

# Newsletter

FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association



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Food and Environment  
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September 2023

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### *Just a Note from your Agent*

Happy September Everyone! Summer has been fun but I sure am excited for Fall to arrive. The month of September is representative of so many things. It's Suicide Prevention Month, National Sewing Month, Fall Prevention Month, and National Preparedness Month just to name a few. Check out all the resources and info in the newsletter related to these important topics.

Thanks to everyone who came to the Area Officer and Chairperson Training last month. We had such a great turnout from our area counties! According to the evaluations, everyone had a nice time and gained knowledge of how to serve in leadership roles and understanding their responsibilities. In Boyle County, we currently have a few officer and educational chairperson positions open. If you are interested in serving at County Treasurer, County International Chairperson, or County Leadership Development Chairperson, feel free to reach out with any questions you might have.

Last but not least, Extension Homemakers Week is coming up the second full week of October. If you would like to participate in planning Extension Homemaker Week 2023, please attend the September Council Meeting to volunteer.

**Alethea Bruzek**

Boyle County Extension Agent  
for Family and Consumer Sciences

"And all at once, summer collapsed  
into fall" – Oscar Wilde

## Upcoming Programs & Events

- Executive Board Meeting- September 18<sup>th</sup> at 12pm at the BCEO
- Boyle County Homemaker Council Meeting- September 18<sup>th</sup> at 1pm at Boyle County Extension Office
- Tranquility Tuesdays- September 19<sup>th</sup> at 6pm at the Boyle County Public Library. Free stress management and mindfulness class.
- Decorations Workdays- Tuesdays at 10am at the BCEO Joyce will be leading work days to make decorations for the Area Annual Meeting which Boyle County will host. Feel free to attend if you would like to help make decorations. For questions, please contact Joyce Zinner.
- Fort Harrod Area Annual Meeting- October 31<sup>st</sup> at the Boyle County Extension Office. Save the date. More info to come.
- Heartland of KY Quilt Show Trip- September 22<sup>nd</sup> at the Hardin County Extension Office. We will be leaving from the Boyle County Extension Office at 9am. Call 236-4484 to sign up.
- Leader Lesson on Mindfulness viewing party on Thursday, September 28<sup>th</sup> at 1pm at the Boyle County Extension Office. This watch party is free and open to the public. Call 236-4484 to sign up.

## Announcements

- The Latimer Heights donations are coming in great. There is already plenty of toothpaste, tooth brushes, and soap. The items currently needed are shampoo, deodorant, and toilet paper. For more information, contact Joyce Zinner.
- Mindfulness- September 28<sup>th</sup> at 1pm at the Boyle County Extension Office  
No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.

## Club and Chairperson News

### Club News/Meeting Dates and Times

**Wilderness Trail-** Wilderness Trail did not meet as a club during the summer, but seven members attended -- and enjoyed! -- the picnic on August 11. We were all grateful for the shade provided by the pavilion! We will have our first club meeting of the 2023-2024 year on Thursday, September 7, at 10:30 AM at the Extension Office.

**76ers-** Meets on the 2<sup>nd</sup> Tuesdays at 1:30pm at the Boyle County Extension Office

**Wilderness Trail-** Meets the 1<sup>st</sup> Thursdays at 10:30am at the BCEO

**Lancaster Road-** Meets the 1<sup>st</sup> Wednesdays at 10:30am at the BCEO

**Sewing Friends-** Meet Mondays at 10am at the BCEO

### Educational Chairmen Reports

#### ENVIRONMENT:

Of course, we must continue to support our friends the bees -- by not totally clearing out all vegetation when we do our "fall clean-up," by choosing native plants for our fall plantings, etc. -- but there are many other ways that we can -- and should -- help protect our planet. Here are a few simple suggestions from the World Wildlife Fund:

1. GO FOR SECONDS. Recycling doesn't only mean separating cans and bottles. It can also mean using things for a second (or third) time. Padded envelopes can be used for more than one mailing; newspaper and wrapping paper can be used for padding in packages; worn-out towels make great rags; etc.
2. WATCH YOUR WASTE. Many items we throw away can contaminate soil and water for years to come. Check for special disposal procedures in the community for things like used oil and batteries. Ink cartridges can probably be recycled where you bought them.
3. PAPER "NOR" PLASTIC. Bring your own bags to the grocery store! The average American uses 350 bags each year. Many plastic bags end up in streams, rivers, or oceans, where they can cause needless death of marine life.
4. BYOB. Fill up a reusable plastic water bottle at home and take it with you. (Much of the bottled water sold today is just filtered tap water, anyway.)
5. GET OFF THE LIST. If you're getting catalogs, from companies you don't buy from, contact them and tell them to take you off their list.

All of the above suggestions are easy to implement -- and the return will help protect the earth -- including everything that lives on it. (That includes our friend, the bee, and all of us humans, too.)

*Submitted by Rita Bloom.*

## Photo Gallery

### *Fort Harrod Area Officer and Chairperson Training*



## Volunteer Opportunities



### **Heritage Hospice Volunteer Training Press Release**

Join Our Volunteer Team! Heritage Hospice, Inc. will host a New Volunteer Training on Saturday, September 16, 2023, from 9 am to 3:30 pm at the Heritage Hospice Office, 120 Enterprise Drive, Danville, KY.

Volunteer opportunities include; clerical work, patient visits, fundraising and special events. Change your life by becoming a Heritage Hospice volunteer. Contact Volunteer Services Coordinator, Renee Bibler, at 859-236-2425. The deadline to register is Monday, September 11, 2023. Wendy Hellard, Director of Volunteer Services.

## Stand Up to Falling

### *Information Releases Regarding Fall Prevention*

#### **FALL PREVENTION**

Falling in one's home causes many life-threatening injuries and jeopardizes the independence for over one third of Kentucky's senior population (65+) each year. Falls do not have to be a part of growing older, however, as fall-related injuries are often preventable. One way to be mindful of potential injuries is to take steps to prevent them. By lowering the risk of falls, health and independence can be preserved. According to the Kentucky Safe Aging Coalition, older Kentuckians should follow these guidelines to help prevent falls:

- Exercise regularly to increase strength and improve balance.
- Ask a physician to review medications to reduce the risk of harmful side effects.
- Have a vision check at least once a year.
- Improve lighting at home.
- Reduce hazards in the home that can lead to falls.
- Install grab bars, and use bathing seats and toilet risers.
- Eliminate throw rugs.
- Keep hallways and walkways free of clutter.
- Use a medical alert system.

Following these precautions can lead to safer environments and greater self-confidence. For more information, contact your local Cooperative Extension Agent for Family and Consumer Sciences.

**Source:** Amy F. Hosier, UK Cooperative Extension, Family Life Specialist

**Resources:** U.S. Centers for Disease Control and Prevention (CDC); Kentucky Safe Aging Coalition

## September is National Preparedness Month

Since the tragic events of Sept. 11, 2001, the federal government has named September as National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either man-made, weather-related, or caused by other sources.

The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency.

1. Learn Your Risks and Responses – Be and Stay Informed.
2. Make a Plan. Practice your plan regularly so everyone is clear about their roles.
3. Build a Supply/Emergency Preparedness Kit. Maintain items by checking on expiration dates and updating items as needed or based upon your needs (young children, older adults, pets, etc.)
4. Get Involved. Before a disaster strikes, volunteer with your business or local community.

National Preparedness Month ends Sept. 30, which is National Preparedness Day.

In the time of a disaster or emergency, you may be on your own for 48 to 72 hours or longer before power returns or help can arrive, so prepare now so you can be ready and vigilant when the time comes.

#### **References**

[https://www.weather.gov/bmx/outreach\\_npm](https://www.weather.gov/bmx/outreach_npm)

<https://www.ready.gov/september#:~:text=National%20Preparedness%20Month%20is%20an,could%20happen%20at%20any%20time.>

<https://www.epa.gov/natural-disasters/september-preparedness-month>

**Source:** Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023

**SAVE THE DATE**  
**FORT HARROD AREA**  
**ANNUAL MEETING**  
**OCTOBER 31ST AT 10AM AT**  
**THE BOYLE COUNTY**  
**EXTENSION OFFICE**

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

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

**TRANQUILITY TUESDAY**

Held on the 3rd Tuesday of the month at 6pm at the Boyle County Public Library.

Explore all the ways you can reduce stress and manage anxiety by incorporating mindfulness techniques into your daily life. This program is free to attend. Registration is not required. We will learn and try a variety of mindfulness activities such as mindful eating, deep breathing, body scan and more.

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 Lexington, KY 40506

Disabilities accommodated with prior notification.

# TWO-DAY SERGER EVENT



## GET YOUR SERGER OUT OF THE BOX

Instructor: Mary Hixson

Thursday, November 9, 9:30 am–4:00 pm

This workshop will focus on getting your serger out of the box and learning about threading, stitching and using your serger to add to your sewing projects. We will create three small projects as students become more familiar with serging techniques. Bring to class your serger, the foot control, instruction book, thread snips, any sewing tools or supplies that came with your serger and other basic sewing supplies. Bring cone thread in 4 different colors. All other supplies will be furnished.



## SIMPLE SERGER BABY/LAP QUILT(40"X48")

Instructor: Debi Newman

Friday, November 10, 9:30 am–4:00 pm

This simple project is a great way to practice using your serger and make a baby/lap quilt at the same time. You will need a jelly roll with at least 24 two and a half inch WOF strips. One and a half yards of fabric for backing, one half yard for binding, and one crib size package if batting will be need to finish the quilt but will not be used in class. A threaded serger with all white or color coordinated thread to match your fabric. Please bring your instruction book and supplies that came with your serger. You will need basic sewing supplies scissors, pins, seam ripper, rotary cutter and ruler..... The goal is to finish the quilt top in class. Class Instructions and written instructions will be provided to you on how to quilt and bind your quilt at home on your regular sewing machine.

Cost is \$10 per person, per day.

Call 502-695-9035 to register.

Located at the Franklin County Cooperative Extension Office

101 Lakeview Court, Frankfort Ky.40601



**HERITAGE HOSPICE  
VOLUNTEER TRAINING  
SEPTEMBER 16**

**Join our amazing Volunteer Department!**  
Heritage Hospice, Inc. will host a New Volunteer Training on **Saturday, September 16, 2023, from 9 am to 3:30 pm** at the Heritage Hospice Office, 120 Enterprise Dr., Danville, KY

Volunteer opportunities include; clerical work, patient visits, fundraising and special events.

Change your life by becoming a Heritage Hospice volunteer. Contact Volunteer Services at 859-236-2425.

The deadline to register is Monday, Sept. 11.

# September 2023



★ All meetings will take place at the Boyle County Extension office unless otherwise noted.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
	3 4 • OFFICE CLOSED in Observance of LABOR DAY	5	6 • Lancaster Road Meet-BCEO- 10:30 a.m.	7 • Pop Up Community Potluck- Boyle County Library-1:00 p.m. • Wilderness Trail Meet-BCEO- 10:30a	8	9
10	11 • Sewing Friends- BCEO-10:00 a.m.	12 • 76'ers Meeting- BCEO-1:30 p.m.	13	14	15	16
17	18 • Exec. Board Meet-BCEO-12p • Council Meet- BCEO-1:00 p.m. • Sewing Friends- BCEO-10:00 a.m.	19 • Tranquility Tuesdays-Boyle Cty. Public Library-6:00 p.m.	20	21	22 • Heartland of KY Quilt Show Trip- BCEO-Leaving at 9:00 a.m.	23
24	25 • Sewing Friends- BCEO-10:00 a.m.	26	27	28 • Leader Lesson on Mindfulness Viewing Party- BCEO-1:00 p.m.	29	30