

Pendleton County Extension Homemaker

April 2023

Do you love to read? In 2023 do you want to read more?

The Pendleton County Extension Office offers a monthly book club opportunity for all those who love to read. We meet virtually on the third Wednesday of each month. During the club meeting we pick the book as a group for the next read.

If you are interested in joining our book club reach, let us know. We have a closed Facebook group where we discuss books and future books we may wish to read.

For more information call the Pendleton County Extension Office at 859-654-3395. Let us help you read at least twelve new books this year.

April meeting will be April 13 at 7 PM.

Our group also will plan outings that go along with our books if available. In 2022 we went to a movie!

"You're never alone when you're reading a book."

Upcoming programs events:

Hiking Club is going strong.....We will be doing our first hike April 14th. If you wish to hike with us, please RSVP for hike. We will leave the office at 8 AM and head to Red River Gorge for the day. We have a closed Facebook page—ask to join!



Freezer Meal Closed Facebook Group.....

If you were a part of our freezer meal classes or enjoy planning a head for dinner. Call office and ask to join our closed freezer meal Facebook group. Recipes and tips will be shared on page.

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Kenna Knight

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



Healthy Eating Around the World

COOPERATIVE EXTENSION



MONDAY, APRIL 17, 2023

1:30 p.m. in-person, Lutes Room

OR

6:30 p.m. virtual via Zoom

Boone County Cooperative Extension
6028 Camp Ernst Road • Burlington, KY
859-586-6101 or
boone.ca.uky.edu to register

Zoom link will be sent to those registered prior to the program.

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way we'll learn about unique foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy eating pattern is remarkably similar, no matter where on Earth we live.



Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Dementia Workshop: Planning and Caregiving

Greater Cincinnati Alzheimer's Association
serving northern Kentucky, southeast Indiana, and southern Ohio counties

Boone County Cooperative Extension



ALZHEIMER'S IS NOT NORMAL AGING

Hear from a number of professionals sharing up-to-date information about dementia and Alzheimer's disease.

PRESENTATIONS INCLUDE:

- **"Using a Multi-Sensory Approach when Communicating with People Living with Dementia"**
Elizabeth Rhodus, PhD, MS, OTR/L, Assistant Professor, Sanders-Brown Center on Aging
- **"Polypharmacy: How Many Medications are Too Many?"** by Mark Huffmyer, PharmD, BCGP, BCACP, CACP, MSCS, Assistant Adjunct Professor, UK College of Pharmacy
- **"New Advances in Alzheimer's Treatment"** by Camren Harris, Alzheimer's Association Research Champion
- **"Navigating Senior Care Options: In Home and Community Living"** by Mark and Rachel Healy, CDP, Senior Care Authority
- **"Advanced Medical Directives, Hospice, and Palliative Care"** by Dr. Denisha Rawlings, Bluegrass Care Navigators

FRIDAY, APRIL 28, 2023

8:30—9:00 Registration
9:15—Morning Sessions begin
Noon—Lunch
1:00—Afternoon Sessions begin
3:30—Adjourn

Boone County Cooperative Extension Enrichment Center (Lower Level)
1824 Patrick Drive
Burlington, KY 41005

Register at (859) 586-6101 or
bit.ly/41UOcDx

Lunch provided for those registered by 4/20/2023

Food and lunch sponsors include:
Boone County Cooperative Extension
and St. Charles Community

COOPERATIVE EXTENSION

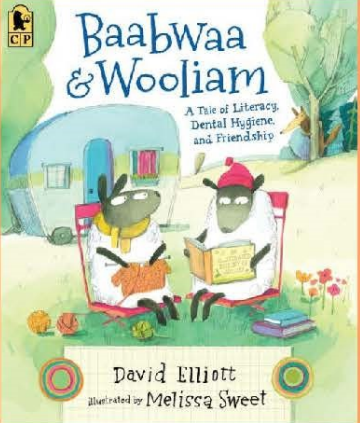


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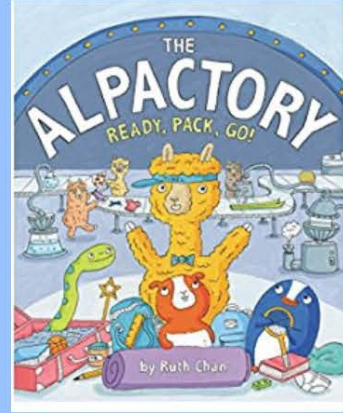


2023 Storywalk® Save the Dates!



Baabwaa & Wooliam
A Tale of Literacy, Dental Hygiene, and Friendship
David Elliott
Illustrated by Melissa Sweet

Saturday, April 22
10 am - 12 pm
at Camp Northward



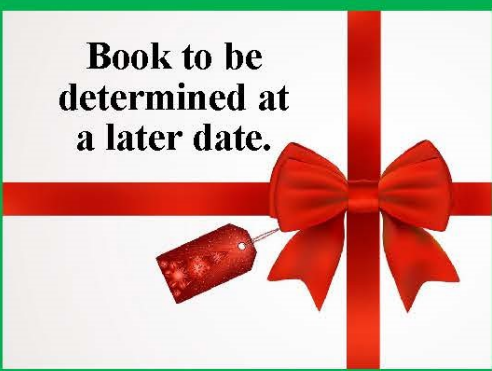
THE ALPACTORY
READY, PACK, GO!
By Ruth Chan

Saturday, July 22
10 am - 12 pm
at the Pendleton County Athletic Park



WE'RE GOING ON A GOON HUNT
A PETRIFYING PARODY
Michael Rex

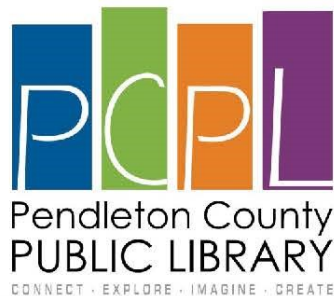
Saturday, October 21
10 am - 12 pm
at the Pendleton County Athletic Park



Book to be determined at a later date.

Saturday, December 2
10 am - 12 pm
at the Pendleton County Extension Office

2023 Storywalks® are presented by:




and Community Partners

Spring StoryWalk® SATURDAY APRIL 22nd

CAMP NORTHWARD 10am-12pm

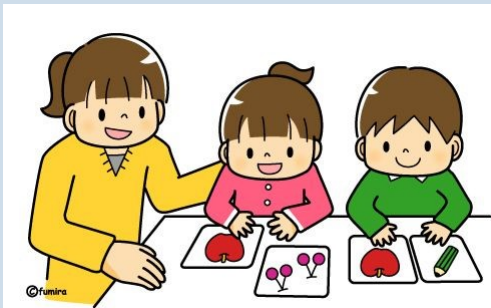
- Bounce House
- Train Ride
- S'Mores
- Book & More



Hold the Date.....

Our Pre School Day camp will be June 13, 14 and 15 this year. It will be at The Pendleton County Extension Office from 9 AM—noon.

Pre School Camp is for youth ages 4-5. This year's theme will be Dinosaurs! This will be our third year offering our pre school camp. Camp size is limited, so watch for details and be sure to RSVP. More detail is your May Newsletter.




Thank you to our International County and club chairman for hosting a wonderful International Dinner.

Lindie Huffman share her travel to Morocco with us.



A special thank you to those who helped prepare the meal and decorate for the evening.

It was a wonderful evening with great food. Flo McDonald and her committee did a wonderful job and those who attended were blessed.



2023 Wool Festival Schedule

Day	Club	Time
Monday	Mt Auburn	6-10
Tuesday	Mix Match	6-10
Wednesday	Four Oaks	6-10
Thursday	Town and Country	6-10
Friday	Mt Auburn(4 individuals)/Four Oaks(2 individuals)	6-10
Saturday	Mix Match/Town and Country	6-10

Please get with the group you are sharing the weekend night with so both clubs know the plan.

You need a minimum of three each shift. You might want four for cleaning at end of night.

Be ready to fry by 6 PM – I will have turned on fryer each night, with the exception of Saturday. I will be leaving Saturday for my international trip.

We will still be having our Cake Auction on Monday!

Each Club is to make a minimum of three cakes!



What is BARN

BARN Training—June 7th from 9 AM—4 PM—Training in Boone County

Dinner and BARN Presentation—August 31st from 6:30—8:30 PM—*This will be your Fall Leader Lessons—will be in Boone County*

BARN (Bringing Awareness Right Now)

GOAL

Improve mental health and well-being by increasing awareness and offering tools to reduce mental health challenges, farm stress, and suicide through the BARN and Farm Dinner Theater programs.

BARN Objectives

- Recognize and understand how to manage stress
- Name mental health stigmas and personal skills
- Learn QPR Suicide Prevention
- Create dinner theater scripts for your community
- Produce and facilitate the Farm Dinner Theater

We Need You.....

Homemaker will be trained and then those trained will help facilitate the evening. Ideally, the BARN program will need 15 to 20 participants. Each participant will need to commit to helping with the Farm Dinner Theater and be available for the event and training on June 7th. They will be then, based on their strengths, be divided into groups.

Each group has a balance of talent and skills. Each group will decide internally who will assume roles.

Actor - Perform in at least one of the skits (2-3 skits will be shared at the program)

Script development - Collaborate to create the theatrical scripts (guidelines will be given)

Set design - Create and design the background and props

Costumes - Work to create costume themes for each character

Stage management - Assist actors, prepare for entrances and exits, and manage scene changes

Scribe- Type the final draft of the script

There are other roles that have been assigned based on interest

Public relations - Write bios, photograph headshots, help in creating the evening's program

Usher or greeter - Greet guests, hand out programs, and help guests during the evening

Participant Spotlight - Share a short reflection on your experience with the audience

Master of Ceremonies - Welcome the audience, introduce each act, and lead the evening

If you would like to be trained on June 7th and help present the program please call the Pendleton County Extension Office. I need 4-5 individuals from our county to help and be trained. PLEASE call the Extension Office at 859-654-3395. if interested.

