to our communities. We are a member of the Association of American Colleges and Universities (AAC&U) and the Association of Agricultural Colleges and Universities (AAC&U).



Save the date

**FORT HARROD AREA
2025 HERITAGE CRAFT CAMP
OCTOBER 24TH AND 25TH**

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422

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Instructors Needed!

Please visit your county extension office for a hard copy of the instructor application.

Instructor applications are **DUE ON June 23rd** and should be turned back in at your county extension office.

Applicants will be asked to bring in samples of their desired craft camp project to the Craft Camp planning committee meeting at the Jessamine County Extension Office on June 30th at 1pm.

Fort Harrod Area looks forward to seeing
you at the 2025 Heritage Craft Camp!



Knitting Group

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Starting in May, knitting class will focus on making cables, creating lacy designs and reading patterns and charts. Knitting group meets every 1st and 3rd Monday. Summer hours will be **6:00-8:00 p.m.** Come join in and increase your knitting knowledge. Participants need to bring size 9 needles and 100% worsted weight cotton yarn (4).

Contact the Boyle County Extension office and let us know you are coming so that we can have plenty of patterns and other supplies. **No cost.**
Hope to see you on May 5, 6:00 p.m.

Boyle County Extension
99 Corporate Dr.
Danville, Kentucky

Sign up by calling:
(859) 236-4484

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Punch Needle Embroidery

Monday, June 23
1:00-3:00 p.m. or
6:00-8:00 p.m.

Boyle County Extension
99 Corporate Drive
Danville, Kentucky



Instructor: Mary Hixson

Punch needle embroidery, a technique where loops are created by punching a needle through fabric, has been around since the late 1800's. It's an off-shoot of rug hooking. A backing fabric and the threads you choose can help create beautiful projects.

Participants need to bring a 6-inch embroidery hoop. All other supplies will be furnished including multiple needles, base fabrics, threads/yarns and designs.

***Two opportunities to sign up, 1:00-3:00 p.m. or 6:00-8:00 p.m.
Cost is \$10.00. Ages 18+***

Deadline to register: June 16th

Click QR Code
Below to Register



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Make & Taketo the FAIR

Come Join Us EVERY Third Thursday*
from April-July for a FREE
Make & Take Craft Item!

Each item made will be eligible for entry in our Floral Hall in August, if you choose to enter it, where cash prizes can be won!

You MUST sign up via Eventbrite by scanning the QR code on the bottom of this page, at least one week prior to each month's class. Limited class size. Ages 16+

Location: Boyle County Extension,
99 Corporate Dr., Danville

Time: 5:00-7:00 p.m.

Dates: June 20th -Macrame
Keychain



July 17th -Pen & Ink Project

**June meeting date will be switched to the 3rd Friday, June 20th.*

Scan QR code
below to register



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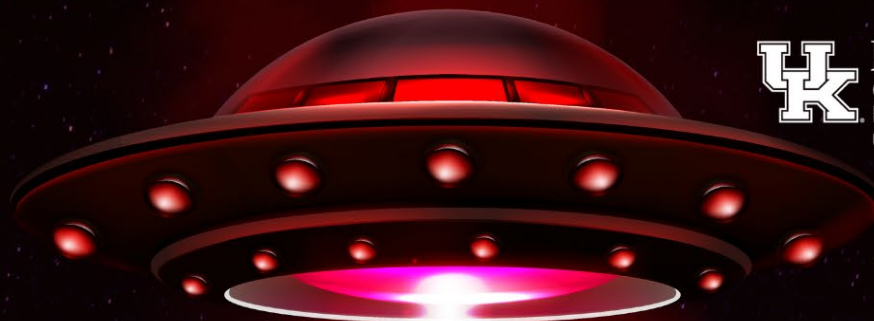
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SEWING/ CRAFT UFO DAY

Saturday June 21st

10:00 a.m.-3:00 p.m.

Boyle County Extension
99 Corporate Drive

Join us and bring any craft/sewing “unfinished projects” you would like to finish! We will be here between 10:00a-3:00p on Saturday, May 10th. Come anytime during these hours to spread out and tackle those projects!

Call (859) 236-4484 if you plan to attend.

Bring your own lunch/snacks/supplies.

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Patchwork Zipper Pouch

Instructor: Regina Graham



Join us!

JUNE 28TH
10:00A-2:00P

Let's learn to make this stylish patchwork zipper pouch on Saturday, June 28th at the Boyle County Extension office. Dimensions are 9" wide x 6" high.

Experience level is confident beginner, you must know how to operate your own sewing machine.

Bonus cute bow zipper pulls can be added! We will provide a free zipper for your use. Class cost is \$10. Kits are available for an additional \$10. Register by clicking QR Code below. Ages 18+

Supplies needed: scrap fabric or fat quarters (some fabric provided); ½ yard SF101 (mid weight woven interfacing), ¼ yard fusible fleece, sewing machine, zipper foot and basic sewing notions.

scan QR code
to register



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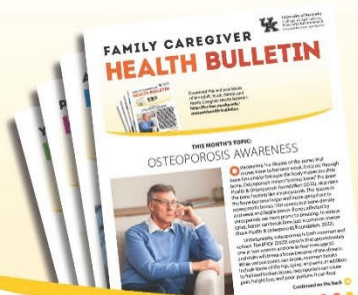
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FAMILY CAREGIVER HEALTH BULLETIN



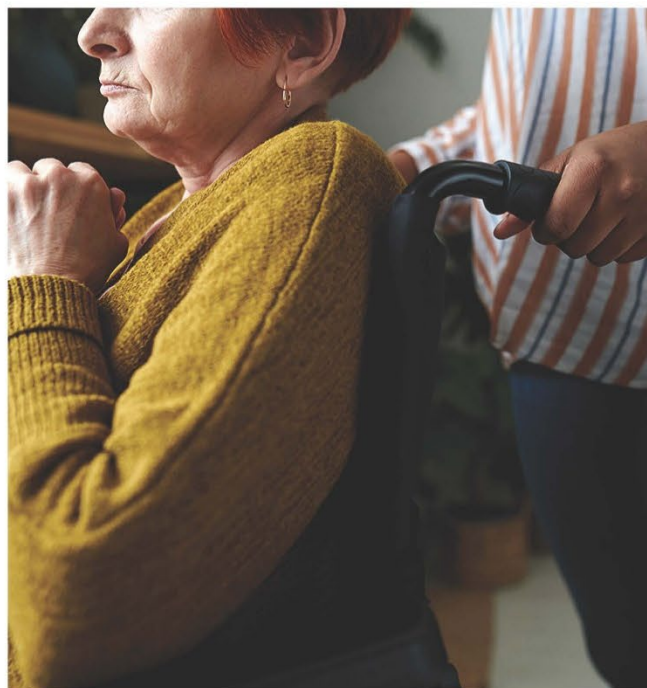
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Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Boyle County
Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

THIS MONTH'S TOPIC

JUST-IN-CASE CAREGIVING PREPARATION



In the wake of actor Gene Hackman's death at age 95, caregivers can learn the value of having a backup plan to their backup plan. If you are not familiar with the actor or his death, Gene Hackman was an Academy Award-winning actor whose career spanned more than 40 years. He opted to retire from acting in 2004 because of health concerns. He lived a quiet life in New Mexico with his wife, Betsy. Betsy, 30 years younger than him, was a concert pianist. She became Hackman's primary caregiver as he developed advanced Alzheimer's disease. They led a solitary life in New Mexico. It was reported that Betsy worried what would happen to Hackman if something happened to her.

And then it did. Betsy — the only caregiver to Gene Hackman — unexpectedly died in their own home after contracting a rare rodent-borne disease. Hackman, in poor health and likely not knowing

Continued on the next page ➔

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➔ **Continued from the previous page**

that his wife had passed, was left alone for more than a week until he too died. The Hackmans had financial resources to hire help and had family to call. Yet Betsy took on caregiving as a lone caregiver with no backup person or contingency plan.

As caregiving groups review this tragedy, people are sharing similar stories and fears of this occurring in their own families and networks. But there is hope that people can learn how important it is to have a plan for unexpected events and emergencies. Plans could include daily check-ins (by phone, text, email, or social media) and chosen timeframes for a welfare check if check-ins are missed.

Today, you can involve technology in your plan. Technology is transforming caregiving with 24/7 remote monitoring. This monitoring lets caregivers track vital signs, medication, and daily activities. Voice-activated emergency response systems, GPS, and other tailored smart home technology can add safety and reduce caregiver burnout.

Be sure to choose a trusted source as a backup primary caregiver. This person should have house keys, alarm codes, and proper documents about routine. Your backup needs to know about schedule, care, food preferences, health-care providers, medications, dietary needs, insurance, legal records, advanced directives, etc. They need to be fully prepared in case they have to take over as primary caregiver.

Caregivers also need support. Betsy, like so many dementia caregivers, had a huge responsibility to carry. Her husband's care demands left little time for taking care of her own health and social ties. Joseph Coughlin, a senior contributor at Forbes, talks about the need for a "longevity preparedness plan" in which you form the ground work for different types of support beyond financial security. Again, the Hackmans had financial resources. They did not have an extra support system, varied social ties, or adaptive housing or technological monitoring to support the emergency they endured. They did not choose a person beyond Betsy to check on Gene Hackman if she became unable to care for him. The more time we put into caregiver preparation, the less likely the Hackmans' scenario will play out. This is especially true when we know that older age is linked to more frailty, disease, and dependence than earlier life stages.

AARP offers the Prepare to Care Guide which serves as a tool for individuals and families to make a caregiving plan and backup plan, no matter where you are in the caregiving process. The guide highlights five steps:

1. Start the caregiving conversation
2. Form a caregiving team
3. Make a caregiving plan
4. Find caregiving support
5. Maintain self-care

For more information about AARP's Prepare to Care plan, go to AARP for an online guide at <https://learn.aarp.org/prepare-to-care-guide>, call 1-877-333-5885, or contact your local Extension Agent.

To ask for a welfare check, dial 911 or a non-emergency police number. Give the full name of the person under concern and the reason for your worry.

Elder services in your area can refer you to resources that can help. The toll-free number to find services in your area is 1-800-677-1116.

Call the Alzheimer's Association 24/7 Helpline to talk to a dementia expert for confidential support, crisis help, local resources, and information at 1-800-272-3900. Dial 711 if you are deaf, hard of hearing, or speech impaired.

REFERENCES:

- AARP. (n.d.) Prepare to Care. Retrieved 4/21/25 from <https://learn.aarp.org/prepare-to-care-guide>
- Coughlin, J. (2025). Gene Hackman Tragedy Reveals Retirement Planning's Missing Piece. Retrieved from Forbes on 4/21/25 from <https://www.forbes.com/sites/josephcoughlin/2025/03/23/hackman-tragedy-reveals-retirement-plannings-missing-piece-longevity-preparedness>
- 9Ways Technology in Modern Caregiving Transforms Daily Care. (2025). Retrieved 4/21/25 from <https://www.onwardlivinghq.com/1052/the-role-of-technology-in-modern-caregiving>

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



JUNE

2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 -Crochet Group-10a -Sewing Friends-10a -Knitting Group-6p	2 -Crochet Group-10a -Sewing Friends-10a	3 --Unquild Quilters-10a	4 -Lancaster Rd-10:30a	5 -Wilderness Trail-10:30a	6	7
8 -Crochet Group-10a -Sewing Friends-10a	9 -Crochet Group-10a -Sewing Friends-10a	10 -Sew Day-9:00a -Mending 101-6p	11 -76ers-1:30p	12	13	14
15 -Crochet Group-10a -Executive Board Meeting-12p -Sewing Friends-10a -Hmker Council-1p -Knitting Group-6p	16 -Crochet Group-10a -Executive Board Meeting-12p -Sewing Friends-10a -Hmker Council-1p -Knitting Group-6p	17 -Workday-10a -Pieceable Friends-6:30p	18	19 -Unquild Quilters-10a	20 -Make & Take- Macrame Keychain 5:00p	21 -UFO Day-10a-2p
22 -Crochet Group-10a -Sewing Friends-10a Punch Needle Class- 1:00 & 6:00	23 -Crochet Group-10a -Sewing Friends-10a Punch Needle Class- 1:00 & 6:00	24 -Sew Day-9:00a -Annual Meeting-2p -Punch Needle- 1p or 6p	25	26 -Civic Engagement Series-6p	27	28 -Patchwork Zipper Pouch-10a-2p
29 -Sewing Friends-10a -Crochet Group-10a	30 -Sewing Friends-10a -Crochet Group-10a					

Reminders