



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

# LEWIS COUNTY

## FEBRUARY 2024

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### Important Dates

**February 6th** Leadership Day (Mason County)

**March 4@6PM** Painting Class (See pictures/sign-up info)

**March 5@4:30-9PM** Farm & Family Night at Maysville Community & Technical College (FCS hosting a class entitled Fun with Veggies)

**March 11@9:30-2:30** Microprocessing Class – with Ann Hall (UK specialist)-Must pre-register & prepay (\$50.00)

**March 12 @ 10:30 AM** Homemaker's Council Meeting

**March 18 @ 10:45 AM** Bingocize at Lewis County Senior Citizens (210 Front Street Vanceburg)

**March 19@2:30PM** Bingocize Class begins at Tollesboro Christian Church

## From Your FCS Agent

Wintery Greetings to All!!!! After the hustle of the holidays, people often find this is a good time to write memories of precious gatherings to be passed to next generations. Folks tend to go through old photos (if yours are not all DIGITAL) and separate them into boxes as a treasure for the younger family members.

Warm your hands and your heart with a big mug of hot chocolate (don't forget LOTS of marshmallows) and use your time to benefit those you hold dear to your heart.

Christa O'Cull

Lewis County FCS Agent



### Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
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Lexington, KY 40506



Disabilities accommodated with prior notification.

In the January 2024 newsletter, I had a section about having a Special Homemaker's Gathering on January 30, 2024 @ 10:30am to hear Ms. Angie Combs, UK Reg Cancer Control Specialist, speak on Radon/Colon Cancer. I just heard this week about a lady's lung cancer being linked to Radon. Lunch will be served. Please consider attending this important, informative session and pre-register by Thursday, January 25th.

Moving forward to **Spring**.....now, doesn't THAT sound nice!!!! For those of you interested in a SPRING painting class, take a look at these patterns! This class will help you have more appreciation for the arts and you can express your own designs into the project that is outlined for you.



Class will be at the Lewis County Extension Office on Monday, March 4th at 6pm. You must sign up and pay in advance – NO LATER THAN FEBRUARY 28th.

## KEHA State Supported Lessons for 2024-2025

**INDOOR AIR QUALITY**-What do you think of when you hear the term “air quality”? Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality? Have you considered what contributes to indoor air quality? This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one’s health, and steps for improvement. Curriculum materials include facilitator’s guide, PowerPoint, resource list, marketing tools, and evaluation.

**SELF-CARE AND SELF-PAMPERING**-Self-care is about realizing and prioritizing one’s own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help participants take control of their own well-being beyond the basic self-care recommendations (eat, move, manage stress, sleep). This lesson will focus on self-pampering. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories. Program materials will include a facilitator guide, training slides, publications, podcast recordings, mailbox club member materials, and an evaluation.

**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 light-weight 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

**HOW TO GET OUT OF A MEALTIME RUT**-When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home. Lesson materials include a handout, facilitator's guide, PowerPoint slides, evaluation tool, word scramble activity, and a word search activity.

**USING YOUR AIR FRYER**-The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We’ll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer. The lesson includes a publication handout, facilitators, guide, PowerPoint slides, sample recipes and an evaluation.

**MOVE YOUR WAY TO EXERCISE: 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.

**ESTATE PLANNING BASICS**-If you’re not sure where to get started drafting an estate plan, this lesson may help. Learn a few basics of estate planning, including how to establish goals for your estate and what information you need to gather as you begin the estate planning process. Materials include two publications, facilitator’s guide, optional 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. Note that the podcast is optional, but could be used during the presentation for group listening or as a listening option for a mail-out lesson. The facilitator guide will provide discussion topics and group questions as usual. This lesson is part of the Management & Safety Program of Work for 2023-2026.

**TRANSFERRING CHERISHED POSSESSIONS:ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY**-Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your “estate.” Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

**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.

**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.

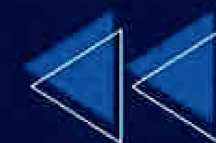
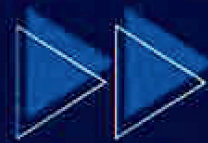
**REDUCING THE RISK OF IDENTITY THEFT**-Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

**SCAM RED FLAGS AND AVOIDING FRAUD**-Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.



# LICKING RIVER AREA

## LEADERSHIP TRAINING DAY



Join us in Mason County for Leadership Lesson Training Day. This day is for any & all Homemakers. It is a fun (FREE) day of learning the lessons for the year, leadership training & fellowshiping with other Homemakers. Call your local Extension Office if you would like to attend. At least 1 member from each club is encouraged to attend.

### Lessons Include:

- ✓ Radon
- ✓ Savor the Flavor with Herbs
- ✓ Generational Differences

Tuesday Feb 6th (Snowdate Feb 27th)  
Beginning at 10:00 AM  
Mason Co, Extension Office  
800 US HWY 68  
Maysville, KY 41056

Register at your local  
Extension Office!  
Please register by Feb  
1st!

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