Homemakers at Its Core

May was a super busy month. In fact, I think I am still recuperating. There were two events that happened in May that had great impact on me both as a Mom and then as a Family and Consumer Sciences Agent. First of all, Dalton officially graduated high school. After last year’s school shooting at his high school, he opted to home school this year. While he didn’t have the traditional graduation march with his 400 classmates, we did have a grand celebration of a wonderful 13 years of school. He has officially decided to attend Murray State in the fall and I must tell you, I am one glad Momma that he will only be 15 minutes from my house. The other great event of May was the Homemaker State Meeting. While I enjoyed my time getting to know Dixie Utter, Carrie Barnett, and Kathy Hilkey better, I also enjoyed being surrounded by 550 other people from across the state of Kentucky who really value Homemakers at its very core. The state meeting gave me time to reflect on what it really means to be a member of the Kentucky Extension Homemakers. I fear that many of our county Homemakers look at their club meetings as social hour where we get together to see the other members of our group. While socialization is absolutely a part of our Homemaker clubs, so is education, civic duty and leadership. We offer lessons each month in club meetings to fulfill the educational piece of the Homemaker puzzle, just like we offer many opportunities to volunteer and work for others in our community to fulfill that civic duty piece. We also encourage you to become leaders by taking on a club or county officer role as well as by teaching classes at the Extension Office. In addition, it is very important to be a good Homemaker by respecting the leaders you have put in office. Their jobs are not always easy and elected leaders need your support. These are parts of the Homemakers organization that make up its purpose. The state meeting always serves as a reminder to me that Lyon County Homemakers are a dynamic group, but we are only a small school of fish in a big pond of more than 14,000 Homemakers across the state. Being in the midst of the leaders of the state organization makes me realize there is so much more we can do in Lyon County. For right now, this can be achieved by making sure you get your REACH paperwork turned in as well as your volunteer hours. These numbers are vital to showing the great things we do to our leaders in Lexington as well as for securing grant funds for Homemaker projects. Additionally, take some time to educate yourself on all the great things that are happening in Homemakers. By visiting www.keha.org you can find the answer to any and every burning question you may have about Homemakers. You can read the Homemaker manual, read the latest in newsletters from the state leaders, or even print a book list if you would like to have your own copy rather than using the club copy. Learning as much as you
can is the best way for us to promote all the great things Homemakers do in Lyon County and across the state. Hopefully this month you can carve out some space to brush up on what’s happening in Kentucky Homemakers by visiting the website and find a renewed spirit to portray Homemakers in a positive light and encourage others to become a part of this great organization.

**County Annual Day 2019**

It’s time for a Hoe Down y’all and you don’t want to be the one who misses out on all the fun things planned for County Annual Day this year. Here is the check list of important things you need to know. This should not be new information as I know your club presidents have done a great job of keeping you informed, but I just don’t want anyone to feel as if they don’t have all the details.

- Come by the office and pay your $3 registration fee by **June 21, 2019**.
- The event is on June 25th, 2019 at the Lee S. Jones Convention Center.
- Registration will begin at 10:00 (Unless you are on the registration team, please don’t arrive before registration begins. Doors will not open until 10:00).
- County Annual Day will begin at 10:30.
- You will need to dress in your best country and western attire. Believe me, there is a lot riding on your outfit. Think about it ahead of time and come prepared to laugh more than you have in a coon’s age.
- We will have BBQ with all the fixin’s for lunch. Each club is responsible for a part of that meal. Please double check with your club president that all details have been worked out as to how your club will be fixing your food. Please have a club member call 270-388-2341 between 4:00 pm and 4:30 pm on June 21st to find out the final count for food preparation.
- Assigned club duties for this year are:
  - Saratoga-Registration
  - Kitchen-Eddyville
  - Clean Up Crew-Lake Barkley
  - Decorations-Fairview
- Lastly, come with your mind made up that you are open to new adventures and a whole lot of boot scootin’ fun!

**Area Annual Day 2019**

Area Annual Day 2019 will be hosted by Caldwell County. Please Mark your calendars now for October 14, 2019. More details to come!

**Bags of Love Work Day**

In recent years the County Homemaker Council has chosen a non-profit to support by organizing
work days to benefit the chosen group. This year the council chose to support the Bags of Love program working in Lyon County. To help further their cause, we will be having a work day on **August 6, 2019** from 9:00 am until 3:00 pm. We will be assembling the backpacks that are given to children who have been put into foster care. There will be sewing, cutting, ironing, and organizing to do on that day. Our goal is to complete 50 backpacks. Please mark your calendars and plan to volunteer to help this great organization. All supplies will be provided for the bags but please feel free to bring your sewing machine and basic sewing supplies. If you can’t sew, no problem! We have plenty of other non-sewing jobs that need to be done. Please call the office to let us know if you will be coming to help. Lunch will be provided for those who come to work and we will need an accurate head count. Looking forward to working alongside you to accomplish our goal.

**Homemaker Summer Trip: Louisville**

Do you have your bags packed yet? We are headed on an action packed trip to Louisville, KY on July 17 and 18, 2019. Here’s what you need to know:

- **Total Trip cost:** $63 (I am covering the cost of the bus for Lyon County Homemakers. Your price will be different than other Homemakers in the Pennyrile Area.) This price includes the lunch meal on Wednesday the 17th.
- **The last day to sign up for the trip is June 25, 2019.**
- All UK forms will need to be up to date and signed before you may travel with the group.
- Participants will need to call the hotel and make their own reservations. We are staying at the Hampton Inn located at 1451 Alliant Ave, Louisville, KY 40299. We have a block of rooms. You will need to specify that you are with the UK Pennyrile Area Homemakers group.

Rooms will have to be held on your own personal credit card. I have already negotiated room costs. The price quoted here reflects all taxes and fees. Please do not try to negotiate for a different price. Everything in Louisville is more expensive and unfortunately that includes hotel rooms. The phone number to call for reservations is 502-809-9901.

- **Cost breakdown for hotel rooms including tax and fees:**
  - $165.99 for one person per room
  - $82.96 for two people per room
  - $55.33 for three people per room
  - $41.50 for four people per room

- **Cost breakdown for the tours:**
  - Bernheim Lunch-$10
  - Churchill Downs-$12
  - Slugger Museum-$14
  - Ali Center-$12
  - Flame Run Glass-$7
  - Louisville Stoneware-$8

We are going to see many great things in a short two day trip. A full itinerary with times listed will be given when you sign-up and pay for the trip. If you have questions please call the office at 270-388-2341.

Blue Ribbon Winners Announced

Congratulations to our Lyon County Homemakers who were blue ribbon winners at this year’s State Cultural Arts competition. Winners include:

Christy Stephens-Happiness is Homemade-Blue
Merry Salyers- Checkerboard-Blue
Nancy O’Brien-Recycled Denim Bracelet-Blue
Susan Lambert-Honey Bee Jacket-Blue
Susan Lambert-Crossbody Bee Purse-Blue  
Monica Dolhun-Dog Quilt-Blue  
Kathy Sims-Thread Painting-Blue  
Kathy Sims-Hand Dyed Blouse-Blue  
Kathy Sims-Elephant Quilt-Blue  
Your items are now available for pick-up. Please stop by the office at your earliest convenience.

I can’t wait to see which one of you jumps at the chance to help lead and educate our leaders of tomorrow!

Ideas for Stretching Your Monthly Retirement Check

Source: Kelly May, senior extension associate

After years of hard work, dedication and saving, you have finally made it! Retirement is now in sight. As you prepare to retire, you need to remember basic financial principles to make your retirement funds last as long as possible.

New retirees may be tempted to go on exotic vacations or spoil their children and grandchildren with purchases, but lavish spending can cause a person’s retirement savings to quickly dwindle.

You should continue budgeting your retirement income much like you did when you had a full-time job. Start planning your monthly budget a few years before retirement begins. Know your anticipated monthly retirement income. Track your monthly expenses to get a good idea of the amount you spend each month on necessities like groceries, utilities and car and home insurance. Remember to include the unique budget items that come along with retirement. For example, your health insurance plan may change or have different coverage levels or copay amounts in retirement. Familiarize yourself with your plan and make sure you include your anticipated monthly out-of-pocket medical expenses in your budget. Set aside money each month for an emergency fund to cover any unexpected expenses. Include additional income in your budget for

Are You The Person We Need?

As you well know, the 4-H agent spot in Lyon County will be vacant for probably the next three years. As Susan and I begin to take over those duties, we are making tough decisions on what roles we can cover and what we feel like can be dropped until the new agent is in place. One of those roles is for the leader of the craft club. This is a super fun club for 4-Hers but one that we don’t feel like we can continue with all of our other responsibilities. That is where Homemakers can come into play. Would you or you and a friend be willing to go to the school one afternoon per month from September to April and offer a small craft project to students who are in the 4th and 5th grades. You would pick the age appropriate project and we will buy the supplies, send their after school snack, and make all the arrangements. The class would take you about 1 hour per month plus the time you spend making the sample craft. Of course, all this would count as volunteer hours. Please know, if this is something you are interested in you would be expected to fulfill that role every month or make arrangements for someone to cover for you if for some reason you can’t make it. You would also have to be background checked if you are not already.

I can’t wait to see which one of you jumps at the chance to help lead and educate our leaders of tomorrow!
entertainment like eating out, movies, leisure activities and trips because, after all, retirement is about doing what you have always wanted to do.

If you find you are having trouble making ends meet, getting a part-time job is a common way for people to make their retirement nest egg last longer. In addition to supplementing your income, a part-time job can also provide you with social interaction and a daily routine. If you do get a part-time job, make sure your income does not exceed the Social Security earnings limit if you are between age 62 and your full retirement age and receiving Social Security benefits. In 2019, the limit is $17,640. For every $2 you earn over this limit, you lose $1 in Social Security benefits and may be hit with additional income tax penalties.

Another way to stretch your retirement savings is to downsize your home. Moving to a smaller home can save not only on your mortgage payment but can cut down on your utility, maintenance and insurance costs as well. Consider moving to a neighborhood where housing costs are lower, especially if you no longer need to worry about school district or work commute time.

Many people plan on traveling in retirement. The good news is you can do it on a fixed budget. Now that you have more schedule flexibility, consider going during your destination’s off-peak times. Often, hotels, airlines and other hospitality and tourism businesses will offer discounts for vacationing during a less busy time of the year.

Whether traveling or staying close to home, be sure to take advantage of all the senior discounts you can. These can help you stretch your monthly income.

Sincerely,

Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Paper Crafters
Date: June 10, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: June 7, 2019

This is our last paper crafters of the Homemaker year so come join the fun and see what you can make with a little paper and lots of friends. Each month is a new surprise but you are always guaranteed to take home a great project!

Pinterest Interest
Date: June 11, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: June 7, 2019

Our last Pinterest Interest of this Homemaker year we will be making our own version of this cute 4th of July wreath with bunting. If you plan to attend...please call the office ASAP as there will be quite a bit of prep work for me to get ready for the class. The sooner I know you are coming, the better!
Cooking through the Calendar
Date: June 27, 2019 (12:00 PM)
Class size: 15
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: June 24, 2019

Are you tired of the same old foods you fix every week? Broaden your cooking horizons by joining us for the yearlong cooking class where each month we will meet at lunch time to learn a cooking skill while tasting something new and exciting from the 2019 SNAP calendar. Seating is limited so don’t wait to get your name on the list for this fun new program. **You must sign up each month for the class.**

**For the June Cooking through the Calendar:** the 4-H Culinary Club will be conducting the June cooking through the calendar lesson. Please come out and support their learning efforts. The kids need feedback from a great audience like Homemakers to help them become better as amateur chefs. We hope to see you on the 27th.

Panel Magic Quilt Class
Date: July 11, 2019 (9:00 AM-4:00 PM)
Class size: 10
Cost: Free
Supplies: Supply sheet will be provided when you sign up for the class.
Last Day to Sign Up: July 8, 2019

Do you have a stack of panels laying in your fabric stash and you’re not really sure what to do with them? Join us for this panel magic class and you will learn tricks for making those panels look great.

Pressure Canning/Water Bath Canning Day Training
Date: July 8, 2019 (10:00 AM)
Class size: 10
Cost: Three cans of food to be donated to the food bank (food must not be out of date (it can’t be used at the food bank if it is out of date) and will be checked when brought to class)