
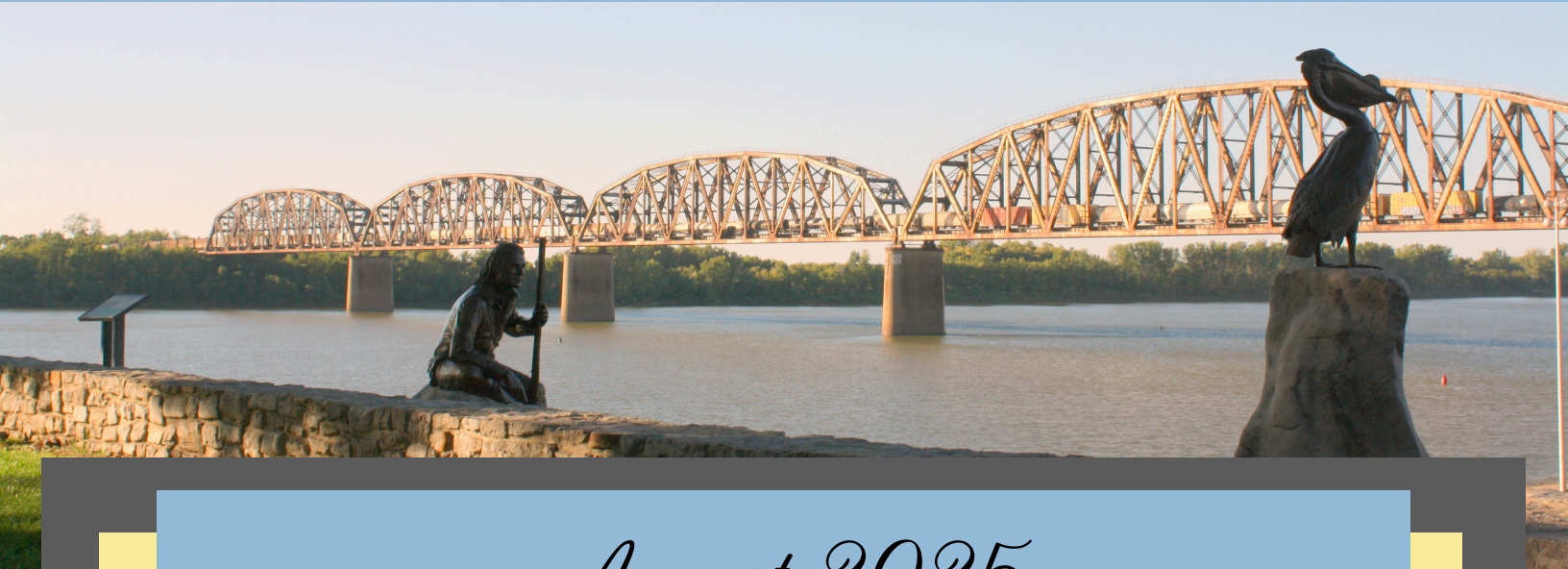


HENDERSON COUNTY EXTENSION FCS NEWSLETTER

 Cooperative
Extension Service



August 2025

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- Diabetes Tips and Tastings
- Healthy Choices Article

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Family and Consumer Sciences
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**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
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HOMEMAKER HAPPENINGS

Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Bonnie's Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

Roll Call:

August is National Wellness Month.
What is your favorite healthy food?

Thought for the Day:

"Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn't going to get the job done."

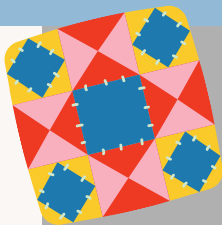
Jim Rohn

Reminders

Remember to bring items for the birthday box for Christian Community Outreach.

Boxes should include:

- Recipe
- Cake icing
- 9 x 13 cake pan
- Candles
- Box of cake mix
- Sprinkles
- Regular sized can of soda (12 oz.)



Cultural Art Exhibit Entries

Cultural Arts entries need to be brought to the Henderson County Extension Office by September 4th for judging. When dropping off exhibits, please include your name, Homemaker Club, and phone number.

Homemaker Officer Training

August 5th at 4:00
Henderson County Extension
Expo Room 1 & 2
Please bring a salad and dessert



2025—2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office
Recording available the day following the training at
<https://www.youtube.com/@greenriverareahomemakers9114>

10:00 A.M. LESSON TRAINING

11:00 A.M. LESSON TRAINING

SEPTEMBER LESSON THE BIG FREEZE

August 19 - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time.

★ Food, Nutrition, and Health

OCTOBER LESSON INDOOR AIR QUALITY

August 19 - Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

★ Environment, Housing & Energy

NOVEMBER LESSON LAUGHTER IS A MUST

October 28 - This lesson will test your knowledge of laughter, identify its short- and long-term benefits, explore what keeps you laughing with your spouse, and share ways to increase laughter in your relationship.

★ Family and Individual Development

JANUARY LESSON SELECTING SHEETS

October 28 - Cooling? Percal? Bamboo? Let's put these questions to bed and unravel the mystery of thread count, too! This lesson will cover all the basics.

★ Management and Safety

FEBRUARY LESSON USING AN AIR FRYER

January 20 - This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

★ Food, Nutrition, and Health

MARCH LESSON STRETCHING YOUR FOOD DOLLAR

January 20 - "Making Ends Meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.

★ Management and Safety

APRIL LESSON YOGA-TA TRY THIS

March 17 - Yoga is far from a new practice, but has become popular today as a mainstream form of exercise. There are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.

★ Food, Nutrition, and Health

MAY LESSON INSPIRING GRANDCHILDREN TO BE GRAND COOKS

March 17 - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge, and create lasting memories.

★ Family & Individual Development

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Lexington, KY 40506



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**Cooperative
Extension Service**

Green River Area Homemaker's Annual Day

“Volunteers Make A Difference One Piece At A Time”

September 16, 2025
St. Ann Parish Hall- 304 S. Church Street
Morganfield, Union County-KY

Doors will open at 9:00 for Cultural Arts Exhibits
Coffee, & muffins will be available.



Registration and Raffle Ticket Sales Start at 10:00 A.M.

Greetings at 11:00 followed by lunch.

***Tickets are available at
the Henderson County**

Cost is \$15.00

Extension Office!

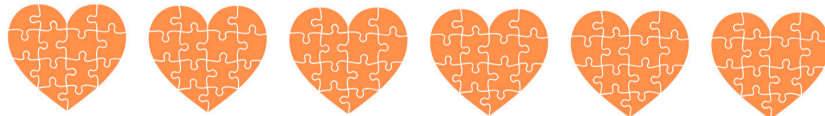
Guest Motivational Speaker

Jason Koger, the first bilateral
upper arm amputee in the world
to be fitted with two multi-
articulating bionic hands

Menu choices are:

Cranberry Pork Loin or Parmesan
Chicken with Green Beans,
Roasted Baby Potatoes, House
Salad, Dessert.

**(Request your choice of entrée
when making reservations)**



Registration deadline is September 8th to the Union County Extension Office at 270-389-1400.

Media Information

Continue to Listen:

Radio - every Thursday
morning on WSON at
6:50 a.m.



Henderson County Extension FCS Facebook



Like
and
Follow



Continue to Watch:

TV - Lifestyles on News25
WEHT on the 2nd Tuesday
of each month



Check out our new and
improved website
[https://henderson.ca.
uky.edu/fcs](https://henderson.ca.uky.edu/fcs)

Classes and Groups

Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.



Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.

Beginners Quilt Piecing Class

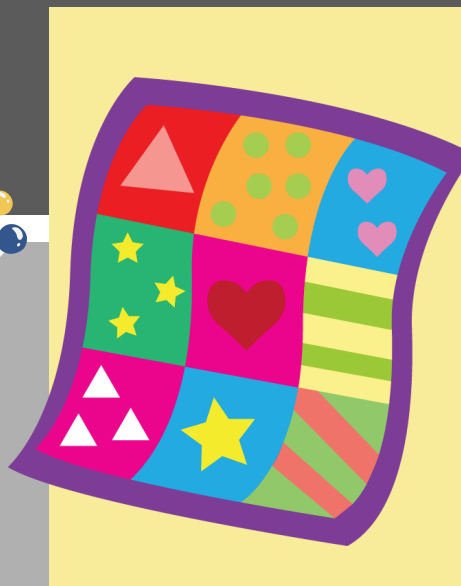
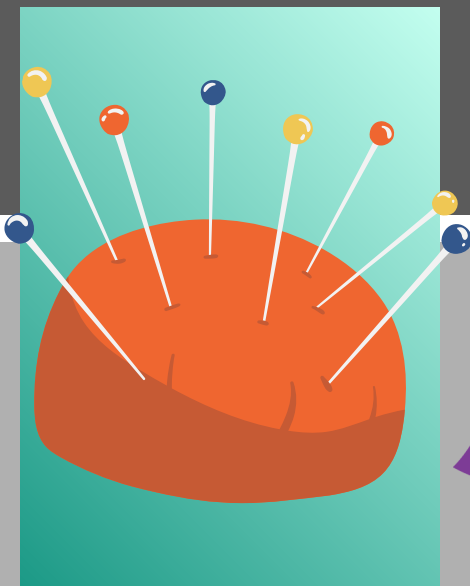
- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.

When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at 270-826-8387.



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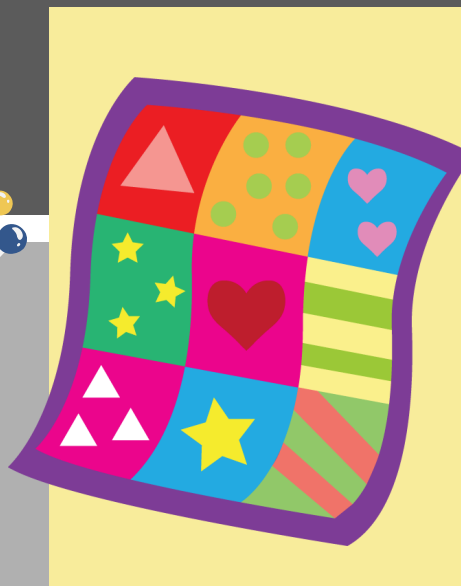
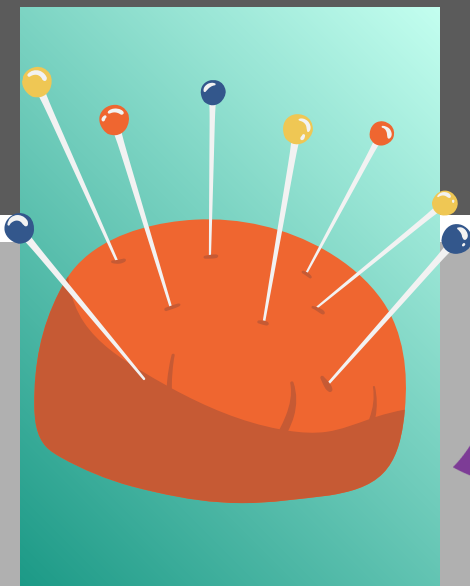
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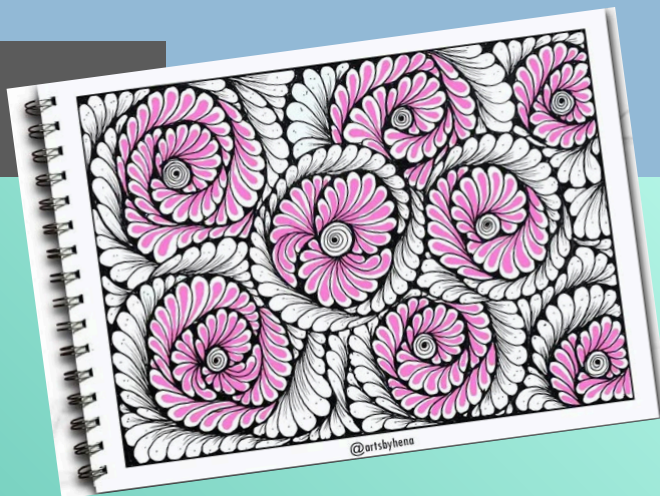
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Abstract Art Class

When: August 14, 2025

Where: Henderson County Extension
Expo Building - behind the main
office building

Time: 5:00 p.m.

Call the office to reserve a seat at
270-826-8387



We will show you how to create Zendoodle-type abstract art. This relaxing and mindful activity focuses on the process of drawing rather than the end result. Come join in the fun and relaxation!



Henderson County Extension
3341 Zion Road
Henderson, KY

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RETIRE TO, NOT FROM!

A Retirement Readiness Experience That
Inspires Your Next Chapter

Date: August 20, 2025

Time: 5:00 p.m.

Location: Henderson County Extension
Expo Building (Behind the main office)

Cost: FREE

For more information call the
Extension office at 270-826-8387



Retirement isn't just an ending - it's a new beginning

Join us for "Retire To, Not From", a dynamic event designed to help you plan with purpose and discover all the possibilities your retirement years can hold.

Speaker Topics Include:

Mental Wellness in Retirement

Tips and tools for emotional resilience and staying connected.

Smart Financial Planning

Strategies to manage your money with confidence and clarity.

Stay Active, Stay Engaged

Creative ways to keep your body and mind moving.

Explore the Retirement Lifestyle Market:

- Local clubs and hobby groups
- Nonprofits and volunteer sign-ups
- Fitness, wellness, and lifelong learning vendors

Whether you're retiring soon or already navigating retired life, this event is packed with ideas, inspiration, and resources to help you retire to something meaningful.

Discover what's next.

Henderson County Extension
3341 Zion Road
Henderson, KY



DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Meets 3rd Thursday each month—March through
October Time: 5:00 pm-6:00 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

MEETING DATES FOR 2025

MARCH 20	JULY 17
APRIL 17	AUGUST 21
MAY 15	SEPTEMBER 18
JUNE 19	OCTOBER 16

Free & Open
To the Public

Registration
Not Required!

Sponsored by:

HCDC

HENDERSON COUNTY DIABETES COALITION



HEALTHY CHOICES FOR HEALTHY FAMILIES

Tips for kids' sleep health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):**
14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 1
2 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):**
11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):**
10-13 hours a day (along with naps)
- **School-age children (6-12 years):**
9-12 hours a day
- **Teens (13-18 years):**
8-10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>



Family fun through active play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household

items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, yet fun.

- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music.

It's a great way to boost your mood and get the heart pumping.

- **Nature scavenger hunt:** Take a walk in the park or your backyard with a list of items to find leaves, rocks, or flowers

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Cabbage Noodle Casserole

5 strips turkey bacon
1 tablespoon vegetable oil
2 teaspoons sugar

1 teaspoon salt
½ teaspoon pepper
6 cups cabbage, chopped into 1 inch pieces

3 cups whole grain egg noodles, cooked
1 cup reduced-fat sour cream
1 teaspoon paprika

- In a large skillet, **cook** bacon until crisp. **Remove** and set aside.
 - Add** oil, sugar, salt and pepper to the skillet with the bacon drippings. **Add** chopped cabbage and stir until coated. **Cover** and **cook** 7-10 minutes.
 - Crumble** bacon and **add** to cabbage. **Stir** in noodles.
 - Spoon** into a greased 2-quart casserole dish; **cover** and bake at 325° F for 30 minutes.
 - Remove** from oven. **Spread** sour cream over the top and **sprinkle** with paprika.
 - Bake** 5 minutes
- Yield:** 6, 1 cup servings

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



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