



Lincoln County Extension Homemakers

October 2022

NEWSLETTER

Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447



It's hard to believe that it is October already! Leaves are changing color and starting to fall and it's getting cooler outside. It's also football season! It's a great time to be outside and creating memories with family and friends. Please take time to share with others you love.

We have so many exciting programs planned for you! I have tried to explain many of these programs in this newsletter. But, if you have questions, please call and ask for clarification. October 9 – 15 is Extension Homemakers Week—a week to promote all that is happening in Extension Homemakers and to recruit new members.

I am so proud of Brenda Hammons, your KEHA State President. She has worked so hard to develop her program of work and all the other materials for KEHA Week, to plan for upcoming state board meeting, and to coordinate all the many area annual meetings that she is attending this fall. She is doing a fantastic job in her new leadership role. We are so fortunate to have the KEHA State President! Continue on Brenda!

We are very fortunate in Lincoln County to have great leaders like all of you! Yes, you are all leaders in your communities. Like Brenda's program of work, let's let our lights shine and invite others to Extension Homemakers. Sometimes, all someone is needing is an invitation from you to join their homemakers club. I am so proud of all the work that you do for others in Lincoln County. Let's continue to be shining lights and show others how important our association is to them. Thanks for all your do and for making my job here so much fun!!

Sincerely,

Rita Stewart

County Extension Agent for
Family and Consumer Sciences



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Lincoln County Extension Homemakers Club News:

Pieceful Hearts Special Interest Club Meeting – Meeting date is October 17, 2022. Bring a dish. Members will be working on a tree skirt project.

Photography Special Interest Club Meeting – Members may not meet in October. Please contact Carole or watch for information from her if you are a member of this club.

Cuttin' Up Special Interest Club Meeting -- Members will meet on October 11 from 5 pm-7 pm at the Lincoln County Extension Office. We are going to learn how to make a monogram on vinyl (either permanent or removable depending upon the planned use) with our cutting machines. Please bring your own cutting machine and anything you need to run your machine.

One Piece at a Time Special Interest Club – Members will not meet in October. The next meeting will be November. Members will be discussing the chicken salad quilt project.

Sassy Stickers – Members will meet on October 21; the meeting will start at 10 AM. Debbie Caldwell will be showing how to make a Periwinkle table topper. Contact Debbie for a supply list, or watch the Facebook page.

KEHA Week Plans: Brenda has done a wonderful job in her program of work and KEHA Week materials. Thanks to Kelly May and Mindy McCulley for pulling all those together for us and for making them look awesome! Please see the daily themes for the week included in this newsletter. Feel free to post/share the theme each day on your own Facebook page. We plan to post daily on our office Facebook page.

Window Display at Coleman's Drug Store--Our county also will do a window display at Coleman's Drug Store. They have agreed to allow us to use their window space. Mountain Crafters Club members have agreed to set up the window display after their meeting on Monday, October 10 at approximately 2:00 p.m. Anyone having items they have made in classes and club meetings, cultural arts items, etc. may bring those to the Lincoln County Extension Office before noon on October 10. They have one quilt and quilt stand, two posters, and at least three paintings. If you would like to help Mountain Crafters set up the display, that would be great too—just let Phyllis know or show up at Coleman's around 2:15 pm on October 10th. Thanks so much for the great work in completing this window display. Everyone loves it and we received lots of positive comments the last time we did it!

Membership Drive Through Event -- Please Drive By and See Us!!

Date: Thursday, October 20, 2022

Time: 1:30 – 3:00 p.m.

Place: Lincoln County Extension Office Parking Lot

Please come by and pay your Extension Homemaker membership dues for this program year. Look for the tent. You don't even have to get out of your car. You can even bring the dues for all your club members if you are the club treasurer or president! Everyone paying membership dues this year (whether at the club meeting, through the mail directly to Kathy, or at the drive through event) will receive a small incentive bag.

Membership Dues are \$12.50 and includes club, county, area, and state KEHA dues. \$1 of your dues goes to the UK Ovarian Cancer Research Fund.

Thanks for your continued support and help with Extension Homemakers Association! Gift certificates are available at the Extension Office and will also be available at the Drive Through Event. You can purchase a membership for someone else and introduce them to Extension Homemakers!

RESCHEDULED

Council Meeting

Date: October 27, 2022

Time: 1:30 p.m.

Place: Lincoln County Extension Office

Hopefully all clubs can be represented at the council meeting. Members make important decisions about county events and programs at the council meetings.

Diabetes Support Group

Date: October 21, 2022

Time: 10 a.m.

Place: Lincoln County Extension Office

Topic: What's On Your Holiday Plate? Learn how to make holiday recipe makeovers to lower the amount of sugar. We'll look at some favorite holiday recipes and maybe even taste one. We'll also talk about how to fit physical activity into the holidays. Rita Stewart will be teaching at this meeting. Please remember to call and register by October 18 if you plan to attend. The Diabetes Support Group is open to anyone wishing to learn more about better managing one's blood glucose levels and being healthier.

The **Quarter Auction** has been rescheduled for November 15, 2022 at 10:00 a.m. at the Lincoln County Extension Office. We hope that everyone will support the auction and invite friends and family to participate.



Heritage Craft Camp Planning Committee Meeting

Date: October 7, 2022

Time: 1:00 p.m.

Place: Boyle County Extension Office

This will be the last planning committee meeting before the Heritage Craft Camp event happens on October 28-29. Members will be determining which classes are "a go" and any other planning/program details that need consideration. Please let me know if you can attend.



TUESDAY, 10.25.2022

10 AM

**LINCOLN COUNTY
EXTENSION OFFICE**

**104 METKER TRAIL
STANFORD, KY 40484**

ORGANIZING YOUR Space

Organizing your time and workspace not only improves job performance, but it can enhance your overall well-being while decreasing stress levels and boosting productivity. This lesson will compare aspects of a productive workspace to those of a non-productive workspace, describe techniques that maximize time and apply organizational concepts for enhanced productivity.

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Area Annual Meeting Set-up and Prep

Lincoln County is hosting the Fort Harrod Area Extension Homemakers Annual Meeting on October 13, 2022. The meeting will be at the Lincoln County Extension Office. Members have been busy planning for the event and will be setting up on Wednesday, October 14 at 10 a.m. If you would like to come and help, we would appreciate it very much.

Registration is closed for the event. We have a large number registered to attend!

Work Day—We will be having a work day on Tuesday, October 4 at 10 a.m. at the Extension Office if you are able to help us. We will be making a small project that day. Please call and ask for details if you can help. If you have a sewing machine and can bring it, that will help too.

Let's Stay Connected:

Please keep in mind the following people and families.

Those who are sick and/or not able to be out much include Sherrill Disney, Myra Bottoms, Katie Terry, Ann Alford, and Jonda Hoffer.

I'm sure there are others that I don't know about that need our thoughts.

Let's all remember and help one another in any way we can.



Ensure Medication Safety in October

National Check Your Meds Day is October 21 and encourages people to bring prescriptions to their local pharmacists for review. Pharmacists can remove any prescriptions that have expired, update prescriptions as necessary, and answer any questions you might have regarding your medication.

While National Check Your Meds Day is one day in October, you do not have to wait for a national event to have your medications checked. Call your pharmacist or doctor anytime you have questions or need a medication review. According to the National Institute of Health, you can also follow these tips to help you keep track of all your medicines:

Write down all medicines you take. This includes over-the-counter drugs and dietary supplements. The list should include the name of each medicine, amount you take, and time(s) you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to all of your health-care providers, including physical therapists and dentists.

Check expiration dates on bottles. If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy, or check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.

Keep medicines out of reach of young children. Also, avoid taking medicines in front of them, as they might try to copy you.

Keep medications in the original container. Never combine different medications into one bottle.

References

<https://physicianshealthnetwork.org/post.php?s=2018-10-19-october-national-check-your-meds-day-and-national-drug-take-back-day>

<https://www.nia.nih.gov/health/safe-use-medicines-older-adults#pharmacist>

Source: Dr. Natalie Jones, Family Health specialist

English Paper Piecing Class Series

Have you wanted to learn to do English Paper Piecing? Well, now is the time! We will start a series in October and will learn to do English Paper Piecing. Participants will learn the skills needed to complete 1-3 blocks a month. We will meet on the 4th Monday of each month from 5:00-7:00 PM. Our first meeting will be on October 24th we will meet at the Lincoln County Extension Office. The cost of the series, which includes the pattern, paper pieces, fabric (excluding backing and background fabric), and templates, is \$38.50. Checks should be made payable to FCS Program. Please call the Lincoln County Extension office to register and to pay for the class. Here is a picture of the completed project. This will be a fun project! Hope you will consider adding English Paper Piecing to your quilting toolbox.



Four Corners Club members made this beautiful Charcuterie board at their club meeting after their leader training. Way to Go!!!

