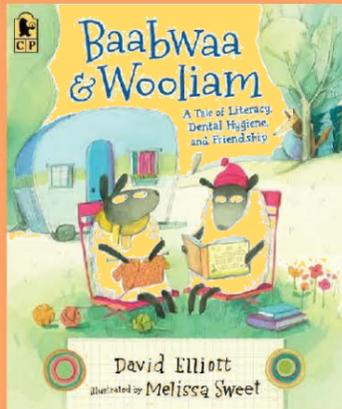


Pendleton County Extension Homemaker March 2023

«AddressBlock»

2023 Storywalk® Save the Dates!

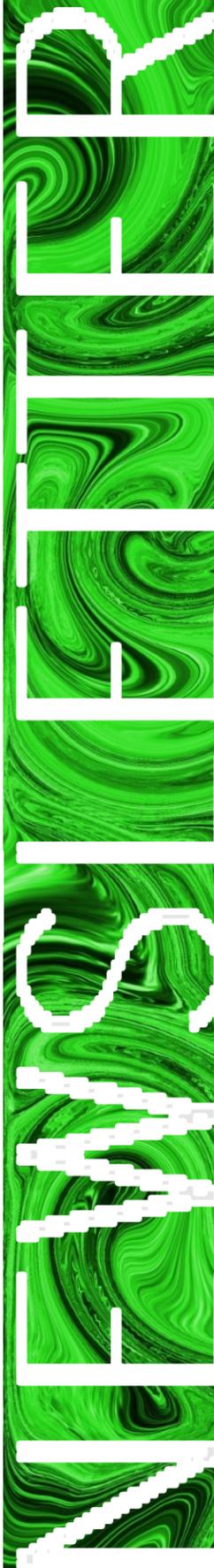


Saturday, April 22
10 am - 12 pm
at Camp Northward

Join us at Camp Northward on Saturday, April 22 from 10 AM—noon for our first StoryWalk of 2023!

Bounce houses, S'more's, balloon animals, train rides, crafts, games and activities will be sure to make this an event you will not want to miss.

Bring the whole family!
All attending will be the book and other items that focus on early childhood development skills!



HELP WANTED!

We need assistance from you for the August 2023 Homemaker training workshop.

Role players, set designers, script developers, set up, clean up, welcomers, etc.

The leader training workshop will be the BARN Dinner Theater – an informative evening focused on well-being.

If you are interested in filling a role, please talk with Kenna Knight Pendleton County FCS Agent (859-654-3395 or kknight@uky.edu).

Depending on what you volunteer to do, you may be required to attend an all-day training workshop on June 7 at the Boone County Extension office.

What is BARN

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.

We need at least 4-5 from our county to be trained!

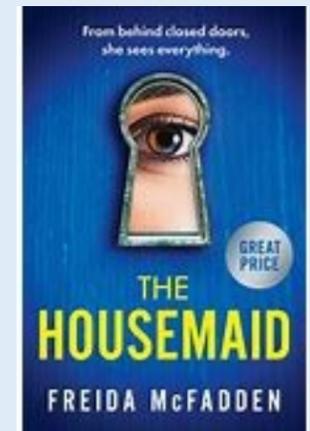
Kenna Knight

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

Book Club

Do you like to read? Book club meets virtually each month. Our meetings are the third Wednesdays at 7 PM.

This month we will be reading *The Housemaid* by Freida McFadden



Join us for the book club discussion on Wednesday, March 15th at 7 PM.

We had great discussion on our last book—*The Immortal Life of Henrietta Lacks*!



Freezer Meal Workshop



4-6 delicious recipes made



class yields 6 dinners for a family of 4

two vegetarian options (meat optional)



introducing new foods like gnocchi and swiss chard

»»» JOIN US! «««

IN PERSON-

April 1st 10:00AM
@ Grassy Creek Christian Church

VIRTUAL-

April 4th 6:30PM
Link will be sent via email; class on zoom.

****To participate in either class, you must call the Pendleton County Extension Office at (859) 654-3395 to register and receive your shopping list prior to the class.****

INFORMATIONAL MEETING



Hiking Club

When: March 9th

Where: Pendleton County Extension Office

Time: 7pm

Hikes will be moderate-advanced

We will be covering Hiking 101 Tips:

- Gearing up for adventure
- gear guide, hydration, snacks for energy
- the trail bucket list
- brainstorming session

Ages: 9-99

RSVP by calling 859-654-3395



CPR/AED Training

Learn the importance of chest compressions, identifying cardiac arrest situations, the effectiveness of AEDs, etc.!

Date: March 23rd

Time: 6:30 pm

Location: Pendleton County Extension Office

Dinner will be provided!

RSVP by calling 859-654-3395.

Requesting all Extension club leaders to attend!



Parenting a Second Time Around Conference

Pendleton County Extension Office

Saturday, March 25, 2023

9:00 am to Noon

This conference is designed for relative caregivers who are not the biological parents of the children in their care. The seminar will provide grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

Sessions include:

Legal Issues--William Joey Verax IV, Attorney at Law

Legal aspects of parenting a non-biological child

Mental Health- Christi A Jefferds, M.Ed., Continuing Education Option II

Program Coordinator, Northern Kentucky

Cooperative for Educational Services

Community Providers to Meet Mental Health Needs

Community Resources—Sheila Rentfrow, Kinship Program Coordinator,

University of Kentucky College of Social Work

Identifying programs that can support caregivers through

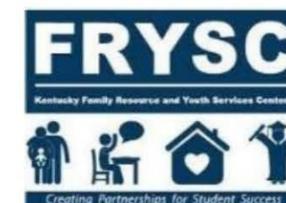
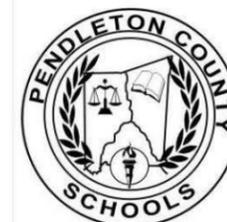
individualized service or group service

Breakfast will be provided by the
Pendleton County Extension Office

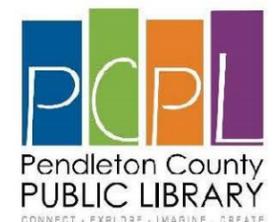
Child Care provided by
Pendleton County Public Library

RSVP to Pendleton County Extension Office at 859.654.3395

This Event in Partnership:



COOPERATIVE EXTENSION





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



Your Name: _____
Your County: _____
Your Phone: _____
Your E-mail: _____

COOPERATIVE EXTENSION

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Boone County
6028 Camp Ernst Road—P.O. Box 876
Burlington, KY 41005-0876
(859) 586-6101
Fax: (859) 586-6107
extension.ca.uky.edu

Northern Kentucky Extension Homemakers Association International Committee Challenge

The area international committee chairs (Jennifer Spriggs and Roberta Couch) are encouraging you to learn more about the diversity of our area. Complete and return this questionnaire to be entered in a random drawing for one of four Visa gift cards.

1. What percentage of the population in Boone County is American Indian or Alaska Native? _____
2. What percentage of the population in Campbell County is Black or African American? _____
3. What percentage of the population in Carroll County is White? _____
4. What percentage of the population in Gallatin County is Hispanic or Latinx Origin? _____
5. What percentage of the population in Grant County is Asian? _____
6. What percentage of the population in Kenton County is Two or More Races? _____
7. What percentage of the population in Owen County is Native Hawaii or Pacific Islander? _____
8. What percentage of the population in Pendleton County is Black or African American? _____
9. What are the three national or international affiliates for the Kentucky Extension Homemakers Association?

10. To what programs at the state Homemaker level do the "Coins for Change" (now known as "Women in Action and formerly known as "Pennies for Friendship") collected at the county level go?

11. What cities in Kentucky can you think of that share the name of a city in a foreign country?

Return the completed form on or before **May 31, 2023** to:
**NKEHA Area International Committee, c/o Boone County Cooperative
Extension Service, P.O. Box 876, Burlington, KY 41005**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2023 HOMEMAKER INTERNATIONAL DINNER- MOROCCO

- March 30th- 6:30PM
- @ The Pendleton County Extension Office
- Speaker- Lindie Huffman
- Dinner provided

RSVP NOW!

Pendleton Extension (859) 654-3395

