

Pendleton County Extension Homemaker February 2025



NEWSLETTER

KEHA State contest and News.....

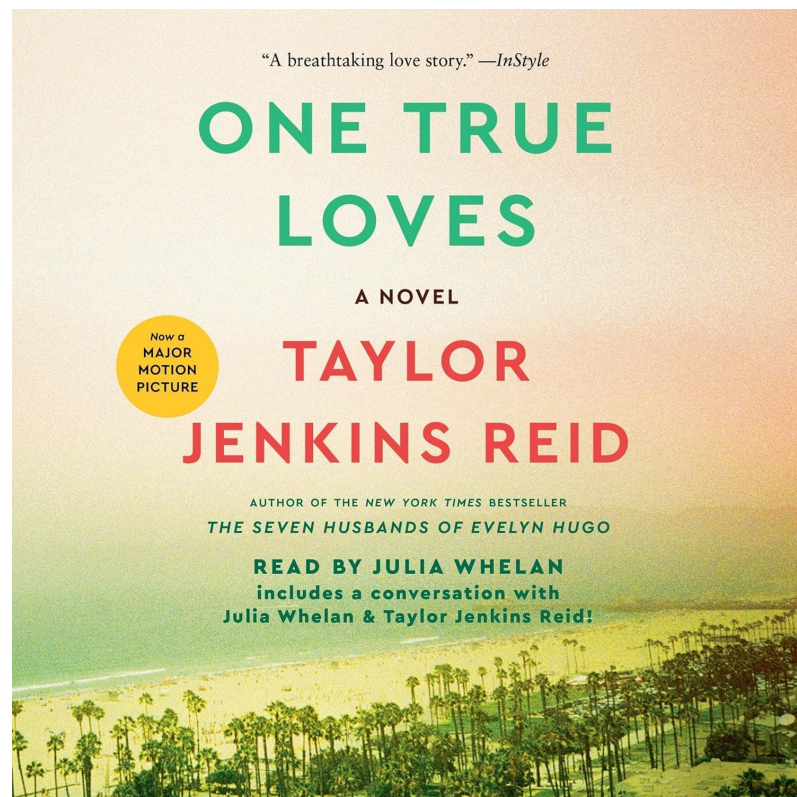
Contests, Scholarships, and Grants – March 1 is the deadline for most KEHA contests, scholarships, and grants. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

Contests and Awards – Please see the [KEHA Manual Appendix pages 2-3](#) for a summary of contests and awards, complete with references for more information.

Grants – KEHA development grant proposals and mini-grant applications can be found in the KEHA Handbook or on the [Scholarships & Grants webpage](#).

Scholarships – KEHA has three scholarships available for higher education: the Evans/Hansen/Weldon scholarship, the KEHA Homemaker Member scholarship, and the KEHA Endowed scholarship through the University of Kentucky. Find links to more information and applications on the [Scholarships & Grants webpage](#).

KEHA Choir Open for New Members – Do you love to sing? Consider joining KEHA's choir! The choir rehearses and performs during KEHA State Meeting (registration required). Choir members get a rehearsal CD and music to practice prior to the event. For questions, contact Wendy Hood at her NEW email address: wendy8hood@gmail.com. To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330.



Is reading more on your to do list for 2025? If so, consider joining the Pendleton County Extension Book Club. This will be our February read. We will meet virtually, via zoom, on Wednesday February 19 at 7 PM. If interested in joining call the PCEO for more details at 859-654-3395

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



April 8 - Education

April 15 - Recipe sampling & preparing fresh caught fish

April 22 - Fishing!

LOCATION: KINCAID CONFERENCE CENTER

TIME: 6P - 8:30P

DINNER WILL BE SERVED EACH NIGHT



UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY AN ADULT

Learn the basics of fishing, including rod & reel setup & fish cleaning.



REGISTER NOW



Hook and Cook



GET HEALTHY WITH KENNA

February 2025

TOPIC: GENERAL NUTRITION OVERVIEW

Join us to learn essential nutrition skills! We'll explore the basics of healthy eating, master the art of reading food labels, and discover helpful apps for tracking your daily nutrition. This practical session will give you the tools you need to make informed food choices.

TIPS CORNER.

- Date: February 24, 2025
- Time: 6:30 PM - 8:00 PM
- Location: PC Extension Office

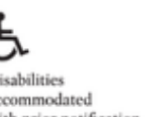


Meet digital literacy Agent Rich Sellnow as he shares the best apps for monitoring your food intake and reaching your health goals.

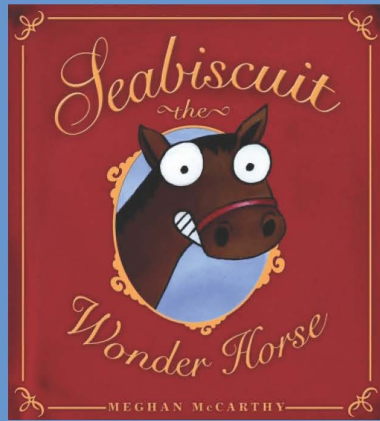
MUST RSVP

Call 859.654.3395

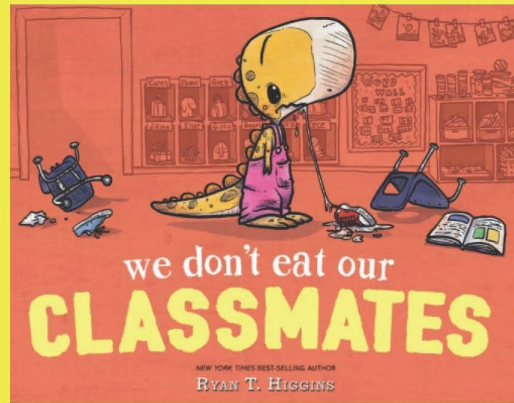
PART OF A TWELVE SESSION SERIES. IT IS NOT MANDATORY TO ATTEND ALL SESSIONS BUT IT IS ENCOURAGED.



2025 Storywalk Save the Date!



May 3rd
10:00-12:00
Fairgrounds

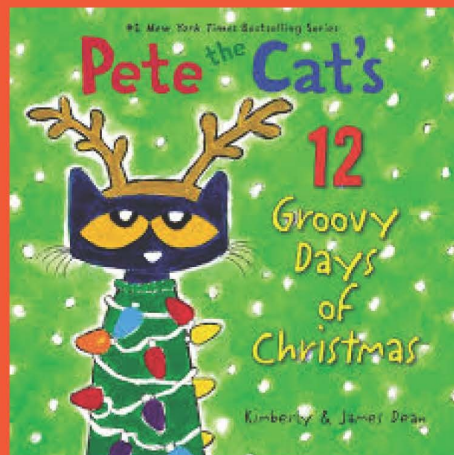


Aug. 2nd
10:00-12:00
Farmers Market

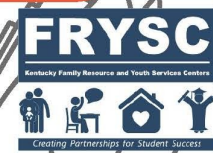
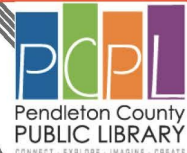
The CRAYONS
TRICK or TREAT



Oct. 25th
10:00-12:00
Farmers Market



Nov. 22nd
10:00-12:00
Extension Office



*You Are Cordially
Invited...*

Join us for the 'tea' on Ovarian Cancer

Date: March 1st

Time: 10:00 AM

Place: PC Extension Office

Cost: \$10

**All proceeds will go to Ovarian Cancer research.*

Guest Speaker:

Valeria H. Moore

MHA, BSN, RN

Sponsored By:

Hope Warriors



Pendleton County

Extension

Homemakers

This year, over 22,280 new cases of ovarian cancer will be detected.

Women over the age of 50 are at the highest risk of being diagnosed with OC.

Symptoms include bloating, increased abdominal size, & pelvic pressure.

Medical research is focused on methods for early detection of this disease.

Most ovarian cancers are best treated by a combination of surgery & chemotherapy.

For further information regarding the OC Screening Program call 800-766-8279.

Favorite tea cup? Bring your own! Don't have one? We do!

Call the PCEO @ 859-654-6355 to register for this spring affair!



UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

Pendleton Co. Community Health Fair

Saturday, March 8 • 7:30 - 10:30 am • Phillip Sharp Middle School

Pendleton Co. Community Health Fair!

Date: Saturday, March 8

Time: 7:30 am - 10:30 am

Location: Phillip Sharp Middle School

Take charge of your health with our FREE health screenings and tests, including:

- Blood Pressure Monitoring
- Cholesterol & Blood Sugar Tests (fasting required)
- BMI & Body Fat Analysis
- Diabetes Risk Assessment
- Osteoporosis Screening (for women over 40)
- Pulse Oximetry & Stroke Risk Assessment
- Cardiac Risk Assessment

Lab results will be convenient via the HMHmyhealth! patient portal.

Healthcare professionals will be on site to answer your questions and provide valuable insights.

Sponsored by: Harrison Memorial Hospital & Three Rivers District Health Department



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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 with prior notification.



Pendleton County Go Red Events:

- **February 1** - Paint the Town Red
- **February 1** - Heart Healthy One-Mile Hike Kincaid Lake State Park at 1 p.m. Sponsored by Three River Health District, Pendleton County Wellness Coalition and HMH
- **February 7** - National Wear Red Day
- **February 7** - Wear Red to School Day
- **February 16** - Wear Red to Church Day



Harvest Peace of Mind and PLANT the Seeds of Security –Join Our Estate Planning Seminar

P.L.A.N.T. Preparing Land & Assets for Next-Generation Transitions

Estate Planning Seminar

- MAR 5** **Planting the Future:** The Importance of Estate Planning & Farmland Transition
- MAR 12** **Building a Strong Foundation:** Understanding KY Estate Laws & Key Estate Planning Tools
- MAR 19** **Honoring Wishes:** Navigating Difficult Conversation & Creating a Compassionate End-of-Life Plan
- MAR 26** **No More Guesswork:** Why Documenting and Communicating Your Life's Details Matters

All programs will be at the Pendleton County Extension Office at 6:30 PM. Participants who attend ALL sessions will receive a special gift.

Call the Pendleton County Extension Office to register 859.654.3395



FREE IN-PERSON TAX PREP SERVICE

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation.

AARP Foundation Tax-Aide

- ✓ AARP membership not required.
- ✓ Get every tax credit and deduction you've earned.
- ✓ IRS Certified Volunteers
- ✓ Bring essential documents, including SS card, photo ID, last year's tax return, ALL income documents, healthcare forms, interest forms, income/property tax forms, checking/savings account info, and ANY OTHER RELATIVE DOCUMENTS.

Pendleton County Extension Office

EVERY THURSDAY, STARTING FEBRUARY 6TH

2:00 PM - 6:00 PM

WALK-INS

PROGRAM ENDS ON APRIL 10TH, 2025.

Contact Us:

John Goodzey
585-704-1316

AARP Foundation

More information
aarpfoundation.org/taxaid