



# Stitches Quilt Guild

# Newsletter

A HARDIN COUNTY COOPERATIVE EXTENSION HOMEMAKER CLUB

February 2025

Hello Stitches

Whew! February and we are off to a roaring start. Thanks to all of you who supported the "Sleep in your Bed" retreat. We had at least 20 people a day at each one of the sessions; a great opportunity to finish up some unfinished projects. Thanks Janet D for arranging this.

We're gearing up for our Annual Quilt Show and Linda Cecil has graciously accepted the position of Gift Baskets for this year's show. Linda has asked me to pass along to the guild that they can now start to bring in donations for the baskets beginning with the March Meeting. Whatever you can afford to donate, it will be greatly appreciated.

Things are becoming more expensive than they did a few months ago. If you can afford to do so, please consider bringing food items when you come to the meetings. We've been known for our generosity for many of our communities in need. You can make a difference when you bring food items to the Warm Blessings box in the Hardin County Extension office lobby. Drop off what you can when you come to the guild meeting.

Please contact Martha Brooks if you're considering dropping off donations for this year's Country Store. You can reach Martha @ [marthasinklink@yahoo.com](mailto:marthasinklink@yahoo.com) to arrange for a time to drop things off.

Deb

Sincerely,

*Dayna Fentress*

*Dayna Fentress*

*Agent for Family & Consumer*

*Sciences*

## Ann's Plans

What a great kick-off for 2025 for our Guild. Many thanks to Beth Hunter for her information about the various books to help with our quilting and also for the book she donated as a door prize. Thank you to everyone who showed all the beautiful work they have done over the past year on their UFOs – I am in awe of the talent of you wonderful ladies.

UFO 2026

If you have not already signed up to participate in the 2026 UFO Program there will be a basket at the sign-in table for the next two months for anyone still wishing to sign up to participate. After the March meeting I will send out the list of people who have signed up.

Block of the Month:

The BOM is off to a great start with ten additional members signing up. We will take sign-ups for the BOM thru the March meeting. Anyone wishing to join after that please email me to see what we can work out – [annandjack120@gmail.com](mailto:annandjack120@gmail.com)

Our February meeting will be on February 26, 2025 at 6:30 p.m.

Book Report – Candace Collette

Program: Brainstorming session – I attended a virtual retreat sponsored by the International Quilt Museum in Nebraska - Recap of Recharge and Reinvent Virtual Retreat Webinar where they discussed growing membership, training successors and other leadership essentials, Savings the Guild's History to Ensure its Future, Guild Programming on a Budget and documenting quilting stories. Suggestions will be made for new ideas for the Guild so everyone's input will be needed. A questionnaire will be distributed for you to make your suggestions and comments about new programs.

Our March meeting will be on March 26, 2025 at 6:30 p.m.

No Book Report

Program: Carla Kopp will be presenting her lecture, via Zoom. Carla is famous for her “shortcut” sheets and gives a very informative lecture on her methods. Additionally, she has now published a book regarding quilting with panels. Patty Pruitt will be teaching a class on this topic in April and I am asking Carla to give us a sneak peek on that.

See everyone February 26!!!!

Remember:

“Ask not what your fabric can do for you, but what you can do for your fabric”

Ann Wilson

1st VP

The Stitches Quilt Guild

## **Upcoming Block of the Month**

**WOW! What a great start to our Block of the Month Program. Ten additional people have signed up and I have received requests for yardage requirements. Well! The following is to the best of my ability – not being a pattern maker, etc. I tried to calculate the yardage so we did not waste fabric. That being said, when you make a cut of fabric for one block, please keep the remaining fabric for use in another block (hope this makes sense). Anyway, based on that here goes:**

**White (background) 1 ½  
yards Blue 1 ½ yards Yellow 1  
yard.**

**To finish the quilt the way that I finished mine (see attachment) you will need approximately 2 ¼ yards for the middle blocks (the ones I embroidered with the WV logo) and also for the setting triangles.**

**I hope that this helps if you are planning on purchasing fabric for this project. Personally, I am just using as many scraps as possible to make the blocks and wing it after that – lol.**

**We will take sign-ups for the BOM thru the March meeting. Anyone wishing to join after that please email me to see what we can work out.**

### **UFO Sign Ups**

**There will be a basket at the sign-in table for the next two months for anyone still wishing to sign up to participate in the UFO for 2026. After the March meeting I will send out the list of people who have signed up. Hope everyone enjoyed the UFO meeting last week – just loved seeing everyone's beautiful creations.**

**See everyone the end of the month.**

**Ann annandjack120@gmail.com**

## BIRTHDAYS



February - Happy Birthday to our Aquarians or Pices who share their birth month with a fellow Kentuckian and 16th President of the United States.!

Jenny Broom  
Janice Conder  
Maggie Dougherty  
Linda Griffiths  
Laura Higgason  
Mary Lois Hill  
Fran Hodges  
Michelle Masterson  
Peggy Miller  
Kathy Nesler  
Pamela Patterson  
Ann Wilson

# UPCOMING CLASSES - Janet's Corner

We are so fortunate to have so many upcoming classes and great instructors willing to teach these classes. If you haven't signed up for the classes, jump on board and send a payment to Janet.

Any of you who may be interested in the Loucon Retreat, please reach out to Janet and confirm your intent. The retreat runs from March 17th to March 22nd. The cost of the retreat is \$260.00

Mark your calendars, March 21st and 22nd is our Hosparus Quilting get together. This is a get together that has a huge impact on our community. Please come join us.

Shortcut Sheets > Panel Play - by Carla Klop



April 4th & 5th - you won't want to miss this Patty Pruitt class. 5-9 on Friday and 9-5 on Saturday. Learn how to get creative with all of those panels you've been hoarding.

**Anyone interested in taking the bus to Paducah for the quilt show, please contact and confirm with Janet. There is a \$25.00 deposit which will be returned to you if you worked at least 3 hours at the 2024 Annual Quilt Show. The deposit for non-members is \$50.00**

**Some other local valuable resources for classes include Uniquely Yours and the Quilted elephant. Check out their websites for upcoming classes and fabrics.**

**<https://quiltedelephantstudio.com/pages/classes>**



## LOCAL SHOP SPOTLIGHT

**This is a preview of some of the upcoming classes and Uniquely Yours Quilt shop. Not only are there classes, but beautiful and unique fabrics as well as some outstanding long-arm quilting available for your finished quilts. Call Mary to schedule the class of your choice, 270) 766-1456**



**Hardin County Fair.** The Stitcher's Guild has always sponsored the Quilt Section of the Fair. We need a volunteer to take this on this year for the Hardin County Fair. We need a member to be responsible for setting up and taking care of this for the fair in July 2025. Please let Patty Pruitt ([gypsyquilter7@yahoo.com](mailto:gypsyquilter7@yahoo.com) or 270-3047-2226) if you are able to do this



**The 2025 All Kentucky & Tennessee Shop Hop™ features an exclusive line of fabrics by In The Beginning Fabrics. These designs were made especially for this event and can be found only at our participating stores. Shop Hop exclusive fabrics often sell out, so be sure to pick up what you need for your projects early during the Shop Hop! Many stores will offer fabric pre-sales. You can order your fabrics early, then pick them up after the Shop Hop begins on July 1.**

**This year's fabrics feature multi-image panels, stripes and license plate toss prints for each state. Complimenting themed prints include bees, horses, music, iris, monarchs and stars. Seven blender fabrics of a subtle dot print round out the collection.**



Know anyone who is excited about learning to sew? This is a great class for someone who wants to get started with learning. Pass this along to neighbors and friends.



Let's

# LEARN TO SEW

**FEB 20, 2025**  
**5:30 - 8:30 PM**  
**OR**  
**FEB 27, 2025**  
**12-3 PM**

**TAKE NOTE OF THE CHARGE THIS TIME!**

This project is for **CONFIDENT BEGINNER ADULTS**. Some familiarity with a sewing machine is required. We will quickly review basics of the machine and then walk through the steps together to make a clover pillow cover!

**LOCATION**

 **Hardin County Extension Office**  
111 Opportunity Way, Elizabethtown

**CLASS IS \$5.00 TO ATTEND**  
**PROJECT:**  
*Clover Pillow Cover*  
**SUPPLY LIST**  
**WILL BE GIVEN AT REGISTRATION.**

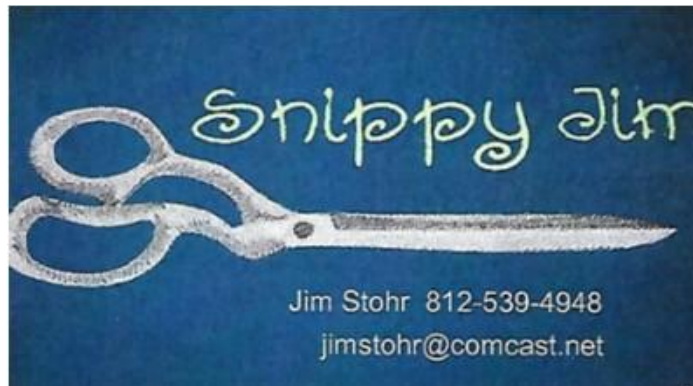
For More Information: 270-765-4121 [hardin.ca.uky.edu](http://hardin.ca.uky.edu)

**KENTUCKY HERITAGE QUILT SOCIETY RETREAT**  
**Still time to sign up for this retreat. Takes place at the Hardin**  
**County Cooperative Extension Office**

**Snippy Jim is providing Scissor Sharpening services at Spring Retreat!**

In addition to scissors, I sharpen snips, pinking shears, knives, garden tools, axes, loopers, and manual hedge trimmers. I have been at quilting events throughout Kentucky, Indiana, and Ohio. I have attended Getaway for many years.

You are welcome to bring any item that needs to be sharpened. (\$15.00 per implement)



Are you a novice gardener, ready to learn about planning a vegetable garden?  
Check out this upcoming class.



**GARDENER'S TOOLBOX SERIES**  
**BEGINNING**  
**VEGETABLE**  
**GARDENING** 2025



Embarking on a new adventure in gardening? Learn all you can before you start your vegetable garden! Class will focus on many areas of planning that will lead to a successful and productive garden.

**February 25, 2025 6 p.m. ET**  
**Hardin County Extension Service**  
**111 Opportunity Way, E'town, KY**


CLASS FEE: \$10  
REGISTER BY FEB 18, 2025  
270.765.4121

**KENTUCKY**   
**COOPERATIVE EXTENSION**  
IN PARTNERSHIP WITH THE UNIVERSITY OF KY. COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
AND OFFICES OF AGRICULTURE, COMMUNITY AND THE BUSINESS

Here's some info from our friends at the Extension Office that applies to all of us, old and young alike. Osteoporosis can strike at any age. Thanks Dayna!

Still relevant this month!

HSW-AHK.001

 Cooperative  
Extension Service

# Strong Bones for Life: Prevent Osteoporosis

**Amy Kostelic, Ph.D.**

Family and Consumer Sciences Extension

**Heather Norman-Burgdolf, Ph.D.**

Dietetics and Human Nutrition

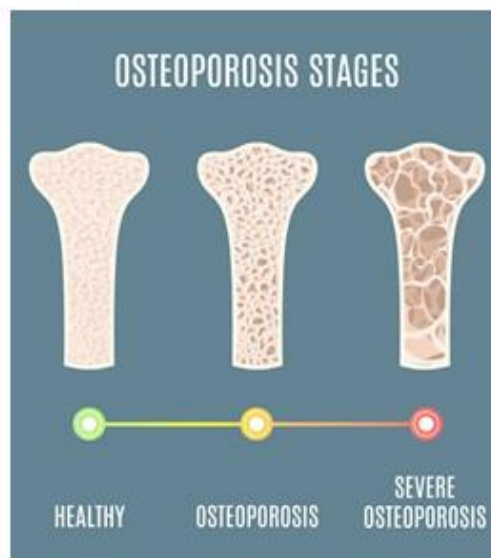
There are many things you can do to keep bones healthy and strong at every age and stage of life. It is never too early, or too late, to embrace a healthy bone lifestyle and work toward preventing osteoporosis.

This publication highlights the risk factors and diagnosis of osteoporosis, prevention and treatment recommendations, as well as lifestyles that promote bone health across the life span. Investing in bone health enhances life quality and independence.

## Bone Health Across the Life Span

The benefits of investing in bone health while young last into old age (NIH, 2022). Proper nutrition and lifestyle habits of a pregnant mother can help build strong bones before a baby is even born (NIH/Medline Plus, 2022). During childhood, adolescence, and early adulthood, bones continue to grow in size and density. During this period, proper nutrition and regular exercise can significantly increase bone mass and enhance bone health. Poor health decisions like smoking, inactivity, excessive alcohol intake and poor diet, can decrease bone mass (NIH, 2021).

Most people reach their peak bone mass in their mid- to late-20s and slowly start losing bone mass around age 40 (NIH, 2021; NIH, 2022). It is normal to lose bone mass over time. But those who have higher peak bone mass when young are better protected against fractures and osteoporosis in old age (NIH, 2021).



## What is Osteoporosis and Who Gets it?

Osteoporosis is a disease that causes bones to become porous (less dense), weak, and more prone to breaks. A bone with osteoporosis looks like a honeycomb. The spaces within the honeycomb become larger and the outer shell of the honeycomb becomes thinner.

A minor fall, a sudden movement, and even a sneeze, can break a bone in someone with osteoporosis.

Osteoporosis itself is not painful. Some people do not know they have weak bones or osteoporosis until a bone breaks. Because it happens over a long period of time and there are typically no symptoms in the early stages of bone loss, osteoporosis is called the “silent” or “invisible” disease (IOF, 2019; NIH, 2017). Bones most vulnerable to osteoporosis include the spine, hips, ribs, upper arms, and wrists.



Fractures and breaks can be painful, disfiguring, and life changing. There is no cure for osteoporosis but there are ways to prevent and treat it (IOF, 2019; NIH, 2017, 2018).

## Risk Factors and Causes

Osteoporosis affects people of any age, gender, and ethnicity. Some risk factors are preventable, and others are not. Understanding risk factors may help you prevent osteoporosis and fractures.

Preventable Risk Factors	Risk Factors You Cannot Control
<ul style="list-style-type: none"><li>• Poor diet (low in calcium and vitamin D, excessive dieting, poor protein intake)</li><li>• Lack of physical activity</li><li>• Weight</li><li>• Smoking</li><li>• Excessive alcohol use</li><li>• Various medications</li><li>• Sedentary lifestyle</li></ul>	<ul style="list-style-type: none"><li>• Age (60+)</li><li>• Sex (women are at greater risk)</li><li>• Race/Ethnicity</li><li>• Family history</li><li>• Body size (slender, thin bones)</li><li>• Hormonal changes</li><li>• Various medical conditions</li><li>• Certain medications</li></ul>

References: IOF, 2019; NIH, 2017; NIH 2018

According to the Mayo Clinic (2021), non-Hispanic white, Asian, and older postmenopausal women are especially susceptible to osteoporosis. The NIH reports that the risk for developing osteoporosis is significant but lower for African and Hispanic women and that osteoporosis is more common in non-Hispanic white men.

## Diagnosing Osteoporosis

It is important to talk about bone health with a health-care professional throughout your life span. In addition to the risk factors, signs or symptoms that could indicate a problem include back pain, a change in posture, loss of height over time, or bones that break easily. If you are concerned, you can request bone health assessments, such as a fracture risk assessment and bone mineral density test, to further identify risk (IOF, 2019).

The International Osteoporosis Foundation (IOF) suggests the following list of specific questions to ask a health-care professional:

- “Do I have any risk factors for osteoporosis, including medical conditions or medicines, that cause bone loss?”
- “Do I need a bone mineral density (BMD) test?”
- If you have a BMD test, “What do the results mean, and do I need medicine to protect my bones?”
- “How can I get enough calcium and vitamin D?”
- “What kind of exercise should I do to help strengthen my bones and muscles?”

## What is Osteopenia?

When talking about osteoporosis, you might hear about a condition called osteopenia. Osteopenia means that your BMD is lower than normal and you are at increased risk of breaking a bone. Not everyone diagnosed with osteopenia will develop osteoporosis (IOF, 2019).

## Treating Osteoporosis

Treatment for osteoporosis varies depending on the person and risk (IOF, 2019). Various treatments have proven to reduce the risk of various types of fracture. Health-care professionals may also prescribe calcium and vitamin D supplements. They may recommend weight-bearing and muscle-strengthening exercises to help maintain bone, strength, and balance. Health-care professionals may also encourage fall prevention measures, such as having your vision checked, regular exercise, managing medication, and making home modifications. Treatment for osteoporosis can be effective and contribute to life quality, including an active and independent life (IOF, 2019).

## Be Proactive: Bone Health at Every Age and Stage

To help improve bone health, consider bone-healthy nutrition, physical activity, and fall prevention.



## Nutrition to Support Bone Health

As people grow and age, bones are constantly changing. This means you should eat a diet that supports healthy bones. Calcium is a mineral your body needs to work the right way and helps to build and maintain your bones. It is essential to give your body the calcium it needs across the life span. Your need for calcium changes based on age and life stage.

## Meeting Calcium Needs

Below is a table that provides the Recommended Dietary Allowances (RDAs) for calcium for all ages.

Age and Life Stage	Daily Calcium Needs (mg)
0-6 months*	200 mg
7-12 months*	260 mg
1-3 years	700 mg
4-8 years	1,000 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
51-70 years (male)	1,000 mg
51-70 years (female)	1,200 mg
Over 70 years	1,200 mg

\*Adequate intakes provided rather than RDAs

You can find calcium in plenty of foods but mostly in dairy items. For those who cannot tolerate cow's milk or animal-based dairy items, other foods and beverages can help you meet your daily calcium needs. Foods and beverages that are good sources of calcium include:

- Dairy-based milks (e.g., cow, goat, sheep)
- Plant-based milk-type beverages (e.g., almond, soy)
- Cottage cheese and yogurts
- Cheeses
- Almonds
- Sardines and salmon
- Leafy greens (e.g., collard, kale, turnip, spinach, mustard)
- Calcium-fortified products (e.g., orange juice, breakfast cereals)

From the age of 4 and throughout adulthood, every person should consume at least 1,000 mg of calcium each day. As an example, eating the following foods and beverages in one day would help you meet the minimum daily requirement of 1,000 mg of calcium. This does not represent the only food you should eat in one day but is one example of how you can get calcium throughout the day in a variety of foods. These suggestions equal approximately 1,082 mg of calcium.

- Cup (8 ounces) of calcium-fortified orange juice with breakfast,
- One serving of calcium-fortified breakfast cereal with one cup of nonfat milk,
- Cup (8 ounces) of yogurt for a snack, and
- Salmon (3 ounces) with ½ cup of spinach for dinner.

## Adding Calcium to the Diet

There are affordable and creative ways to add calcium to your diet each day if you find it difficult to reach your daily needs. Consider the following ideas:

- For snacks, consider cheese (e.g., mozzarella, cheddar), a handful of almonds, or dry, calcium-fortified breakfast cereals.
- Add cheese to sandwiches, vegetables, and main dishes.
- Add cottage cheese or ricotta to waffle or pancake batter.
- For those who do not like milk, consider drinking your calcium in a smoothie made with leafy greens, fruits, and calcium-fortified orange juice.

Vitamin D is another important nutrient for bone health. You need vitamin D to build and maintain strong bones and muscles. It also helps the body absorb calcium better when the nutrients are eaten together during the same meal or snack. There are a few foods naturally high in vitamin D. Some include salmon, canned tuna, egg yolks, cow's milk, and other vitamin D-fortified foods like orange juice and breakfast cereals.

**For more information on Osteoporosis, contact Dayna!  
There is more to this publication!**

The Holidays don't end with Christmas. Did you know the Hardin County Extension office offers a monthly Caregiver Support Group. It is an opportunity to hear from experts and professionals about how to reduce stress and give you some ideas about how to make being a caregiver a little easier. It is also a time to meet with other caregivers and share your experiences. You can't give from an empty cup; take advantage of this monthly meeting and get the help you need.



**UK** Cooperative Extension Service

**HARDIN COUNTY**

# CAREGIVER SUPPORT GROUP

**You're showing you care. Now let others care about you.**

- ✓ for those caring for elderly parents
- ✓ for those caring with ill or special needs siblings or children
- ✓ for those caring for spouses, neighbors, friends or others

**FREE TO ATTEND**

**1:00 – 3:00 PM**

**THERE WILL BE TIME TO SHARE EXPERIENCES AFTER THE SPEAKER IF YOU FEEL COMFORTABLE DOING SO!**

**2025 DATES  
MEETING 1ST TUESDAY  
OF EACH MONTH**

Hardin County Extension Office  
111 Opportunity Way,  
Elizabethtown

**?** Patty Pruitt, [gypsyquilter7@yahoo.com](mailto:gypsyquilter7@yahoo.com) or call the office at 270-765-4121



Lots to celebrate in the upcoming months, many of us look forward to spending time with family and friends. Please take a few minutes to check on your friends and neighbors; not everyone looks forward to these seasons.

**If you or someone you know is suffering from Parkinson's Disease, there is a monthly support group which meets on the 1st Thursday of every month at 4:00 p.m. at the Encompass Health Rehabilitation Hospital of Lakeview, 134 Heartland Drive in Elizabethtown. Contact Pam Ryan if you would like more information about the Group, or refer a friend who may need help.**

Parkinson's.jpg

**Monthly  
Parkinson's support group**

Every first Thursday  
4:00 p.m.

Encompass Health Rehabilitation  
Hospital of Lakeview  
134 Heartland Drive  
Elizabethtown, KY 42701

Join us in a positive, caring environment  
to connect with other individuals and  
caregivers. Here you can share similar  
experiences, offer support, and learn more  
about Parkinson's care and the journey  
through the disease.

Contact Pam Ryan, OT, at  
[pamela.ryan@encompasshealth.com](mailto:pamela.ryan@encompasshealth.com) or  
270.769.4728 to learn more.

**Encompass Heal**  
Rehabilitation Hospital of Lakeview

134 Heartland Drive  
Elizabethtown, KY 42701  
270.769.3100  
[encompasshealth.com/lakeviewrehab](http://encompasshealth.com/lakeviewrehab)

**Do you need help sorting your own estate, or maybe trying to help someone you know or care for sorting their's? Thanks Chandra DeRamus for providing information about what maybe a difficult subject for many. This may help reduce unwanted stress when experiencing a traumatic event for many families.**





**KENTUCKY STATE UNIVERSITY**

Cooperative Extension Program

Kentucky State University Cooperative Extension Program

# Cherished Possessions

**Feb. 26, 2025 (Wed.)-3pm-4pm & March 24, 2025**

(Mon.) 3pm-4pm-All is Fair in Love & Possessions

Location: Hardin County County Public Library, 100 Jim Owen Drive, Elizabethtown, KY 42701



## We will have information on:

- Planning for sharing sentimental personal items (Jewelry, watches, WWII memorabilia, etc.)
- Developing a Plan to Speak with Loved Ones
- Figuring Out Who Gets What in the Loss of a Loved One (Wills, Deeds, Property)



**Chandra DeRamus | Family & Consumer Science Extension Agent**

**Phone:** (270)765-4121 | **Email:** chandra.deramus@kysu.edu



**Register by calling Hardin County Public Library by Feb. 21, 2025 for Feb. 26, 2025**

**Phone:** (270)769-6337 | **Address:** 100 Jim Owen Drive, Elizabethtown, KY



Please contact for accommodations.

If you need a reasonable accommodation to participate in this event/program, please contact Chandra DeRamus at Email:Chandra.deramus@kysu.edu or by phone at (270)765-4121 no later than January 20, 2025. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request if time allows (depends on when request is made.) In compliance with the Americans with Disabilities Act, We will honor requests for reasonable accommodations made by individuals with disabilities at no cost to the participant.

Kentucky State University is an equal opportunity provider.

**Spring is only 39 days away. Did you know that there will be a tree giveaway at the Hardin County Indoor Farmer's market on 1 March 2025. Make a difference, plant a tree.**

**Saturday, March 1: Give away trees at the Hardin County Winter Market held at the Extension Office from 9:00am –12:00pm**

