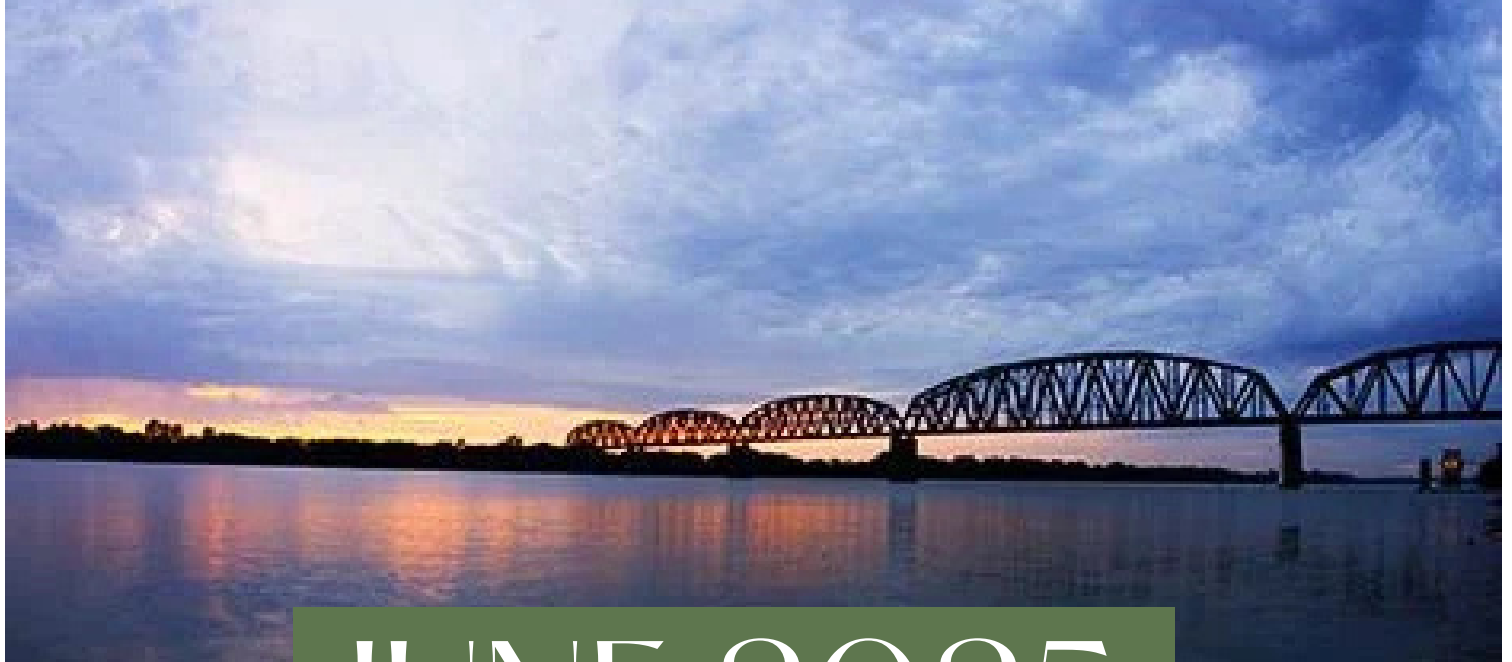


HENDERSON COUNTY EXTENSION FCS NEWSLETTER



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

Tracie Ettensohn

Tracie Ettensohn
Family and Consumer Sciences
Agent

Rohdene Rollins

Rohdene Rollins
Family and Consumer Sciences
Program Assistant

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. 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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Lexington, KY 40506



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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.



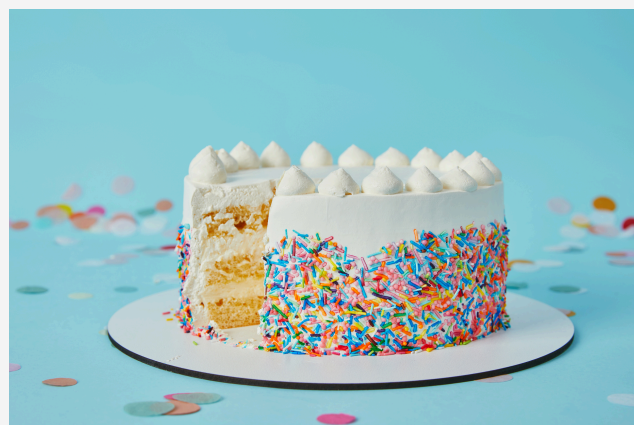
Dessert Cooking Class

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



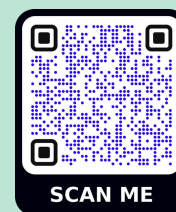
Where: Henderson County Extension Expo Building (Behind the main office)

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



SCAN ME



RETIRE TO, NOT FROM!

A Retirement Readiness Experience That
Inspires Your Next Chapter

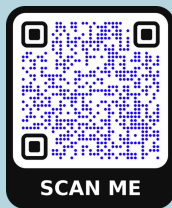
Date: June 18, 2025

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

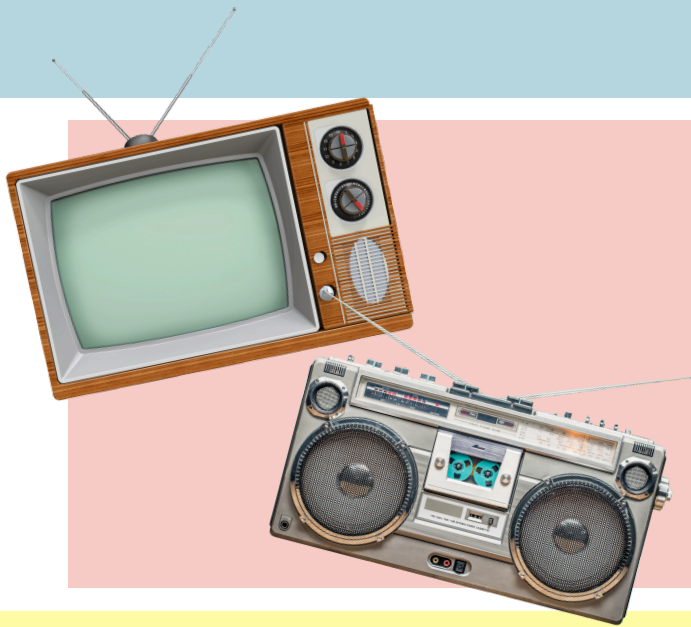
<https://henderson.ca.uky.edu/fcs>



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



Lots 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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Lexington, KY 40506





**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

Our offices will be closed June 19, 2025 for Juneteenth



Happy Juneteenth



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

1. Combine all ingredients.
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

