

Pendleton County 45 David Pribble Drive Falmouth KY 41040

RETURN SERVICE REQUESTED

Pendleton County Homemaker Newsletter

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omemak August 2024

Pendleton County Extension

Thursday, September 26 at 6:30 PM

If you are a member of Homemaker Council, or an incoming club president this event is to celebrate and thank you. We hope you can join us on Thursday, August 29 for a dinner in Covington. Those needing transportation will be at the extension office at 5:30 PM. Those driving need to meet at "Blinkers Tavern" by 6:30 PM.

Please call the office at 859-654-3395 to let us know you will be attending and indicate if you will be riding or meeting us there.

Kenna

Extension Agent for Family & Consumer Sciences-

Education, Pendleton County

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

LEXINGTON, KY 40546



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

Cooperative Extension Service

Pendleton County 45 David Pribble Drive Falmouth KY 41040 (859) 654-3395 Fax: (859) 654-3397 pendleton.ca.uky.edu

2024 Homemaker Annual Meeting Save the Date

2024 Homemaker's On the Move

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





accommodate with prior notification

Kick off to Book Club 2 ways to join the conversation

Big Blue Book Club Scan QR code to sign up for the Big Blue **Book Club**



Aartin-Gatton lege of Agriculture

Food and Environment

University of Kentucky.

s us that mealtimes are meant to be (and truly can be) a fun experience for the whole family."

RAISING A HEALTHY, HAPPY EATER

A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating



A PARENT'S HANDBOOH **Identify Feeding Problems** Avoid Picky Eating • Expand Your Child's Diet NIMALI FERNANDO, MD, MPH and MELANIE POTOCK, MA, CCC-SLP

Pendleton **County Book** Club **County Book** Club Kick Off September 18th 7pm via Zoom

Call to RSVP for County (859) 654-3395

Join us for a Storywalk at the Pendleton County Farmer's Market





Cooperative **Extension Service**

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

Lexington, KY 4050

DOESN'T WEAR

Costumes are encouraged, so come dressed up and ready for a frightfully fun event!

Location: PCFarmers' Market Pavilon

Date: October 19th

JOHN LOREN

Time:10am-12pm





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 statu physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disabi 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, Coc



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Northern Kentucky Extension Homemakers Association presents

and PHIN with an International Flair

Paint along with Susan Miller, Boone County Extension Agent for Community Arts

- Discover Extension Homemakers along with your friends and family members! Join or learn *how to join the group(s) in your county!*
- Create a personalized mixed-media 6x6x1.5" stretched canvas with your own peaceful thoughts or saying to take home to display on a shelf or wall or give as a gift
- Enjoy internationally inspired foods, snacks, and mocktails
- Spend time exploring your creative side with old and new friends

Saturday, October 26, 2024

10:00 a.m.—2:00 p.m.

Boone County Extension Office, 6028 Camp Ernst Road, Burlington, KY 41005 (enter building across from flagpole) 859-912-1902 for information from Jennifer

DETACH AND RETURN THIS COMPLETED FORM WITH CHECK PAYABLE TO Boone County Extension Homemakers before October 13, 2024

Your name

(include additional names you are paying for on the back of this slip) Your phone number: Your email:

Number of tickets _____ @ \$15.00 = ____

who: Intend to paint Don't intend to paint (same price regardless)

Send completed form and check to: Jennifer Spriggs, 6422 Linkview Ct., Florence, KY 41042

Cooperative **Extension Service**

OLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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Cooking with a Purpose II : Safety in the Kitchen

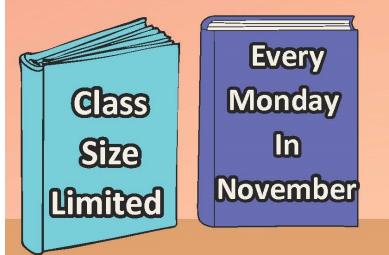
November 4th - Knife safety

November 11th - Food safety

November 18th - Appliance use and

safety

November 25th - Storage safety



RSVP by calling : 859-654-3395 Location: Pendleton County Extension Office

Time: 11AM- 1PM











Northern Kentucky Area **Homemakers 2024 Annual Meeting**



OCTOBER 10, 2024

8:30-10 AM: Registration, cultural arts check-in, silent auction **10 AM: MEETING BEGINS**

> Guest Speaker: Sue Walsh



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COST:



Dry Ridge Christian Church 13 School Street Dry Ridge, KY 41035

L Martin-Gatton

College of Agriculture,

\$20 Food and Environment Sue Walsh is from Hopkinsville Kentucky and with her, we will be having "Fun with Scarves".

Please wear a scarf to the meeting to be part of the fun!

Register By County: Make check payable to Pendleton County Homemakers

REGISTRATION DUE BY SEPT. 20, 2024

Name:

Address:

City/St/Zip:

Phone:

County:

Counties should compile

Menu: Please circle 1 meat and 1 dessert

 Meatloaf or Pork Loin with

Stuffing & Gravy

- Mashed Potatoes
- Green Beans
- Bread
- Mixed Fruit
- Lemon Lush or

Four Stack Dessert

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as of Kentucky Cooperative Extension serve all people regardless of economic or social status nate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, a neder identity, gender expression, pregnancy, marial status, genetic information, age, veterar isability or reprisal or retallation for prior civil rights activity. Reasonable accommodation of h neiror noice. Program information may be made available in languages other than English. Lexington, KY 4050





No matter your age or life situation there will come a time when choices and decisions will have to be made by or for you. Are you and your family ready? Explore through any or all of the programs in this series important information for you and your loved ones to consider.

> Programs are educational only—no sales promotions or endorsements implied.

FINANCIAL CONSIDERATIONS

WED, 9/4, 11:30 a.m. - 3:30 p.m., Kenton County Extension Durr Education Center, 450 Kenton Lands Road, Erlanger, 41018, lunch provided for those registered by 8/27/2024. Register by calling 859-356-3155 or visiting kenton.ca.uky.edu

Social Security Basics Medicare Basics Financial Planning Basics and Selecting a Professional

LIVING ARRANGMENTS and IMPORTANT DOCUMENTS

WED, 9/25, 8:30 a.m. – 3:30 p.m., Campbell County Extension office, 3500 Alexandria Pike, Highland Heights, 41076, lite lunch provided for those registered by 9/22/2024. Register by calling 859-472-2600 or visiting campbell.ca.uky.edu

Universal Design for the Home Living Options for Later Life **Elder Abuse and Adult Protective Services Prepare to Care for Loved Ones** Wills/Trusts/Probate and Important Documents

END OF LIFE DECISIONS, OPTIONS, and COMMUNICATION

WED, 10/2, 8:30 a.m. - 3:30 p.m., Boone County Cooperative Extension Service, 6028 Camp Ernst Road, Burlington 41005, lite lunch provided for those registered by 9/27/2024. Register by calling 859-586-6101 or visiting boone.ca.uky.edu

Hospice/Palliative Care Basics Gravestone Symbolism Funerals/Funeral Planning/Green Funerals/Funeral Trends with panel of professionals Organ, Eye, and Tissue Donation What Every Family Should Know

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Family and Consumer Sciences

4-H Youth Development

physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accom University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Court

to Grant County Homemakers, 105 Baton Rouge Road, Williamstown, KY 41097 4-H Youth Development nity and Eco mic Develop

Cooperative registrations and send one check

Extension Service Agriculture and Natural Resources amily and Consumer Sciences

REGISTRATION APPRECIATED for ANY or ALL SESSIONS and REQUIRED for LUNCH. Contact the host office to register (number provided).

Kenton, Campbell, and Boone Counties Cooperating

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Disabilities accommodated with prior notification