

»»» **HARDIN COUNTY EXTENSION FCS NEWSLETTER** «««

THE HAPPY, HEALTHY

Hardin County Extension *Homemaker*

SPRING 2024



Hello all!

I wanted to say thank you for the well wishes for our sweet 4th baby-Reagan Hayes. Even though Sutton was hoping for a brother, we were so tickled to add another girl to the tribe, and her big sisters are over the moon for her! She is the happiest baby, and we are so lucky she's ours! Coming back to work has been an adjustment, but I've already gotten started planning for the next year and I'm so excited about several new things!! Check out the next few pages to see what I have up my sleeve!

Thanks for all each of you do,

Dayna

»»» **AREA KEHA**

Breckinridge County
Homemakers are having their 2nd annual Spring Bazaar this Saturday, May 11 from 9-2 CT at the Extension Office in Hardinsburg!

NEWSLETTER NEED TO KNOWS: «««

- May 14: County Homemaker Council**
- May 18: Plant Fair**
- May 20: Cooking through the Calendar (pg 2)**
- May 22: Beginning Sewing (pg 2)**
- May 23: Caregiver Support Group Meeting (pg 4)**
- May 29 or June 1: Easy as Pie (pg 2)**
- June 1: Canning Bootcamp (pg 2)**
- 2024-2025 LLT dates and topics (pg 3)**

Dayna Fentress
Hardin County FCS Agent

SPRING CLASSES

COOKING THROUGH THE CALENDAR: MAY 20 AT 1:00 PM: AT THE HARDIN COUNTY PUBLIC LIBRARY: FREE TO ATTEND: NO RSVP NEEDED

LEARN TO SEW FOR ADULTS: MAY 22 AT 5:00 PM: AT THE OFFICE: FREE TO ATTEND: SUPPLY LIST GIVEN AT REGISTRATION: RSVP REQUIRED

AS A HOMEMAKER, YOU GET FIRST DIBS AT SIGNING UP BEFORE THESE ARE ADVERTISED TO THE PUBLIC!

EASY AS PIE: MAY 29 AT 10:30 AM: AT THE OFFICE: \$10.00 PER PERSON: RSVP REQUIRED

CANNING BOOTCAMP: SATURDAY JUNE 1 AT 10:00 AM: AT THE OFFICE: \$5.00 PER PERSON: RSVP REQUIRED

EASY AS PIE: SATURDAY, JUNE 1 AT 1:30 PM: AT THE OFFICE: \$10.00 PER PARTICIPANT: SPOTS ARE LIMITED: RSVP REQUIRED

LINCOLN TRAIL AREA MASTER GARDENER

PLANT FAIR

SATURDAY, MAY 18

8:00 - 2:00

RAIN OR SHINE!

PARKING IS IN A NEW SPOT THIS YEAR, SO PAY ATTENTION TO THE SIGNS AND PEOPLE!



HARDIN COUNTY EXTENSION *Homemakers*

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When? AUGUST 20
What time? 10:00 AM
Where? HARDIN COUNTY
What? HOMEMAKER KICKOFF
CREATING WELCOMING COMMUNITIES +
ROBERTS RULES OF ORDER

When? SEPTEMBER 24
What time? 10:30 AM
Where? LARUE COUNTY
What? HEALTH LITERACY

When? OCTOBER 21
What time? 10:00 AM
Where? HARDIN COUNTY
What? HEALTHY
HOLIDAY MEALS

When? NOVEMBER 19
What time? 1:30 PM
Where? LARUE COUNTY
What? QUILTED STAR
ORNAMENT

DECEMBER
MAILOUT
OSTEOPOROSIS

When? JANUARY 22
What time? 10:30 AM
Where? HARDIN COUNTY
What? GRANDCHILDREN
MAKE GRAND COOKS

When? FEBRUARY 26
What time? 1:00 PM
Where? LARUE COUNTY
What? PATHWAYS
TO WELLNESS

When? MARCH 27
What time? 10:30 AM
Where? HARDIN COUNTY
What? GETTING OUT
OF THE MEALTIME RUT

When? APRIL 21
What time? 1:30 PM
Where? LARUE COUNTY
What? COMPOSITION IN
PHOTOGRAPHY

2024-2025 LESSON LEADER TRAINING

topics and dates!

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Tips to communicate with youth

Communicating effectively with youth is crucial for building strong relationships and ensuring their emotional well-being. It's essential to tailor your approach based on their age and developmental stage.



Elementary-Aged Children (Ages 6-11):

- Show interest: Actively listen and show genuine interest in their activities, school experiences and hobbies. This builds trust and encourages them to open up.
- Share your day: Start the conversation by sharing your day, and they'll be more likely to reciprocate. For instance, "today at work, I had a challenging problem to solve. How about you? Anything interesting happen at school?"
- Scalable questions: Use the scale approach. Say, "on a scale of 1-10, how was your day?" If they say "three," follow up with, "what would make it a four tomorrow?" This helps them articulate their feelings and expectations.

**REMINDER THAT WE WILL
NEED VOLUNTEERS TO WORK
THE COUNTY FAIR, SO PLEASE
MARK YOUR CALENDARS!**

Sunday, July 7

Monday, July 8

Tuesday morning, July 9
and then nightly sign ups

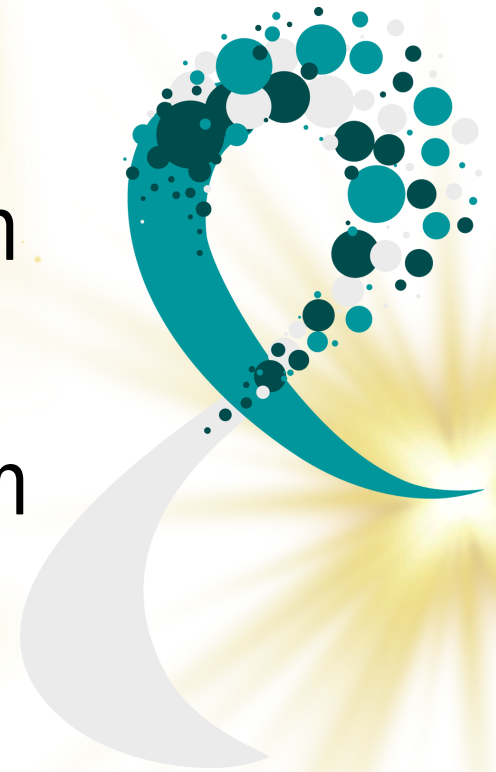


The state KEHA Homemaker Annual Meeting was held in Bowling Green last week, and Hardin County had great representation and won 7 blue ribbons!! Congratulations to our cultural arts winners!

NEW

Club Spotlight:

The White Mills Club hosted an
Ovarian Cancer Tea in
February and raised more than
\$1400!!



Want your club in the spotlight?
Send in a club report when you do something fun!

HARDIN COUNTY

CAREGIVER SUPPORT GROUP

- ✓ 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

**MARK
YOUR
CALENDARS
FOR THE
REMAINING
2024
MEETINGS!**



**MAY 23
JUNE 19
JULY 17
AUGUST 21
SEPTEMBER 12
OCTOBER 23
NOVEMBER 20
DECEMBER 18**

**EACH MEETING WILL
HAVE A SPEAKER FOR
THE FIRST PORTION,
AND TIME TO SHARE
EXPERIENCES AFTER**

Hardin County
Extension Office
111 Opportunity Way,
 Elizabethtown



? Patty Pruitt, gypsyquilter7@yahoo.com or call the office at 270-765-4121

JOIN US TO CELEBRATE

SENIOR CELEBRATION

Vendors, Speakers, Live Entertainment, Exercise, Bingo, Lunch, Door Prizes & More!

Pritchard Community Center
May 23rd, 2024
Free Event | 9am - 2pm

The Hack Project



FIRST COME
FIRST SERVE

Al Elliott



FREE Transportation

Call CKCATS by May 9th
800-242-8225



Lincoln Trail
Area Development District
~ established 1968 ~

For more info:
Call LTADD 270-737-6082

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

CLASSES DOWN THE ROAD..

No need to RSVP at this time!



Hook and Cook

JULY 15, JULY 22, JULY 29

5:30 - 8:30 PM

COME LEARN WITH FCS, AG, AND THE DEPARTMENT OF FISH AND WILDLIFE RESOURCES ABOUT BEST FISHING PRACTICES, KNOT TYING, PREPARING YOUR CATCH, AND MORE!

POP Club

AT THE HARDIN COUNTY FARMERS' MARKET

JUNE 12, JUNE 29, JULY 17, JULY 24, AUGUST 3,
AUGUST 24, SEPTEMBER 28, OCTOBER 19

9:00 - 11:30 AM

BRING YOUTH TO EARN MONEY TO SPEND AT THE MARKET!



Christmas in July

19 JULY 2024

10:00 AM - 4:00 PM

PATTY PRUITT (270-307-2226)

\$20.00

THIS CLASS IS OPEN FOR RSVPS.

COME OUT FOR A FUN FILLED DAY OF RAW EDGE APPLIQUE TO MAKE ONE OR BOTH OF THE FOLLOWING CUTE SNOWMEN. MAKE ONE FOR YOU OR AS A GIFT. JULY IS THE PERFECT TIME TO START YOUR CHRISTMAS PROJECTS!

Beginning Quilting Class

AUGUST 20

HARDIN COUNTY EXTENSION OFFICE
MORE DETAILS AVAILABLE SOON!

