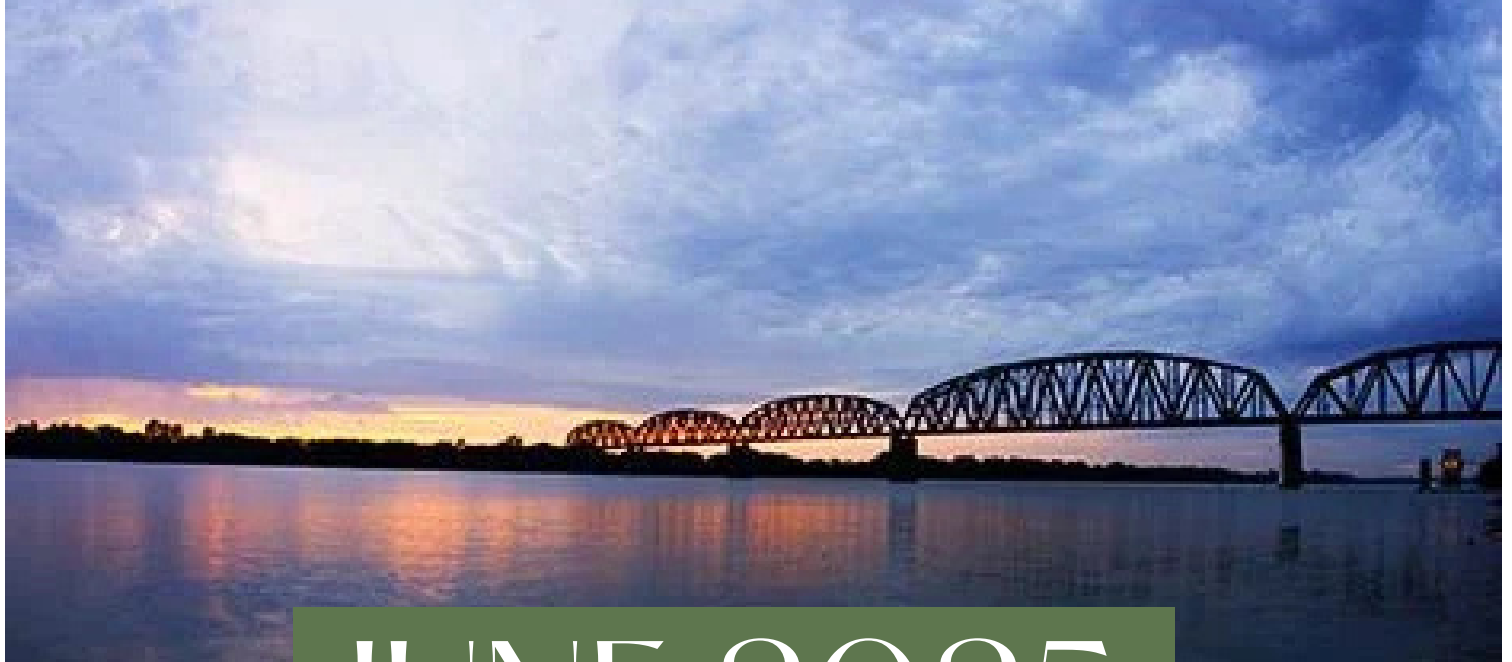


# HENDERSON COUNTY EXTENSION FCS NEWSLETTER



## JUNE 2025

### IN THIS EDITION:

- Homemaker Happenings
- Upcoming Extension Classes and Groups
- Game On With Dad - Father's Day Program
- Retire To, Not From - Retirement Program
- Health Bulletin

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### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HOMEMAKER HAPPENINGS

## Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

## Thought for the Day:

"Ah, but he calls them every night  
And he tells them that he loves  
them"

Roll on (Eighteen Wheeler)  
Alabama 1984

## Roll Call:

In June, we celebrate fathers.  
Share a favorite memory with  
your father.



## Homemaker Lessons

Homemakers, please  
see the dates for the  
Homemaker Lessons  
on the following page.

## Other Activities/Notes:

Homemakers, please bring snacks for 4-H  
Camp by June 19, 2025

KEHA program year ends June 30, 2025

Collect Volunteer Hours (By June 30, 2025)  
Due to the Extension Office by July 15,  
2025

Henderson County Homemakers Annual  
Day is scheduled for July 2, 2025 at 5:30  
at the Extension Expo. Please RSVP by June  
25, 2025

We need recommendations for the position  
of Vice-President for our County  
Homemaker Annual Day

## Reminders

Remember to bring items for the birthday  
box for Christian Community Outreach.

Boxes should include:

- Recipe
- 9 x 13 cake pan
- Box of cake mix
- Regular size can of soda (12 oz)
- Cake icing
- Candles
- Sprinkles (optional)

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# 2025—2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office.

*Recording available the day following the training at*

<https://www.youtube.com/@greenriverareahomemakers9114>

## 10:00 A.M. LESSON TRAINING

## 11:00 A.M. LESSON TRAINING

### SEPTEMBER LESSON THE BIG FREEZE

**August 19** - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time.

★ Food, Nutrition, and Health

### OCTOBER LESSON INDOOR AIR QUALITY

**August 19** - 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.

★ Environment, Housing & Energy

### NOVEMBER LESSON LAUGHTER IS A MUST

**October 28** - This lesson will test your knowledge of laughter, identify its short- and long-term benefits, explore what keeps you laughing with your spouse, and share ways to increase laughter in your relationship.

★ Family and Individual Development

### JANUARY LESSON SELECTING SHEETS

**October 28** – Cooling? Percale? Bamboo? Let's put these questions to bed and unravel the mystery of thread count, too! This lesson will cover all the basics.

★ Management and Safety

### FEBRUARY LESSON USING AN AIR FRYER

**January 20** – 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 buying an air fryer.

★ Food, Nutrition, and Health

### MARCH LESSON STRETCHING YOUR FOOD DOLLAR

**January 20** – “Making Ends Meet” is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.

★ Management and Safety

### APRIL LESSON YOGA-TA TRY THIS

**March 17** – Yoga is far from a new practice, but has become popular today as a mainstream form of exercise. There are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

★ Food, Nutrition, and Health

### MAY LESSON INSPIRING GRANDCHILDREN TO BE GRAND COOKS

**March 17** – Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge, and create lasting memories.

★ Family & Individual Development Lesson

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## Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.

## Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.



## Beginners Quilt Piecing Class

- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.

When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at 270-826-8387.

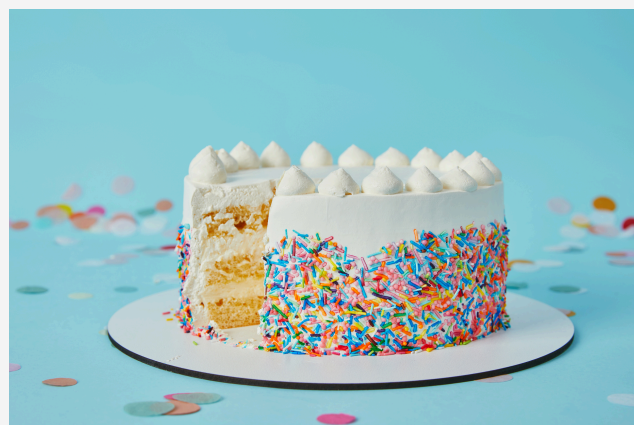
## Dessert Cooking Class

When: July 1, 2025

Where: Henderson County Extension Expo Building in the Kitchen

Time: 11:00 a.m.

Call the office to reserve a seat at  
270-826-8387.







# Game On With Dad

A special day for dads, granddads, uncles, father figures and kiddos



Looking for a fun and meaningful way to connect with your child? Join us for a hands-on program designed to celebrate the awesome role of fathers and father figures in a child's life.



## Creative Craft Time

You and your child will work side-by-side on a fun, easy Father's Day-themed craft to take home and treasure.

## Healthy and Tasty Snacks

Try a tasty snack together — it's delicious and good for you!

## Games Galore

Team up for laughter and friendly competition in active, family-friendly games perfect for all skill levels.



Henderson County Extension  
3341 Zion Road  
Henderson, KY



# The Details

**When:** June 13th at 5:00



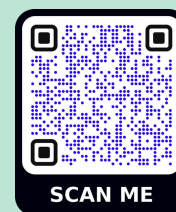
**Where:** Henderson County Extension Expo Building (Behind the main office)

**Who:** Dads, Granddads, Uncles, Father Figures and kiddos (ages 5 and up)

**Cost:** FREE



Space is limited!  
Register today by calling  
270-826-8387  
or scan the QR code below



# RETIRE TO, NOT FROM!

A Retirement Readiness Experience That  
Inspires Your Next Chapter

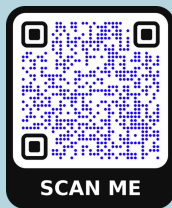
**Date:** June 18, 2025

**Time:** 5:00 p.m.

**Location:** Henderson County Extension Expo  
Building (Behind the main office)

**FREE Event – Registration Required**

Call 270-826-8387 or scan the QR code below



Retirement isn't just an ending - it's a new beginning

Join us for “Retire To, Not From”, a dynamic event designed to help you plan with purpose and discover all the possibilities your retirement years can hold.

## Speaker Topics Include:

### **Mental Wellness in Retirement**

Tips and tools for emotional resilience and staying connected.

### **Smart Financial Planning**

Strategies to manage your money with confidence and clarity.

### **Stay Active, Stay Engaged**

Creative ways to keep your body and mind moving.

## Explore the Retirement Lifestyle Market:

- Local clubs and hobby groups
- Nonprofits and volunteer sign-ups
- Fitness, wellness, and lifelong learning vendors

Whether you're retiring soon or already navigating retired life, this event is packed with ideas, inspiration, and resources to help you retire to something meaningful.

Discover what's next.

Henderson County Extension  
3341 Zion Road  
Henderson, KY

Check out our new and improved  
website

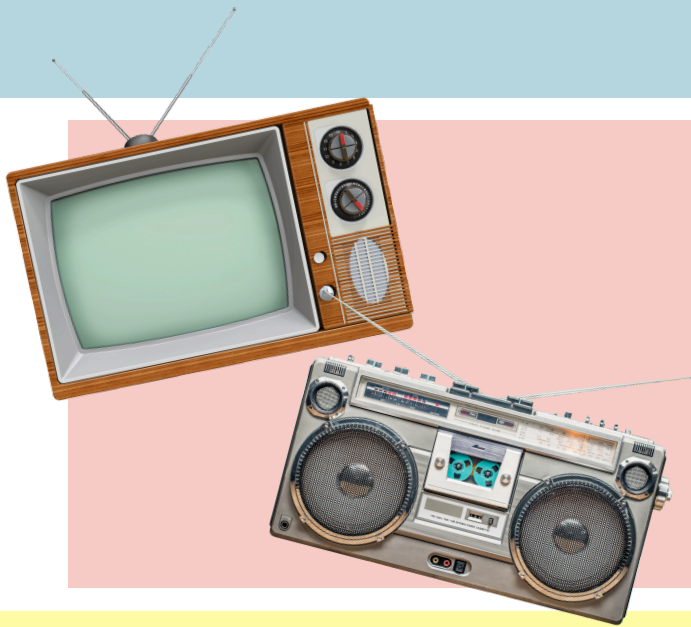
<https://henderson.ca.uky.edu/fcs>



## Continue to Watch and Listen:

TV - Lifestyles on News25 on the 2nd  
Tuesday of each month

Radio - every Thursday morning on  
WSOY at 6:50 a.m.



## Henderson County FCS



*Like  
and  
Follow*



If your friend  
mentioned  
suicide...  
**would you know  
what to do?**



**QPR** saves lives.

***Take the Free Training Now***

Suicide is the second leading cause of death among people aged 10-34 in our state. It is a reminder that taking care of each other is what we do here in Kentucky.

You can be a lifeline to someone who needs hope by completing the online QPR (Question, Persuade, Refer), a national suicide-prevention training designed for non medical professionals. UK HealthCare's Healthy Kentucky Initiative has made the training available for free to all Kentuckians. It takes less than an hour to complete.



# ADULT HEALTH BULLETIN



**JUNE 2025**

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)

Henderson County  
Extension Office  
3341 Zion Road  
Henderson, KY 42420  
270-826-8387

## THIS MONTH'S TOPIC

# WATER SAFETY IS FOR EVERYONE



**L**ots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

**Continued on the next page** ➔

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If you get caught in a rip current,

do not try to fight against it.

Swim parallel to the shore

until you're out of the current,

then swim back to shore.



### Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

#### REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED



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

**1. Combine** all ingredients.

**2. Add** reserved tomato juice until dip reaches desired consistency.

**3. Serve** with fresh vegetables or reduced fat crackers.

**Yield:** 16, 2 tablespoon servings.

**Nutrition Analysis:** 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

**1 cup** fat free sour cream

**4 slices** bacon, cooked crisp and crumbled

**1 cup** low fat mayonnaise

**2 large** tomatoes, diced, reserve excess juice

**1 teaspoon** garlic powder

Bacon and Tomato Dip

