





Jessamine County 95 Park Drive Nicholasville, KY 40356 (859) 885-4811 jessamine.ca@uky.edu

2025 NEWSLETTER

Calendar of Events

August 6	6pm Registration 6:30pm Meeting Begins	Homemaker Annual Meeting	
August 12	12 pm	Lunch N Learn	
August 12	5:30pm-7:30pm	Homemade Greeting Card Class	
August 14-24		Kentucky State Fair!	
August 25	10am-11am	Laugh N Learn	
August 28th	10am	Multicounty Leader Lesson in Boyle County (Look at flyer for more info)	
September 4–5		It's SEW Fine in Boyle County	
September 9	12 pm	Lunch N Learn	
September 15		Homemaker T-Shirts Order Form DUE	
September 22	10am – 11am	Laugh N Learn	
September 26		Heritage Craft Camp Registration DUE	
September 26–27	26 th : 3pm – 8pm 27 th : 10am – 8pm	Jessamine County Fall Festival	

Jessamine County Extension Homemaker Clubs Hearts N' Hands

First Tuesday of the month, 11 a.m. at the Extension Office

Happy

Second Tuesday of the month, 6 p.m. in a member's home

Garden Club

Third Monday of the month, 1 p.m. at the Extension Office

4-HMothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center RoomA

Follow us Online!

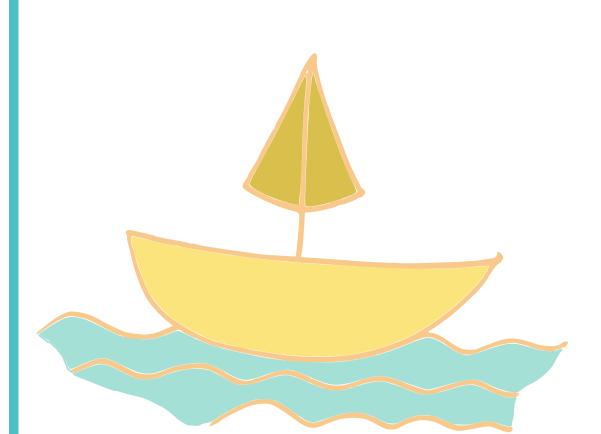
**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



Jessamine County Family and Consumer Sciences on ... Face book: https:/ /www.facebook.com/ JessamIneCountyFCS/



Check out our county website for information for all program areas! https://jessamine.ca.uky.edu/



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506

Dear Homemakers,

Happy August!

Please mark your calendar for our Annual Meeting on August 6th. Registration begins at 6pm and the meeting/dinner will begin at 6:30pm. There is also an order form for new Homemaker T-Shirts at the end of the newsletter!! Please fill the bottom out and rip it off and put it in the envelope with the money! This is due back to the office by September 15th!

If you know of anyone interested in becoming a Homemaker, please advise them to contact us via email at sara.haag@uky.edu or (859)885-4811 and let us know their Name, Address, Email, Phone #, and what type of club they are interested in joining. Below is a description of each Homemaker Club! We would love to see some new faces this year! Brochures and info sheets are available at the office if you would like to hand something out to advertise Homemakers!

Sincerely, Sara Haag

Sevra Hagg



Jessamine County Extension Agent for Family and Consumer Sciences

Jessamine County Homemaker

Garden Club

The Garden Club meets the 3rd Monday of each month. We discuss about our gardens and remedies for bugs, weeds and other critters. We do garden crafts 2-3 times each year, And of course we have lunch. Each person brings a dish.

4-H Mothers

4-H Mothers meet on the 3rd Wednesday of each month in a member's home. We stay together for lunch, and it is usually potluck style. In May, June, July, and August, we eat at different restaurants. We have about 15 members.

We take a meal for the homeless shelter on the 3rd Thursday of each month. We also take snacks for personal products to Rose terrace. We take up \$3 a piece evert month to buy food for the food banks. We also like to have speakers at some of our meetings.

Edgewood Evenings

Edgewood Evening normally meets on the 4th Monday night at 6pm. We stay busy with crafts, doing educational lesson and special projects. Some of our ongoing projects include making various size pillows for Care Navigators(hospice), collecting food items for the food pantry. In the summer we have gone to Pioneer Playhouse in Danville, doing a craft night for example.

Heart-n-Hand

The Heart-n-Hand Club meets the first Tuesday of the month at 11:00. Each member brings a light snack to share while we have our meeting. Our project this year is making and filling tote bags for the Jessamine Co Police Dept for them to give to children when they must remove them from their home. We do our lesson; we do a craft that different members teach. November, we made a Christmas center piece out of pool noodles and December we made gift in a jar (cookie mix). A member volunteers to teach crafts so we have a variety of interests. Members also bring suggestions for small projects that may be needed in the community.

Jessamine Peacequilters

Jessamine Piecequilters. Meets every Tuesday morning at the Extension office at 9:00am. We do group projects, have classes on new techniques, and occasionally make road trips to a quilt shop. We have an annual quilt show/quilters yard sale. We also have an opportunity to quilt and help us raise funds for groups we help support i.e. the backpack program in an elementary school, have also provided them with school supplies, Kids Cancer Alliance, Food pantries, the tornados in Western Kentucky as well as the flooding in Eastern Kentucky. We welcome all quilters, new and experienced.

Нарру

The Happy Club has 10 members. We meet the second Tuesday of the month at 6:30. Our meetings are held in members homes. We meet September through May. Occasionally we have guests come and teach us a craft. Our major outreach project is working with Warner Elementary Family Resource Center in providing Christmas presents for Warner students and families. We each sign up to take at least one child and sometimes sibling's. We purchase toys, clothing, shoes and coats if needed. These are delivered to Warner Elementary for parents to pick up before Christmas. We also purchase new underwear for female patients at Eastern State Hospital several times a year. The women there are given something similar to depends. They are grateful to receive new underwear. We also provide one 4H scholarship each year. Each year we participate in baking goodies for the Christmas baskets for Farmers Bank to raise money for the homemaker scholarships given to two graduating seniors. This year we plan to participate in the food bank project.





If you would like a ride, please call the office to secure a seat on the van. Sara will be driving the county van. Max is 10 people.



Link to the "It's SEW Fine" Catalog and Registration!





Don't forget about our awesome online FREE resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at planeatmove.com





Strawberry Green Tea

13 cups water

13 green tea bags, regular size
1 pound fresh strawberries

1 cup honey

1 lemon, optional

- Wash strawberries and remove the tops.
- Chop the berries with a hand chopper in a large pot.
- Add water to the chopped berries and bring to a boil, stirring occasionally.
- Remove from heat and let mixture cool for 5 minutes.
- Add tea bags and submerge.Steep tea for 2 to 3 minutes.
- 6. Strain the tea through a mesh

- strainer or cheesecloth lined colander into a 1 gallon pitcher.
- 7. Add honey and stir until dissolved.
- 8. Chill and serve.
- Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g for, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



· Lunch N Learn •

• Lunch N Learn •

Join us at the Jessamine County Ag Center for **Lunch N Learn!**

We will be making the August recipe from the Nutrition Education Program Yearly Recipe Calendar, Slow Cooker Asian Pork Tacos

> August 12, 2025 12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by August 7th to register.



Cooperative **Extension Service** Agriculture and Natural Resources

Family and Consumer Sciences 4-H Youth Development

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Join us at the Jessamine County Ag Center once a month for **Lunch N Learn** as we prepare recipes from the Nutrition **Education Program Yearly Recipe Calendar!**

2025 Dates:

It will always be from 12pm - 1pm

January 15 July 15

February 18 August 12

March 11 September 9

October 14 April8

November 11 May 20

June 24 December 9

Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

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University of Kentucky

College of Agriculture,





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



Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

The 2025 Dates:

January 27 July 28 February 24 August 25 September 22 March 24 April 28 October 27 November 10 May 19 December 8 June 23

10am-11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!





We are back at it with another card making class! We would love to have you join us on <u>August 12th from 5:30pm- 7:30pm</u> at the Jessamine County Extension Office in the Ag Center for a fun night making our own Homemade **Holiday Greeting Cards!**

Please call the Jessamine Co. Extension Office to Register at (859) 885-4811. There will be a class limit of 10 people:)

This event will be \$12. The cost covers all supplies to create 4 complete cards with envelopes! You can pay at the beginning of the class either cash, check, or Venmo! We look forward to having you!



95 PARK DR. NICHOLASVILLE, KY 40356

Cooperative **Extension Service**

Agriculture and Natural Resources

Family and Consumer Sciences 4-H Youth Development

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2025 AUGUST

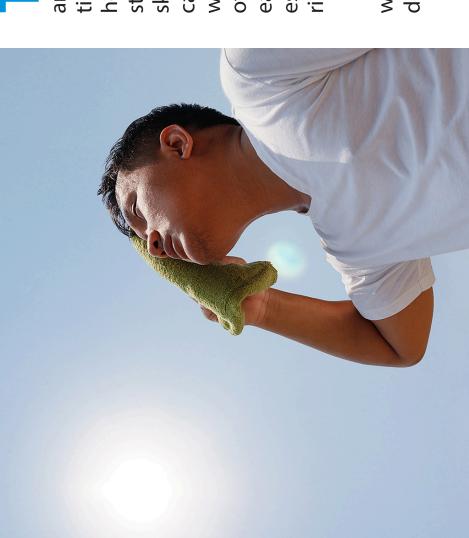
Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ of the Adult, Youth, Parent, and Download this and past issues content/health-bulletins

Extension Office 000 Street Road NAME County City, KY

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THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



earth's tilt. During the dog days of summer, it's and early August. The term comes from ancient times. People noticed that this period of very of the earth is closest to the sun because of the especially important to be aware of the health hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part he"dogdays of summer" are the hottest and most himid مسترک میتا most himid most humid days ofthe year, usually in July risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too Continued on the next page







MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

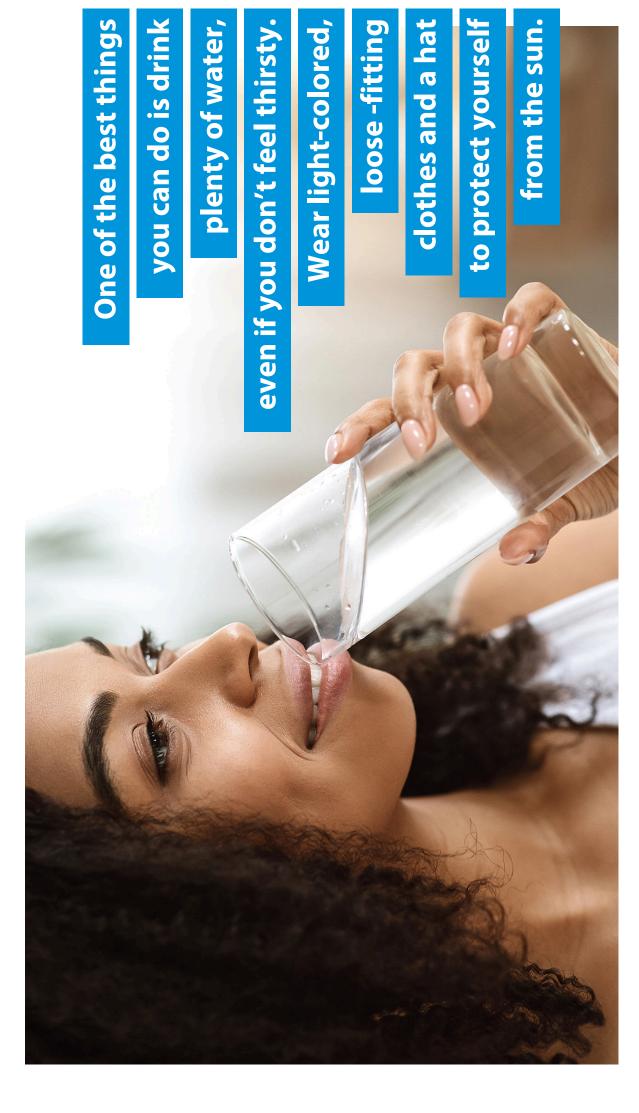
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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or even fainting. It is important to treat heatstroke using cool water to lower their temperature, and heatstroke include a high body temperature, red has heatstroke, their body temperature can rise or dry skin, fast heartbeat, confusion, headache, quickly by moving the person to a cooler place, calling for medical help right away. Heatstroke can be very dangerous because it can damage to 104 degrees F (40 degrees C) or higher. This the brain and other organs. Common signs of can be life-threatening if not treated in time. activity in very hot weather. When someone much time in the sun or doing hard physical

different medical problems, even though they both body and can damage organs, including the brain. related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole A regular stroke and a heatstroke are two very blocked or a blood vessel in the brain bursts. This have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is one side of the body, or confusion. It is a braincan damage parts of the brain. That can cause Both conditions are serious and need medical problems like trouble speaking, weakness on

help right away. But they are caused by different things and affect the body in various ways.

hot. One of the best things you can do is drink plenty following these steps, you can help protect yourself parts of the day, usually between 10 a.m. and 4 p.m. in a parked car on a hot day, as the heat in enclosed take lots of breaks and rest in a cool place. Never sit To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very of water, even if you don't feel thirsty. Wear lightareas can increase quickly to dangerous levels. By colored, loose-fitting clothes and a hat to protect indoors with air conditioning during the hottest yourself from the sun. Try to stay in the shade or If you have to be outside or do physical activity, from heatstroke and stay safe in hot weather.

REFERENCE:

https://www.cdc.gov/heat-health/about

Extension Specialist for Family Health Written by: Katherine Jury,

Designed by: Rusty Manseau Edited by: Alyssa Simms

Stock images: Adobe Stock



































Jessamine County Homemakers T-Shirts Order Form







Short Sleeve Only- Cost is \$12 (Sizes S-XXL))

%-	 	 	
Name:_			
Size:			

Please mail payment and slip to:
Jessamine County Extension Homemakers
ATTN: Sara Haag
333 Fairground Way Nicholasville, KY 40356

333 Fairground Way Nicholasville, KY 40356

Check made payable to Jessamine County Homemakers

Due back to the office via mail or bringing into the office by September 15th



Jessamine County Extension Office 95 Park Drive Nicholasville KY 40356