

Washington County Homemaker Newsletter

JULY 2024



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



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Cheers to all of You!

Thanks to everyone who completed and submitted reports. Here are the totals for the Washington County Homemaker Volunteer Service Hours:



Save the Date

Washington County Homemaker Kick Off & Potluck
September 3 - noon - WC Extension Office



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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Hello,

We're enduring a long hot summer! I can't believe we're halfway through July.

Thanks to all who turned in reports and volunteer hours - 11 out of 22 Homemakers were tallied. Thanks to Cabrina for doing all this on computer and sending it to the appropriate offices.

We plan to return to quarterly meetings to have more structure to our club. We truly need everyone to attend these meetings and participate.

Please "save the date" for our first meeting on Tuesday, September 3 at noon for a potluck lunch and kick off of our 2024-2025 Homemaker season!

Hope to see you soon!
Sue Clements

Yard Sale Fundraiser

Thank you to everyone who donated their items and time to the Yard Sale Fundraiser! We truly appreciate all of you. A profit of \$366.55 was made from the yard sale. We will discuss how to use those funds in future council meetings.

ON AIR



100.9

Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!



Thoughts of the Month come from lyrics to songs about transportation or travel from the 1960s to the 2000s to fit the theme of Blazing the Way with KEHA

Thought of the Month:

"Put the pedal to the metal if you want to ride."

-"Hot Rod Heart,"
John Fogerty,
1997

Book of the Month

.....
from the 2023-2024
Homemaker Book List

*Hidden Figures: The True Story of
Four Black Women and the Space
Race*

by Margot Lee Shetterly (2016)

If you have seen the movie by the
same name, you must read the
book, which contains so much more
of the back-story of these three
remarkable women and their
contributions to our understanding
of science and the modern world.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at facebook.com/WashingtonCountyNutritionEducation.

July 25 - 4pm
Washington County Public Library
Quick Couscous Salad

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

2024-2025 Homemaker Lessons

Lincoln Trail Area Homemaker Kick Off

August 20 from 10am-12:30pm

Hardin County Extension Office

Come together as Lincoln Trail Area Homemakers to kick off the Homemaker year and to learn more about creating welcoming communities!

Lead Your Team: Health Literacy for the Win!

September 23 at 1pm

Washington County Extension Office

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your healthcare team in reaching your overall health goals.

Planning Thrifty & Healthy Holiday Meals

October 22 at 1pm

Washington County Extension Office

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

Quilted Star Ornament

November 15 at 1:30pm

Washington County Extension Office

Join us for a quick, easy, and fun crafting project this holiday season, no-sew quilted star ornaments.

These festive ornaments capture the style of a classic star quilt pattern without requiring any prior quilting skills. Despite using the name "quilted," it is a no-sew project.

Strong Bones for Life: Prevent Osteoporosis

December 17 at 1:30pm

Washington County Extension Office

Keeping bones healthy and strong is important throughout the lifespan. This lesson will examine risk factors and lifestyle behaviors that help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

Grandchildren to Grand Cooks

January 28 at 1pm

Washington County Extension Office

Learning cooking skills early in life improves skills and confidence in the kitchen. We'll discuss ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create memories.

Pathways to Wellness

February 27 at 10:30am

Washington County Extension Office

Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we explore how the people, places, and spaces in which we live influence health.

How to Get Out of a Mealtime Rut

March 25 at 1:30pm

Washington County Extension Office

The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home.

Composition in Photography

April 22 at 1:30pm

Washington County Extension Office

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.

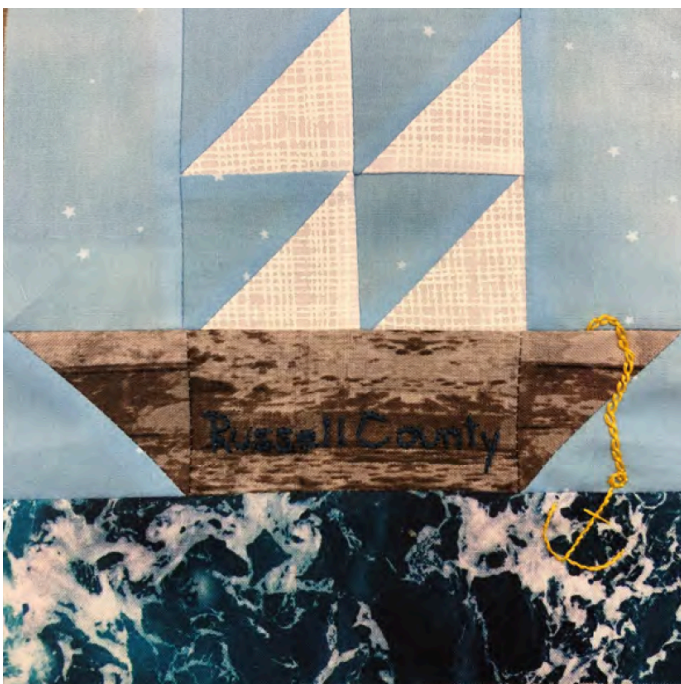


Rowan County

Creator: Joann O'Donnal

Pattern: Checkerboard

Description: The quilt square design features a checkerboard pattern - with four sets of 4 patch designs in light blue and white.



Russell County

Creator: Melonie Eubank

Pattern: Sailboat

Description: Known as the Gateway to Lake Cumberland, Russell County is home to one of the most popular recreational areas for boating and vacationing on the water. The man-made lake and Wolf Creek Dam were built in 1949-1950.

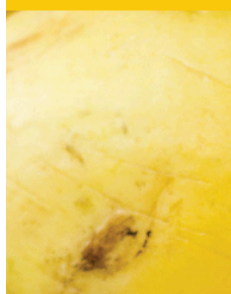
July Word Search

INDEPENDENCE
FREEDOM
FIREWORKS
LIBERTY
STARS AND STRIPES
SPARKLER
PARADE
FLAG
PLEDGE
COURAGE



puzzle-maker.com

S T A R S A N D S T R I P E S
E X T Y L M M L T G R Y R W D
N C B K D O L N B A T P N X M
B K N P D L M I L L Z M N C M
Q K T E M B M D B F Y T O N Q
X D E F D G Y Z N E L U R K R
N R V I D N R E L K R A P S T
F X R R Z K E R D A V T W Y Y
B Y Y E P V L P G A E R Y B N
M R V W Q N D E E G R J T D P
M B V O X Y R Y D D Q A J K M
D L J R Y P X E D J N M P P T
N J P K R D L M G Y Y I R P V
J G Q S Z P P T T Y Z T W L Y



Farmer's Market Skillet Bake

½ small onion, finely chopped
2 cloves garlic, minced
4-5 small red potatoes, sliced
1 tablespoon olive oil

2 cups shredded mozzarella cheese, divided
1 medium summer squash, sliced
1 medium zucchini, sliced

4 medium sized tomatoes, sliced
1 teaspoon salt
1 teaspoon pepper
5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F. **Prepare** onion, garlic and sliced potatoes (about ¼ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.

Types of Physical Activity: Balance & Stretching

Balance and stretching activities reduce the risk of injuries. Stretching helps to keep muscles flexible and healthy, which contributes to range of motion. Examples of stretching and balance activities are tai chi and yoga.

Sources:

www.planeatmove.com/get-moving/how-to-get-started/

womenshealthnetwork.com/bone-health/bone-strengthening-exercises