



## FAMILY & CONSUMER SCIENCES OCTOBER NEWSLETTER

Happy October! I hope this message doesn't "scare" you too much; I promise it's all treats and no tricks! October is here, and I am hoping this brings us some cool weather our way. Some reminders: if you are a current Bath County Homemaker or would like to join the Bath County Homemakers, there is an enrollment form that can be filled out and returned back to the office with the \$10 dues. Be sure to read this month's MoneyWise that has great tips for organization!

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**
- **MoneyWise Reading**

**Bath County  
Cooperative Extension  
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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 40546



Disabilities  
accommodated  
with prior notification.

# BATH COUNTY HOMEMAKERS

Important Homemaker Dates to put on your calendar

Book Club Meeting: **October 1st** at coffee shop beside Sherri's Pizza. Book: Behind the Seams.

Military Sew Project: Operation Pillowcase Project. Assist in making them on **October 4th** at the Extension office.

Cultural Arts: If you won a blue ribbon at the county cultural arts this year and would like for them to go to Area for judging, please have those to my office by **October 4th.**

Licking River Area Annual Meeting:  
**October 15** at Mason County Extension Office.  
Bath County Responsibility: Pledge.

Homemaker Holiday Market: **October 26th.**







Bath County Homemaker Thanksmas Brunch:  
**November 23rd.**

# Family and Consumer Sciences

## Extension Calendar

# October

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
		<div>1</div> <div>Project Linus @ 10 AM</div> <div>Project Linus</div> <div></div>	<div>2</div> <div>Paper Hugs @ 10</div> <div>hand crafted</div>	<div>3</div>	<div>4</div> <div>Military Sew Project Day @ 9:30 AM</div> <div></div>	<div>5</div>
<div>6</div>	<div>7</div> <div>Lunch &amp; Learn: Meal Time Rut @ 12 PM</div> <div></div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div>
<div>13</div>	<div>14</div> <div>Sew Day @ 9:30</div> <div></div>	<div>15</div> <div>LRA Homemakers Annual Meeting @ Mason County</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>
<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div> <div></div> <div>Homemaker Holiday Market @ 10 AM</div>
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div> <div>Happy Halloween!</div> <div></div>		





# ROBINSON CENTER **FIELD DAY**

**FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS**

**MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!**

**THURSDAY, OCTOBER 3, 2024**

**4 PM-7:00 PM** EST.

**AT THE ROBINSON CENTER**

**130 ROBINSON RD, JACKSON, KY**

**FREE EVENT FOR ALL AGES | MEAL PROVIDED**





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



# HOW TO GET OUT OF A *Mealtime Rut*



Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

**We look forward to seeing you!**

Date: October 7th

Time: 12 PM

Call 606-674-6121 to  
register.



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LEXINGTON, KY 40546



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Martin-Gatton  
College of Agriculture,  
Food and Environment

# 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!



# HALLOWEEN SAFETY TIPS

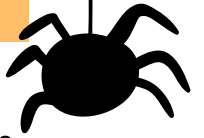


## WALK SAFELY

- Cross streets using crosswalks and look both ways before crossing.
- Keep heads up and don't run.
- Walk on sidewalks or paths.
- Watch for cars turning or backing up.

## DRIVE SAFELY

- Slow down and be alert in neighborhoods or busy streets
- take extra time to look for kids at intersections
- exit driveways slowly
- No distractions-keep your phone up and concentrate on the road.
- Be sure headlights are on when it gets dark.



## COSTUME SAFETY

- Use reflective tape and stickers if possible.
- Use face paint and makeup instead of mask
- carry glow sticks or flashlights
- Choose a costume that is the right size.





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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## TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

### THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

1. **Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
2. **Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



3. **Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

### THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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## REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “What’s for dinner?” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

### THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

### TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

### REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

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Date: \_\_\_\_\_

## Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association  
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Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (*Optional*): \_\_\_\_\_

Race (*Optional – circle one*): White Black or African American

Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

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