

Washington County Homemaker Newsletter

MAY 2025



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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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu



**FIRST COME
FIRST SERVE**

SENIOR CELEBRATION

MAY 22, 2025

Pritchard Community Center
FREE Event | 9 am - 2 pm

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

FREE TRANSPORTATION
Call CKCATS by **May 16th**
800-242-8225

Lincoln Trail
Area Development District
- established 1968 -

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.

Note from the President

Hello Homemakers,

The month of May is always a busy one. Some families have graduations. Some families have weddings.

The first day of May, "May Day" celebrates friendships. You may give or be offered flowers on this day!

The first Saturday of May is the Kentucky Derby. Even if you don't attend the Derby, itself, you may host or be invited to a Derby party.

Mother's Day will be Sunday, May 11th. When we honor our Mothers and all those who have mothered us.

You can see that will all these days in May, flowers might be involved. We usually say that after Derby Day, it's safe to plant or put out flowers and our vegetable garden. The risk of frost is passed.

Hope you enjoy the month of May!
Sue Clements

THANK YOU SO MUCH

The KEHA State Meeting theme is "Discover KEHA – A Hidden Treasure." The Lincoln Trail Area was tasked to provide centerpieces for one of the events and they decided to create treasure chests. Thank you to everyone who donated jewelry to contribute to the centerpieces! Special thanks to those who helped on the Lincoln Trail Area Work Day on April 29 to assemble the centerpieces and to everyone who helped to make the yo-yo keychain favors for the KEHA State Meeting. Your time and efforts are very much appreciated!



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:

"There's no load I can't hold. A road so rough, this I know I'll be there when the light comes in. Just tell 'em we're survivors."

-Life is a Highway
Rascal Flatts, 2006 or Tom
Cochrane, 1991



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

Book of the Month

.....
from the 2024-2025
Homemaker Book List

The History of the Kentucky Derby in 75 Objects by Kentucky Derby Museum, Jessica K. Whitehead, et al. (2024)

One hundred and fifty years have passed since the Thoroughbreds of the inaugural Kentucky Derby sprang from the starting gate to race beneath the iconic Twin Spires of Churchill Downs. But the story of the greatest two minutes in sports is more than the pageantry of the horses and thrill of the people who love and celebrate the event.



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.

May 22 - 4pm - Banana Pancakes
Washington County Public Library

Do you need new meal ideas?

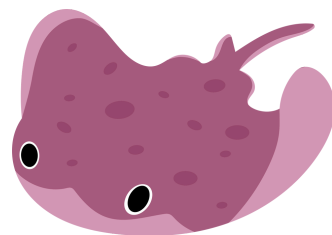
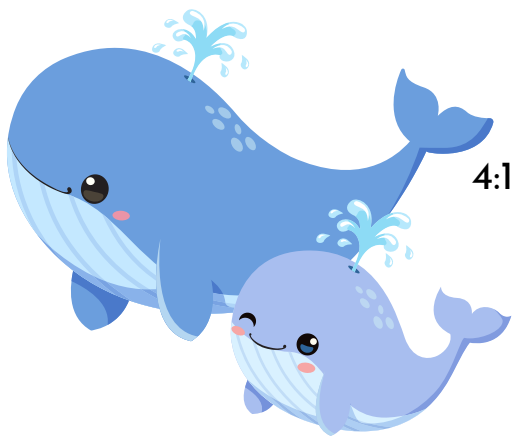
Join the Free Recipe Club

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

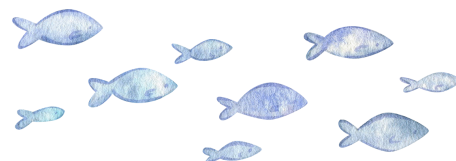
Community Baby Shower

OPEN TO ANY PARENTS/GUARDIANS WHO ARE EXPECTING OR WITH BABIES UP TO ONE YEAR OLD | MEETS HOLIDAY ASSISTANCE PROGRAM REQUIREMENTS

MAY 8 • 4-6:30 PM



4pm - Tour Resource Tables
4:15-5:15pm - Pre & Post-partum Wellness
with Springfield Physical Therapy
5:15pm - Free Dinner
5:30pm - Car Seat Safety
6pm - Final Door Prizes



Throughout the event, vendors will be available & prizes will be drawn!

**Held at the Washington County TEL Center
520 Lincoln Park Road, Springfield, KY**



Register with the QR code or by calling the Extension Office at 859-336-7741



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Dates to Remember

Wits Workout

May 2 & 16
WC Public Library - 10am

KEHA State Meeting

May 6-8 - Hyatt Regency in Lexington

Adult Sewing Group

May 7 - WC Extension Office - 6pm

Community Baby Shower

May 8 - TEL Center - 4-6:30pm

Washington County Homemaker Meeting

May 15 - WC Extension Office - noon

Monthly Food Distribution

May 15 - Idle Hour Park - 8:30am

Quilting Club

May 17 - WC Extension Office

Senior Celebration

May 22 - Pritchard Community Center in
Hardin County - 9am-2pm

Cooking through the Calendar

March 27 - WC Public Library - 4pm

Wits Workout

June 6 & 20
WC Public Library - 10am

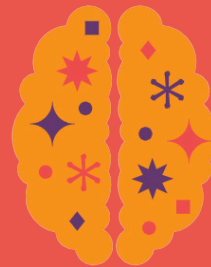
Homemaker Potluck Picnic

June 5 - WC Extension Office - noon

Annual Reporting



Please bring your Homemaker Yearbook on May 15 so that we can compile our annual reports. This helps us to show the impact of your work in the community!



WITS WORKOUT

Join us for free sessions
to learn about brain
health & exercise your
wits with fun games!

There is no physical activity.
This is a workout for your mind!

**All sessions will be held at the
Washington County Public Library
1st & 3rd Fridays at 10am**

May 2 & 16

June 6 & 20

Taught by Cabrina Buckman,
WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741
Registration is not required for this program.



KEHA News & Notes

State Meeting

KEHA State Meeting is May 6-8, 2025, at Hyatt Regency in Lexington. The theme is "Discover KEHA – A Hidden Treasure." Northeast is the host area. The 2025 State Meeting has reached capacity. No more registrations are being accepted. If you have sent money for registration, sessions, or shirts, and it did not reach the treasurer before capacity was reached, that money will be returned.

Other Meeting Notes

- Each county is encouraged to bring an item for the silent auction. Proceeds will benefit the 4-H Foundation. Please bring only new items.
- Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the proposed 2026 Leadership Academy. As always, thank you for your generosity!
- Members are invited to make a 12-inch finished quilt square for entry. Details are available in the state newsletter. Proceeds will help offset the costs associated with the KEHA State Meeting.
- Cultural arts check in will be from 8:30-11am Tuesday in five groups of areas. Check out will be 4-5pm Wednesday in two groups.
- Raising Hope will provide free health screenings on Tuesday from 9am-3:30pm and Wednesday from 8am-4pm.

Things to Bring to the State Meeting

- Bring your device (tablet or laptop) if you want help with social media or other assistance. A Tech Help Lounge will be open Tuesday and Wednesday during set hours to offer help.
- Bring auction items or quilt squares to donate.
- Bring cash or checks for quilt squares, raffle, and auction items you might purchase!
- Support our vendors! New this year, Snippy Jim will be sharpening scissors and garden tools, so (safely) bring your items for a sharpening fee.
- Wear the colors of jewels to the opening luncheon to show your enthusiasm for meeting theme and keynote speaker.
- Bring a sweater, as venue temperatures vary.

2025 KEHA State Elections

Qualified credentials were received and nominations are now closed for the following positions: Secretary and 4-H Youth Development Chair. A candidate is still being sought for Management & Safety Chair. Details and links to the credential form and position descriptions are at <https://keha.ca.uky.edu/2025-state-board-elections>. Credentials must be submitted to the nominating committee prior to the opening session of KEHA State Meeting on May 6. Email credentials to Secretary Wanda Atha at wanda.atha@ky.gov before May 6, or present them in person prior to 9:30 a.m. ET on May 6. Any candidates for these positions whose credentials are deemed to be in order will need to be nominated from the floor by a voting delegate during the business meeting.

Quilts for Courageous Kids

The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

National Volunteer Outreach Network (NVON) Conference

The 26th annual NVON Conference will be July 8-10, 2025, in Springfield, IL. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference>. Meeting registration deadline is June 1 and hotel registration deadline is June 7.

Dates to Remember

- May 6-8 – KEHA State Meeting in Lexington, Ky.
- May 15 - 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31
- June 1 - Registration deadline for NVON Conference
- June 7 - Registration deadline for NVON hotel
- July 8-10 - NVON Conference in Springfield, IL

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.

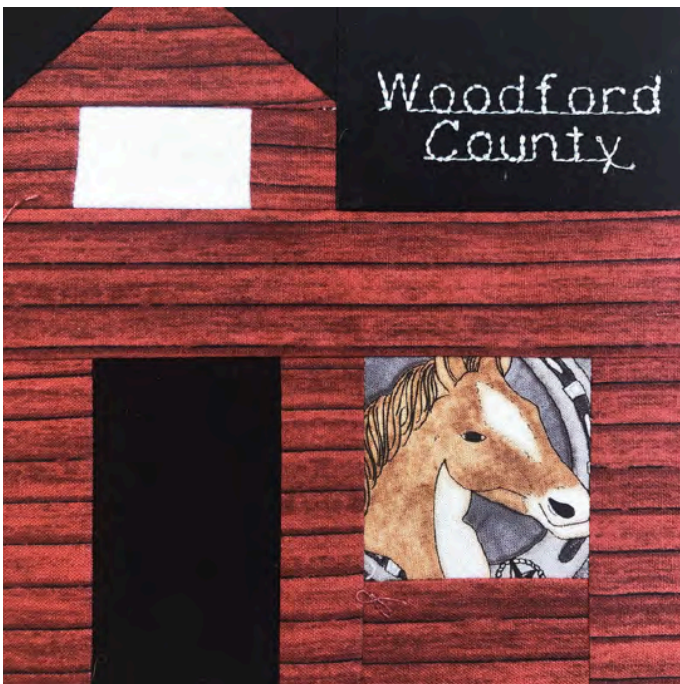


Wolfe County

Creator: Heather Graham

Pattern: Pieced Block

Description: The Wolfe County block was made during a block of the month class using bright colors.



Woodford County

Creator: Shirley Denney

Pattern: Barn

Description: The horse barn was chosen to represent the importance of the equine industry in Woodford County and the beauty of the horse farms located across the county.

Mother's Day Word Search

GENEROUS
 FLOWERS
 CARD
 CARING
 STRONG
 CHOCOLATE
 THOUGHTFUL
 HELPFUL
 FAMILY
 JEWELRY



puzzle-maker.com

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

Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

Yield: 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.



Stretch it Out

Here's a simple calf stretch:

1. Stand at arms length and lean against a wall or fence.
2. Put one leg straight back and the other bent underneath you.
3. Keep back straight and lean hips forward.
4. Keep rear leg straight with heel on ground.
5. Repeat for other leg.

Ease into each stretch until you feel the tension in the muscle you want to stretch and hold until it feels looser.

Source: "Family Time!," Families on the Move- [fcs-hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf](https://hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf)