

# Pendleton County Extension Homemaker

March 2024

### **Pendleton County Book Club!**

*Our book club will meet third Wednesday in the new year.*

*If your new year resolution is to read more in 2024 this is a great opportunity to let Extension help you reach that goal.*

*We read one book a month and discuss in a once a month book club zoom meeting.*

*We occasionally do book club outings.*

*We hope to go see a movie if weather and theater times cooperate in January.*

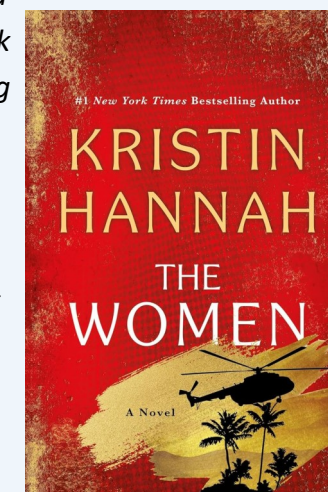
*If you would like more information on book club please call the office at 859-654-3395.*

*Read with us in 2024! Next book club meeting will be March 20 via zoom at 7 PM. Book we will be discussing*

*is The Women by Kristin Hannah.*

*Ask to join our closed Facebook group!*

*Bee a Reader!*



*Kenna Knight*

Extension Agent for Family & Consumer Sciences-  
Education, Pendleton County



**For more details see flyer in newsletter....**

Did you know that recycling just got even easier in Pendleton County? Now you can toss the orange bag with specific items listed into our regular recycling bin located at the office or bin closest to you.

Swing by the Pendleton County Extension Office to grab your FREE orange bags or purchase them at NKY Kroger stores!

To make it even more exciting, we're hosting a "Fill a Recycling Orange Bag Contest" on April 22 from 9 AM to 6 PM! Bring your filled orange bag to the office during these hours, complete a quick questionnaire, and stand a chance to WIN a two-compartment trash can to supercharge your recycling game! Watch for more details to come!

Let's work together to make Pendleton County a shining example of sustainability! Don't miss out on the fun and rewards. Start recycling with renewed enthusiasm!



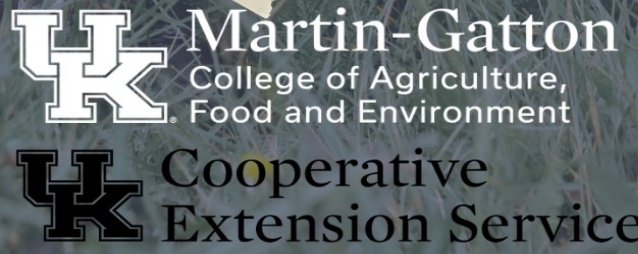
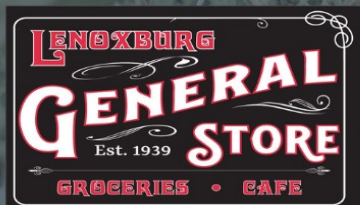
**Watch for a different Dragon Book each month discussing feeling and emotions.**

**Help Your Dragon Deal with Anxiety**  
ON OUR STORYWALK TRAIL!  
AVAILABLE NOW!  
COME WALK OUR TRAIL & RECIEVE YOUR FREE COPY OF THE BOOK WHILE SUPPLIES LAST!

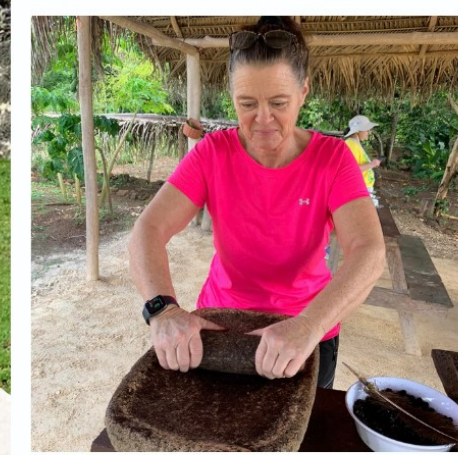
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We would like to thank our local hunters that donated deer, Lenoxburg General Store for processing and packing the deer meat, our local game warden, Scot Horn for helping organize our county efforts and Gatherwing, Open Hands and School Resource Centers for distribution of the deer meat to families in our community.



# Homemaker International Dinner



## Details

**Date:** March 28th

**Time:** 6 pm

**Location:** Pendleton County Extension Office

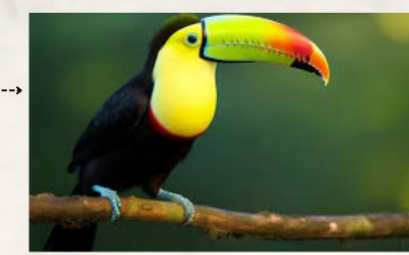
**Country:** Belize

**Speaker:** Kenna

**RSVP:** call 859-654-3395

## Belize Fun Facts

- Currency used is known as "Belizean dollar"
- location of "The Great Blue Hole"
- landscape consists of beaches, mountains, & rainforests
- current population is 416,656 citizens



Belize's National bird is known as the Keel Billed Toucan.



# Pendleton Co. Community Health Fair

Saturday, March 9  
7:30 - 10:30 am  
Phillip Sharp Middle School



## FREE TESTS AND SCREENINGS INCLUDE:

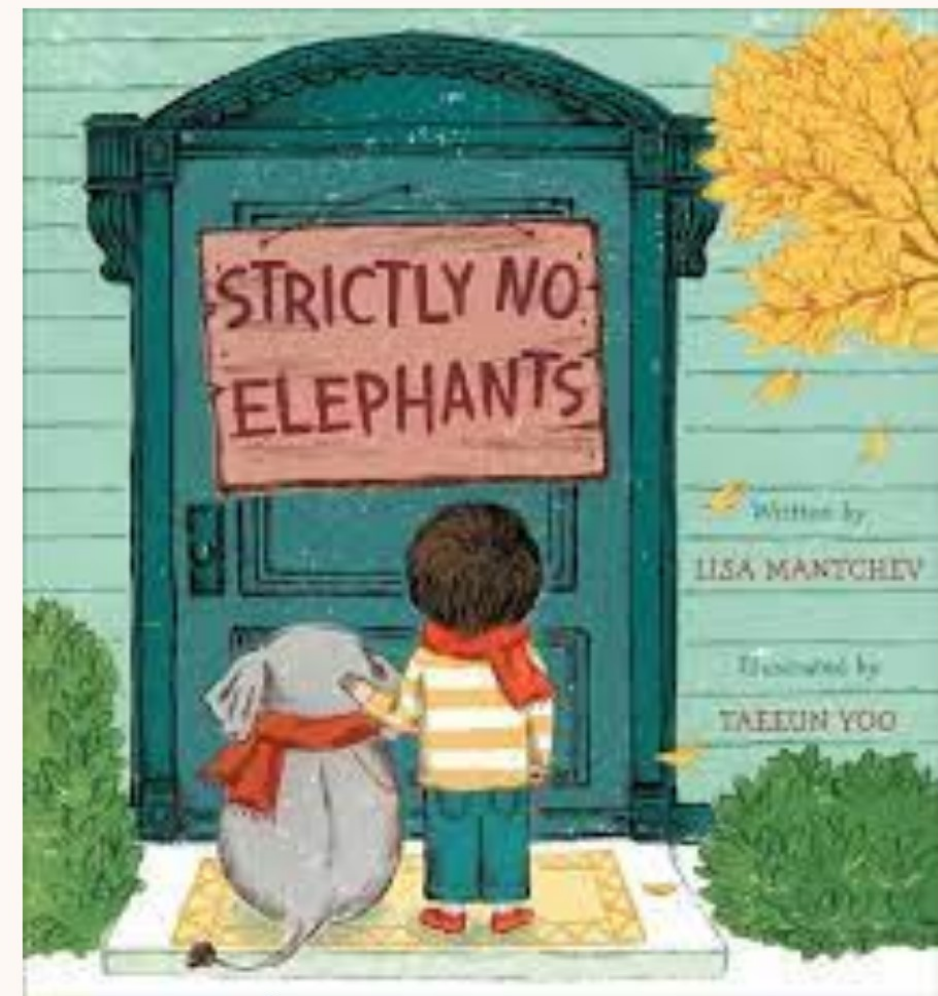
- Blood Pressure
- Blood Tests for cholesterol, triglycerides (fasting required), blood sugar, and thyroid-stimulating hormone
- BMI Screening for both adults & children
- Body Fat Analysis
- Diabetes Risk Screening
- Height & Weight
- Osteoporosis Screening for women over 40
- Pulse Oximetry
- Stroke Risk Assessment
- Vision Screening
- Cardiac Risk Assessment

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Pendleton County residents.

Lab results will be posted on the HMHmyhealth! patient portal, or you may contact the Harrison Memorial Hospital Health Information Department to request a printed version.

## THANK YOU TO THE FOLLOWING SPONSORS:



**Storywalk®**  
**April 20th, 10-12:00**  
**Camp Northward**  
**154 Northward Drive**

**Join us for a fun morning of bounce houses, s'mores, train rides, crafts, and more!**



# HOPE WARRIORS SUPPORT GROUP

Join us for a night of support at the opening meeting for adult survivors and caretakers!

**Tuesday, March 26th**  
**Kincaid State Park Conference Center**  
**805 Kincaid Park Dr Falmouth, Ky 41040**

Dinner will be served at 6:30 with a discussion following about the best kind of support for cancer survivors and caretakers to help increase quality of life and self-care.

**To register for the event, please contact:**

PCEO: 859-654-3395

**For more information, contact:**

Mary Schneider: 859-240-9557, mary.schneider@uky.edu



**Hefty/ReNew**  
 PROGRAM FOR HARD-TO-RECYCLE PLASTICS  
 ReThink Recycling with ReNew

<b>KITCHEN PANTRY</b>	<ul style="list-style-type: none"> <li>Chip bags*</li> <li>Dry mix liners (cake powder, cereal &amp; cookies)</li> <li>Candy wrappers &amp; granola wrappers*</li> <li>Eggs</li> <li>Foam egg cartons</li> <li>SALAD</li> <li>CHEESE</li> <li>FRUITS</li> <li>VEGETABLES</li> <li>Fresh frozen veggie/fruit bags</li> <li>Salad &amp; cheese bags</li> <li>*No foil lining</li> </ul>
<b>STORAGE &amp; CLEANING</b>	<ul style="list-style-type: none"> <li>Food storage bags</li> <li>Plastic wraps on paper towels and toilet paper</li> <li>Dry/wet disposable cleaning cloths</li> <li>Plastic grocery bags</li> </ul>
<b>OFFICE &amp; SHIPPING</b>	<ul style="list-style-type: none"> <li>Bubble wrap &amp; pillow packs</li> <li>Foam peanuts</li> <li>Clear plastic overwrap</li> </ul>

**DINING & EATING**

Foam to-go boxes, cups, plates & bowls

Plastic straws & stirrers

Plastic utensils

Plastic plates & bowls

**ACCEPTABLE Hard-to-Recycle Plastic Items**

**NO** The following items ARE NOT accepted in the orange bags

- NO batteries or electronics
- NO food, liquid or grounds
- NO cans, glass or PVC
- NO plastic bottles, tubs or containers
- NO paper, cartons or boxes
- NO medical products or sharps waste
- NO hoses, tubes or rope
- NO foil, foil lining or aluminum

# REDUCE, REUSE, RECYCLE.

FOR MORE INFO ON HOW YOU CAN HELP, CALL 859-654-3395!

ITEMS BELOW, DO NOT PUT IN ORANGE BAG!

## WHAT CAN I RECYCLE?

<b>PAPER</b>	Flatten cardboard and remove plastic packing material.
<b>CARTONS</b>	Remove caps and straws.
<b>GLASS BOTTLES AND JARS</b>	Any color.
<b>METAL CANS &amp; CUPS</b>	Metal lids OK.
<b>PLASTIC BOTTLES JUGS, TUBS &amp; CUPS</b>	Reattach lid. Yogurt and fruit cups OK.
<b>BATTERIES NO PLASTIC BAGS CLOTHING</b>	

**ITEMS ABOVE GO INTO ORANGE BAGS!**

**ORANGE BAGS AVAILABLE AT EXTENSION OFFICE!**

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Extension Service

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

Disabilities accommodations with prior notification.

University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Community Cooperative, Lexington, KY 40506