



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

LYON COUNTY HOMEMAKERS

APRIL
 2023

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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.

Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences



Hello Homemakers.

So far, March winds are still hanging around in April, but the leaves budding on the trees and the beautiful dogwood blooms are a welcomed sight. With the new awakening of nature, my hope is there is a new awakening of our Homemaker delegation. It seems our members have gone dormant through the last couple of years. It's time to come alive and start joining in the fun. We have a GREAT international luncheon planned, we need all hands on deck for a Quilts of Courage work day, and there are many educational classes scattered along the way. We are at a crossroads in offering classes, events, and volunteering opportunities. If we don't have the numbers needed to keep classes, events, and volunteer opportunities going, then we will have to stop offering them. It's time to awaken Homemakers! Looking forward to watching you grow! -Angie

May Homemaker Leader Lesson Information



Lyon County Schools



University of Kentucky
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This lesson will cover how the Cook Wild KY program began, how it addresses hunger in Kentucky and Cook Wild Kentucky recipes.

LESSON SCHEDULE:

MAY 2- 10:00AM
TRIGG COUNTY EXTENSION OFFICE

MAY 2- 2:00 PM
LYON COUNTY EXTENSION OFFICE

MAY 3- 10:00 AM
HOPKINS COUNTY EXTENSION OFFICE

MAY 3- 2:00PM
CHRISTIAN COUNTY EXTENSION OFFICE

MAY 4- 10:00AM- ZOOM

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LEONSTON, KY 40346



Lyon County Homemakers
231 W Main Street
Eddyville, KY 42038

Thank you so much for donating hygiene products to our Lyon County Middle School students.

We appreciate you partnering and helping us to keep hygiene bins full to serve our students. I know that they are appreciative of your donation and having access to free hygiene products.

This project wouldn't be possible without dedicated community organizations like Lyon County Homemakers. Thank you for helping to enrich the lives of our students and community.

Sincerely,

Quiche Matchen

Quiche Matchen
Community Education Director

219 Jenkins Road • Eddyville, KY 42038
Telephone (270) 388-9715 • Fax (270) 388-4962
www.lyon.kyschools.us

"Equal Educational and Employment Opportunities"

In partnership with and in service to our community, the Lyon County School District will enable all students to be productive members of society at their maximum potential, by providing the best education possible.

Do you love to papercraft?

MARK YOUR CALENDARS FOR THE 1ST MONDAY OF EACH MONTH TO MEET CHRISTY STEPHENS AT THE LEE S. JONES CONVENTION CENTER AT 1:30 PM. SHE WILL TEACH YOU HOW TO DO AMAZING THINGS WITH PAPER. YOU MUST SIGN UP AND PAY AT THE LYON COUNTY EXTENSION OFFICE BY THE LAST THURSDAY OF THE PREVIOUS MONTH SO CHRISTY KNOWS HOW MUCH TO PREPARE. COST WILL BE BETWEEN \$10 AND \$15 DEPENDING ON THE PROJECT. PLEASE NOTE, THE GROUP WILL NOT MEET IN JUNE.

Senior Citizen's Nutrition Class



JOIN ME APRIL 25, 2023 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

LOOSE ENDS PROJECT

Sometimes loved ones pass away with unfinished knitting, crochet, or quilting projects that no one else in the family knows how to complete. Loose Ends Project is a website that connects families with an unfinished project to people in their area with the skills and the supplies to complete the project offering the family a finished heirloom to pass down through generations. Loose Ends Project is looking for crafters who would be willing to complete projects. If you are interested in becoming a finisher, visit <https://www.looseendsproject.org> to sign up and learn more.

★ ★ ★ ★ ★
**QUILTS FOR
COURAGE WORK DAY**

MAY 18, 2023
9:00 AM TO 3:00 PM

BRING A SACK LUNCH. IF YOU DON'T SEW
WE STILL NEED YOU TO IRON, SORT, OR BE
A RUNNER. WE NEED EVERYONE'S HELP!

LYON COUNTY EXTENSION OFFICE

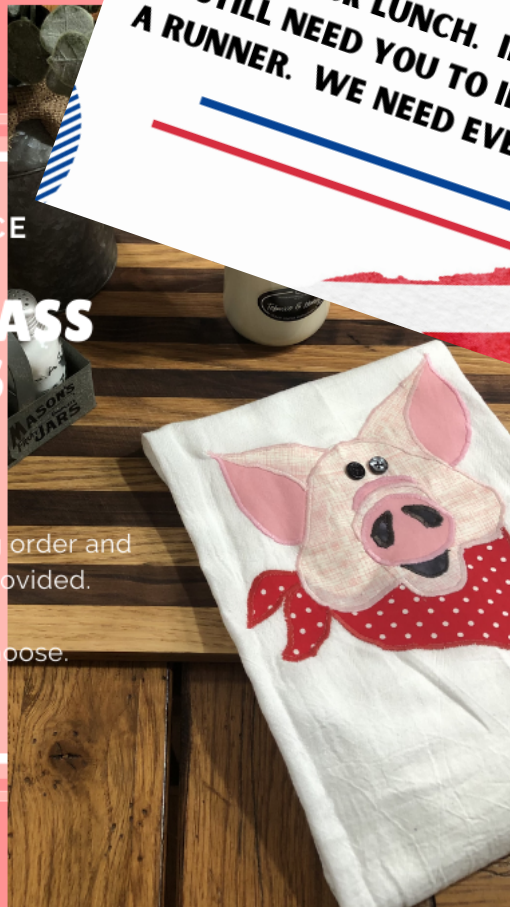
BEGINNER APPLIQUE CLASS BARNYARD BUDDIES

May 11, 2023
10:00 AM to 2:00 PM

Bring a sack lunch, sewing machine in good working order and basic sewing supplies. Everything else will be provided.

Cost: \$4.00

There are 8 Barnyard Buddies from which to choose.



AN INTERNATIONAL LUNCHEON

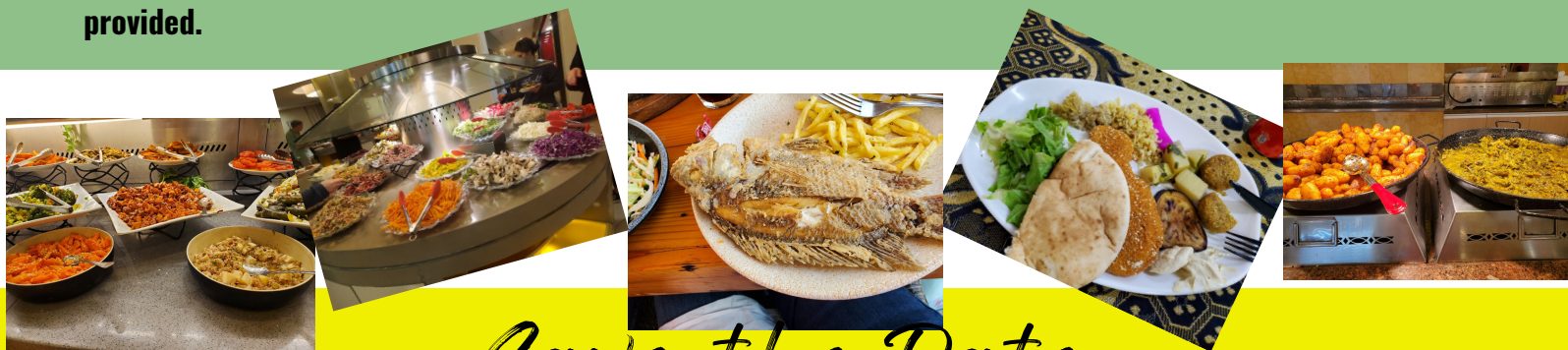
2023 FEATURED COUNTRY: ISRAEL



Homemaker, Merry Salyers, just returned from the journey of a lifetime. She and her travel companions will be on-hand to walk you through all the amazing things they saw and did while traveling in Israel. Please call the Lyon County Extension Office at 270-388-2341 to sign-up for the luncheon. The last day to call is May 1, 2023 by 4:30 PM.

May 5, 2023 - 11:00 AM
Lee S. Jones Small Building

Lunch is a potluck featuring dishes native to Israel. Time to do some research and test your cooking skills to share with the group. Some examples of food native to Israel include: Hummus, falafel, shawarma, shakshuka, and ruggalah. Don't worry, if this all sounds a little too much for your palate, just bring your local favorites. We just want everyone to attend and have fun learning about a different country. Dinnerware and drinks will be provided.



Save the Date

THE KEHA STATE MEETING WILL BE HELD AT THE
CROWNE PLAZA IN LOUISVILLE MAY 9-11, 2023.
THE THEME IS "LET'S TAKE A HIKE WITH KEHA."

Wisely Use Your Tax Refund

Source: Kelly May, senior extension associate for family finance and resource management

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.



Denim Upcycle workshop

Sponsored by the Master Clothing Volunteers

May 25, 2023
9:00am - 3:00pm

*Class fee \$10 (paid at the door)
*Bring a lunch

McCracken County Extension
2025 New Holt Rd
Paducah, KY 42001
(270) 554-9520

choose from a tote bag, purse, hot pad, etc

*basic sewing skills required
*Registration required by May 19th

take home 2 projects

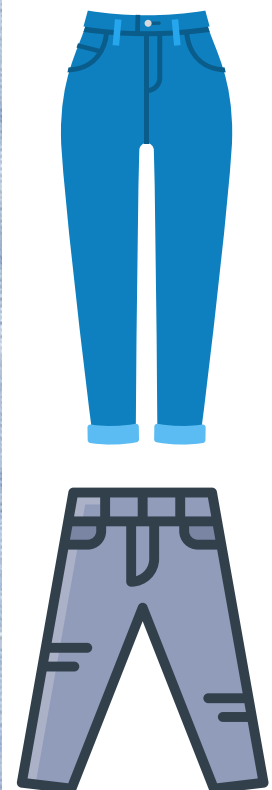
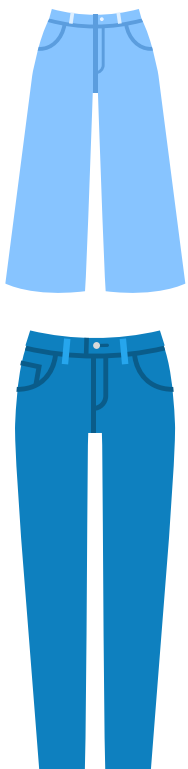
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LEXINGTON, KY 40546

Disability accommodations with prior notification.



THE POWER OF PETS

THE INFLUENCE OF PETS IS POWERFUL ACROSS THE LIFE COURSE (FIELDS, 2013). THEY HELP TEACH CHILDREN RESPONSIBILITY AND LESSONS ABOUT LIVING AND DEATH. THEY CAN BRING CHEER AND DISTRACTION DURING TIMES OF STRESS. THEY KEEP FAMILIES TALKING. THEY HELP COMBAT LONELINESS AND CAN REDUCE ANXIETY. THEY SERVE AS COMPANIONS AND WORK AS SERVICE ANIMALS FOR THOSE WHO LIVE WITH DISABILITIES. THEY ENCOURAGE A HEALTHY LIFESTYLE AND PROMOTE A SENSE OF PURPOSE AS ANIMALS NEED TO BE FED, WALKED, GROOMED, AND LOVED. PETS PROMOTE PHYSICAL

ACTIVITY WHICH ENHANCES ENERGY LEVELS, DECREASES THE RISK OF HEART DISEASE, KEEPS BONES HEALTHY AND STRONG, AND SUPPORTS THE IMMUNE SYSTEM (MEDLINEPLUS, 2020).

PETS CAN BE FUN. THEY MAKE YOU SMILE AND LAUGH. BUT, PETS ARE ALSO A LOT WORK AND CAN BE EXPENSIVE (NEGRON, 2012). PETS TAKE TIME. PETS NEED TO FIT YOUR LIFESTYLE. PETS NEED TRAINING. HOMES NEED TO BE PET FRIENDLY AND THE PET NEEDS TO BE APPROPRIATE FOR YOUR FAMILY OR SITUATION. WITH ANYTHING NEW, THERE IS AN ADJUSTMENT PERIOD.

WHEN EMOTIONAL STRAIN RUNS HIGH, PETS ARE POWERFUL BECAUSE THEY ARE PRESENT. RESEARCH DEMONSTRATES THAT PEOPLE NATURALLY TURN TO THEIR PETS FOR SUPPORT IN TIMES OF ANGST (RAJEWSKI, 2020). THIS IS BECAUSE PETS CAN HELP WITH SO MUCH:

- COMBAT SOCIAL ISOLATION AND LONELINESS**
- OFFER NONJUDGMENTAL EMOTIONAL SUPPORT**
- PROVIDE A MOOD BOOST**
- TAP YOUR SENSES (TOUCH)**
- HELP WITH MAINTAINING A ROUTINE AND SENSE OF NORMALCY**
- PROVIDE DISTRACTION OR KEEP YOU GOING**
- CONTRIBUTE TO MENTAL HEALTH**

WHILE RESEARCH ON HUMAN-ANIMAL INTERACTION IS STILL RELATIVELY NEW (NIH, 2018), WE DO KNOW FOR CERTAIN THAT PETS HELP PEOPLE TO KEEP GOING.

