

KENTON COUNTY HOMEMAKERS NEWSLETTER

FAMILY & CONSUMER SCIENCES
OCTOBER 2023

Important Reminders

This will be your last newsletter if your membership dues are not paid by Oct.31st!!

KEHA Week is October 9th - 13th

Be sure and register for all of our fun events that week!

Fall Flannel Frolic

Wednesday Oct. 18
Northern Kentucky Area Homemakers
2023 Annual Meeting

A Note From Jackie

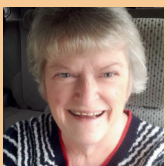
Can you believe it is October already? Time for falling leaves, cooler evenings. soup, apple cider and all of the pumpkin spice products and treats that you can imagine. Oh and we cannot forget the ghosts and goblins that will be out for Halloween.

For Homemakers, the month starts out with our KEHA Week. We have projects and events planned for each day beginning on Monday, October 9th.

Another event that is occurring this month is the Northern Kentucky Area Homemakers 2023 Annual Meeting which will be held on October 18th at the Boone County Enrichment Center. Theme is Fall Flannel Frolic!! (So pull out your flannel shirts). If you have not signed up, be sure to do so at the Marshall Road office on or before October 6th. This event is also the next step for Cultural Arts. If you won a blue ribbon during our County Cultural Arts then you may enter your item(s) at this event.

Thank you everyone for all that you do to make Kenton County Homemakers a success. I look forward to visiting each of your groups in the upcoming months. Thank you to the Independence Club for their warm welcome.

On a personal note, I would like to ask that you keep Marlene McComas in your thoughts and prayers. Marlene suffered a stroke this past week. For those who do not know Marlene, she has been a large contributor to Homemakers for many years through Grant County, as well as holding prominent roles throughout the state. If you would like to send her a card of encouragement, feel free to contact me for her address. My email is: myfriendshipgarden1@gmail.com

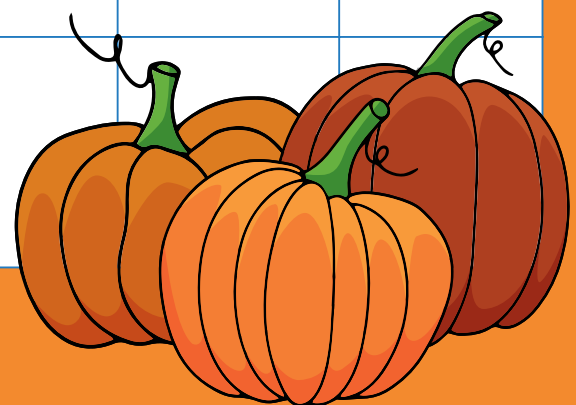


Sincerely,

Jackie Waibel, President
Kenton County Homemakers

October

SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
		Quilting for Beginners 10:00AM K-Lands Budget Decor for the Holidays 10AM & 6 PM K-Lands	Let's Make Pj's 9:00AM K-Lands			
8	Fabric Ornament Class 10:00AM - 12:00PM Cost: \$5.00 Marshall Rd	Quilting for Beginners 10:00 AM K-Lands Make It, Take It, Bake It Bread In A Bag Class 2:00PM - 4:00PM K- Lands	Fall Craft class 1-4 PM K-Lands	Sewing Expo 10:00AM Sharonville Convention Center Preserving Memories in a Digital World 10:00AM K-Lands	Day Trip to Evans Orchard meet at K- Lands at 9:30 Cost is \$10	14
15	Independence Club Meeting 11:00 AM	Quilting for Beginners 10:00AM K-Lands Kenton Lands Club meeting 1:15PM	Drawing With Pastels 1:00PM K- Lands NKY Area Homemakers Annual Meeting	Let's Make Pj's 9:00AM Kenton Lands	20	21
22	Groovy Land club k-Lands 7:00PM	Clay Beads 10:00AM Marshall Rd.	Drawing Project Group 1:00PM K-Lands	Book Club 6:00PM Indp. Larosa's	27	28
29	30	31 				





Homemaker Club News



Kenton Lands

Kenton Lands celebrated their first meeting with a delicious lunch of chili, ham sandwiches and a homemade pumpkin pie all provided by Donna Henkenberns, Secretary! It was amazing! Thank you, Donna so much! We welcomed three new members. And Yes, we have a new male member. Programs for the 2023-24 year were discussed and reviewed. We will be concentrating on two main activities. 1. Making material hearts to pass out in our neighborhoods and Nursing homes with a "Be Kind" theme. 2. Making items for cancer patients such as seat belt strap holders and scarf/hats. Our next meeting will be Oct 17. Dessert will be served and don't forget to take a hike! Please feel free to attend our meeting.

Book Club

Book Club will be meeting on Thursday, October 26, 2023, 6:00PM at LaRosa (Harris Pike, Independence). We would love to have you join us for book discussion, food and fellowship.

Independence

The Independence Club's first meeting of the new Homemaker year has come and gone. We had a great turnout with most of our previous members and some new members joining us. I appreciate the patience our members showed us new officers as we went through the lengthy program of our first meeting.

A big "Thank you" to the Kenton County FCS Agents, Joan Bowling and Denise Donahue, who spoke to our group today about implementing Parliamentary Procedure and committees into our monthly meetings. While explanations were great, I know there will continue to be some confusion about these practices until we get a little further along in the year. However, following these practices should help us complete our business meetings in a more timely manner.

The Kenton County Farm Tour is Saturday, October 1 this year. During the Farm Tour, a few of us are going to share a booth at the Milestones, Inc. stop. We will have a few crafts for sale, but our main mission is to hand out Extension Homemakers membership brochures and other extension information. Please come out to tour all the locations and be sure to stop and see us at Milestones, Inc.

Virtual

We held our first face-to-face meeting for this year last month (September, 2023). We discussed business, ate food, and had a good time enjoying each others company. We ended our meeting with a celebration of one of our members, Trish Sorelle. Trish is celebrating 15 years cancer free!!!





Join



KENTON COUNTY HOMEMAKERS

Learning • Leading • Serving

Who Can Join...

The Kenton County Extension Homemakers Association welcomes all!
If you are interested in joining or starting an Extension Homemakers club
in your neighborhood or community,
Please contact Kenton County Cooperative Extension at 859-356-3155.
Visit club meetings to discover the perfect fit for you.

Extension Homemaker Clubs

Independence Homemakers 3rd Monday @ 11:00AM Marshall Rd.

Kenton Lands Homemaker 2nd Tuesday @ 1:00PM Kenton Lands Rd

Kenton County Virtual Homemakers Facebook: The Virtual Kenton County Homemakers

Femme de Nouveau virtual club Contact: cakuma50@gmail.com



Mail to:

Kenton County Extension Homemakers
10990 Marshall Road
Covington, KY 41015
Phone: (859) 356-3155

2023-2024

TODAY'S DATE ____/____/____

Please Fill Out & Return

Name: _____ Street Address: _____

City: _____ State _____ Zip code: _____ E-Mail: _____

Home Phone Number: _____ Cell Phone Number: _____

CLUBS MEET ONCE A MONTH, AUGUST THROUGH JUNE, IN VARIOUS LOCATIONS.

PREFERENCE: TRADITIONAL CLUB _____ VIRTUAL CLUB _____ MAILBOX MEMBER _____

I AM INTERESTED IN: JOINING AN EXISTING CLUB _____ STARTING A NEW CLUB _____

I AM RENEWING MY MEMBERSHIP WITH THE _____ CLUB

DUES: \$11.00 per year

_____ I have included \$1.00 donation to the Ovarian Cancer Research Fund.

_____ I would like to include a donation to the Marie Rich High School Scholarship Fund.

Total Due \$ _____ Make all checks payable to Kenton County Extension Homemakers.

Memberships must be received by Oct 31, 2023 in order to be a state member.

After this date you will be a county only member until it is time to renew your membership in 2024

KENTUCKY COOPERATIVE EXTENSION



HOW CAN WE **serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Contact your local Extension Office for a paper copy of the survey.

**KEHA Week is October 9th - 13th
Celebrate Homemakers this week
with these upcoming events!**

Call Office 859-356-3155 to sign up space is limited!

Monday 10-9-23

Fabric Ornament Class
10:00AM - 12:00PM
Cost: \$5.00 Marshall Rd



Tuesday 10-10-23

Make It, Take It, Bake It
Bread In A Bag Class
2:00PM - 4:00PM
Kenton Lands



Wednesday 10-11-23

Fall hanging Gnome
1:00 PM - 4:00 PM
Kenton Lands



Thursday 10-12-23

Meet us at the Sewing Expo at the front entrance of the Sharonville Convention Center in Sharonville OH. 10:00 AM. Advance tickets are \$8.00 and can be purchased online at: <https://www.sewingexpo.com/Events/Cincinnati-OH>

Friday 10-13-23

Day trip to Evans Orchard \$10.00 per person includes history of the farm, sample of cider, and wagon ride through the orchard.

Meet at 9:30 Kenton Lands to car pool together.





Girls Day Out

We are excited to invite you to our next Girls Day out!
Spend the day with us catching up on your unfinished projects
and socializing with both old and new friends!
Please let us know if you will need to be seated near an
electrical outlet for sewing projects.

Saturday, 14 November

9:00AM - 2:00PM

Kenton County Cooperative Extension

10990 Marshall Rd., Covington

Cost is \$15.00

A light breakfast and lunch will be provided.

Proceeds go to our Marie Rich High School Scholarship Fund

Call the Extension office today to sign up!



These upcoming Art and Technology classes still have openings, please visit kentoncountyextension.org for more detailed information and to register.

PRESERVING MEMORIES

In a digital world

Thursday, 12 October 2023
10 - 11 AM
Durr Education Center
450 Kenton Lands Rd, Erlanger KY

Drawing WITH PASTELS

Wednesday, 18 October 2023
1 - 4 PM
Durr Education Center
450 Kenton Lands Rd, Erlanger KY



Drawing Project Group

Wednesday, 25 October 2023
1-4 PM
Durr Education Center 450 Kenton
Lands Rd. Erlanger, KY

These once a month sessions are open to the public for adults 18+ years old and of any experience level. Whether you're just starting out or are an experienced artist, we welcome anyone to participate. During this 3 hour time, you can work on your own drawing project in a group setting and if interested receive tips or outside thoughts on your work, especially beneficial for new learners who are looking to improve their skills.

Participants should bring their own drawing supplies, but every month an exercise or still-life will be provided to those who are looking for a more guided learning experience.

Please register in advance if you plan to attend as it helps us prepare. Register at kentoncountyextension.org or call 859.356.3155

Fall Flannel Frolic!

Northern Kentucky Area Homemakers 2023 Annual Meeting

Tyler Mullins,
Gallatin County
Musician, will play
his favorite musical
selections during the
luncheon...



Keynote Speaker:
Melody Stafford

Sharing some of her
humorous Life Lessons

Schedule of Events:
8:30 am—10:00 am
Registration, Cultural Arts
Check-in & Silent Auction
10:00 am—Meeting

Keynote Speaker
Melody Stafford
"Capturing Life's Funny
Moments"

Menu
Salad, Fried Chicken, Meat
Loaf, Mashed Potatoes,
Green Beans, Rolls, Brownie/
Cookies, Sweet Tea, Unsweet
Tea, Lemonade and Coffee

October 18, 2023

Boone County Enrichment Center

1824 Patrick Dr., Burlington, Ky 41005

Make your check payable to: Kenton County Homemakers

Mail or drop off check and registration;
Kenton County Extension 10990 Marshall Rd Covington, KY 41015

If possible, register by county

**Reservations due by
October 6, 2023**

**Cost:
\$20.00**

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ County: _____

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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

ADULT

HEALTH BULLETIN



OCTOBER 2023

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:

BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually.

Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women.

Mammograms are the best way to find

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com, Adobe Stock





Kenton County Cooperative Extension Service
10990 Marshall Road
Covington, KY 41015-9326

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Joan Bowling

**Kenton County Extension Agent
for Family & Consumer Sciences**
jbowling@uky.edu

Wishing you a lovely fall season!

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KENTONCOUNTYEXTENSION.ORG



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