

FAMILY & CONSUMER SCIENCES

AUGUST

NEWSLETTER



Hello, everyone!

Summer extension programs included:

- Homemakers Annual Meeting
- 4H Camp
- 4H Day Camps
- Power of Produce Program

The Bath County Homemakers are taking up school supplies donations, if you would like to donate, they can be dropped off at our office.

I hope you enjoy this newsletter!



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

Waiting for you inside!

- **Homemaker News**
- **Calendar of Events**
- **Flyers**
- **Health Bulletin**

**Bath County
Cooperative Extension
Service**

219 East Hwy. 60
Owingsville, KY 40360

Phone: 606-674-6121

Fax: 606-674-6687

Email:

alexandra.sallie@uky.edu

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BATH COUNTY HOMEMAKERS

Homemaker Yearly Kick Off Meeting

When: August 19th

Time: 6 PM

If you would like to donate school supplies you can bring those to the meeting.



Homemaker Cultural Arts

We had 41 entries for Cultural Arts this year with 22 Blue

Ribbons. **hand
crafted**

Licking River Area Lesson Day

When: August 27th

Time: 10 AM

Where: Montgomery Co. Extension Office.

A Thank You to the Bath County Homemakers...



Beyond the Yellow Ribbon

July 3, 2024

Bath County Homemakers
Breanna Stamm
P.O. Box 777
Owingsville, KY 40360

Dear Homemakers' Friends:

Thank you for your very generous donation of handmade thank you cards for care packages. We are honored that you chose our organization as your partner to show support for our troops. Your generosity is greatly appreciated.

Military Missions, Inc. is a 501c3 nonprofit charity which is staffed entirely by volunteers and 100% donation-funded. Our organization reaches ***Beyond the Yellow Ribbon*** in our community! As our military personnel serve, providing protection and safety for all of us, we work to give something back to our troops and veterans.

Military Missions, Inc. exists to support and honor deployed military personnel by sending care packages year-round as an expression of appreciation and gratitude. Packages are sent out to individuals as well as deployed military units. Our goal is to provide a touch of home during long deployments. Your donations make it possible to send these care packages.

Support also extends to our veteran community. Military Missions, Inc. is honored to work alongside other organizations in the community to support those who have served to keep our nation free.

On behalf of the heroes who will be touched by your gift, we are grateful. Thank you for partnering with Military Missions, Inc. to support and encourage those that ensure freedoms known only to Americans. If you could please provide us with your email address, we can provide correspondence through email and save postage. Please send to Thankyou@militarymissions.org.

Sincerely,

Elaine Baker
Military Missions, Inc.

Our new address is 570 Delzan Pl., Lexington, KY 40503
859-221-9477 info@militarymissions.org
Military Missions, Inc. is a 501(c)(3) Nonprofit Public Charity
EIN Number: 26-169-3982

Licking River Area

HOMEMAKER LEADERSHIP TRAINING

TUESDAY, AUGUST 27, 2024 AT 10:00AM
MONTGOMERY COUNTY COOPERATIVE EXTENSION OFFICE
104 E LOCUST STREET
MT. STERLING, KY 40353






**PLEASE REGISTER
BY
TUESDAY, AUGUST 20!**

Join us in Montgomery County for the Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning for the lessons for the year, leadership training, and fellowshiping with other Homemakers.

Call your local Extension Office if you plan on attending.

At least one member from each club is encouraged to attend.

Lessons include:

-  Time Well Spent: Organized Tips
-  How to get out of the Mealtime Rut
-  Composition of Photography

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506










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with prior notification.

Family and Consumer Sciences Extension Calendar

August

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					POP Program @ 9 AM 	
4	5	6	7	8	9	10
		Project Linus @ 10 AM 	Paper Hugs @ 10 AM 		POP Program @ 9 AM 	
11	12	13	14	15	16	17
	Sew Day @ 9:30 	Basics of Sourdough @ 3 PM 				
17	18	19	20	21	22	23
		Bath Co. Homemaker Yearly Kick Off Meeting @ 6 PM				
24	25	26	27	28	29	30
			Cooking through the Calendar @ 3:30 PM 			
31						

Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come be join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!



Basics of Sourdough

Do you want to learn
how to make
sourdough bread?

Each person will be
able to make their own
sourdough starter.

Registration is
required.

Call 606-674-6121.



When: August 13

Time: 3 PM

Location: Bath County AG
Center



Cooking Through The Calendar



. The 4th Wednesday of every month.

Time: 3:30 PM

Location: Bath County AG Center

Join us as we prepare and taste test the featured recipe!

Registration is required.

Call our office at 606-674-6121 to sign up!

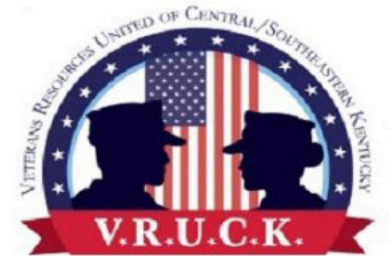




COOPERATIVE EXTENSION



College of Agriculture,
Food and Environment



WE SALUTE YOU WITH PRIDE
HAPPY

VETERANS' DAY OF VALOR AND HONOR

HONORING ALL WHO SERVED



4th of September 2024 from 11 a.m. to 3 p.m.

Bath County Extension Office

2914 E Hwy 60 (I 64-exit 123) under the green hoop

★ Service Officers ★

★ VET Center ★

★ Community Partners ★

★ Claims ★

★ PACT Act Information ★

★ Other Resources ★

For Veterans and Families

Free Food & Door Prizes

For more information contact

Sassia 859-294-7490 Your Insurance Lady, LLC

Phyllis 859-806-4297 Lady Veterans Connect

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LEXINGTON, KY 40546



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PARENT

HEALTH BULLETIN



AUGUST 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

Continued on the next page 



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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B2S.htm>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock

