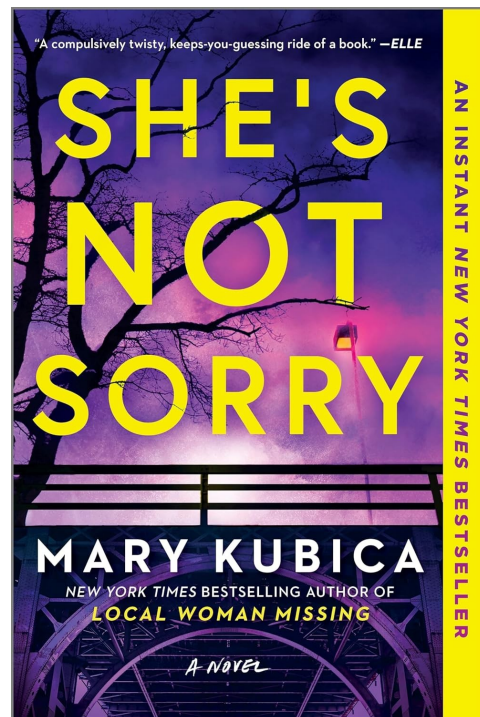


*Pendleton County  
Homemaker Newsletter*



*Is reading more on your to do list for 2025? If so, consider joining the Pendleton County Extension Book Club. We will meet virtually, via zoom, on **Wednesday April 2 at 7 PM.** If interested in joining call the PCEO for more details at 859-654-3395*

*Hold the date for our next club meeting—  
April 30*

# NEWSLETTER

## Pendleton County Extension Homemaker March 2025

 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


### KEHA State Meeting and News:

**KEHA State Newsletter** – Members can check their mailboxes for the KEHA State Newsletter in late February. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more. Once it is mailed, a digital copy and fillable form will be available on the [State Meeting webpage](#). Register for State Meeting before the April 7 early deadline or April 21 final deadline!

**KEHA Membership Update** – The total membership for this year is 11,353! This is an increase of 43 members over last year's total membership. A complete membership report will be shared in voting delegate packets at the KEHA State Meeting.

**State Meeting** – KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. The theme is "Discover KEHA – A Hidden Treasure." Northeast is the host area. Details are on the [State Meeting webpage](#). Hotel rooms can be reserved now and registration is coming soon.

**Calling All Quilters!** – The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point. Also, quilters are invited to participate in this year's Quilt Square Auction and Showcase at State Meeting by making a 12-inch finished quilt square. Details are in the KEHA Newsletter.

  
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



# HIKE ROCK TOUR

## PENCO HIKERS

- JUNE 6** LOCKEGEE ROCK - MOREHEAD
- JULY 11** COURTHOUSE ROCK - RRG
- SEPT 26-27** CHAINED ROCK - CUMBERLAND GAP
- MAR 19-21** ROCK CITY - LOOKOUT MOUNTAIN

**TRAIL GUIDES**

LINDIE & KENNA  
EXTENSION AGENTS

**MORE INFO:**

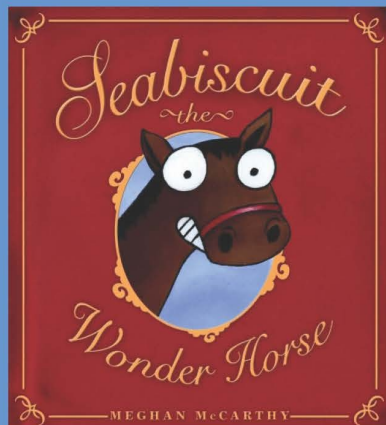
PENDLETON.CA.UKY.EDU

EXPLORE NATURE WITH PENCO HIKERS! JOIN OUR CLUB FOR THRILLING OUTDOOR ADVENTURES, FOSTERING CAMARADERIE AND FITNESS. WHETHER YOU'RE A SEASONED TREKKER OR NEW TO HIKING, COME DISCOVER THE JOY OF EXPLORATION WITH US! IT'S NOT YOUR AVERAGE WALK IN THE WOODS, WE'RE COVERING MODERATE TO DIFFICULT LEVEL TRAILS.

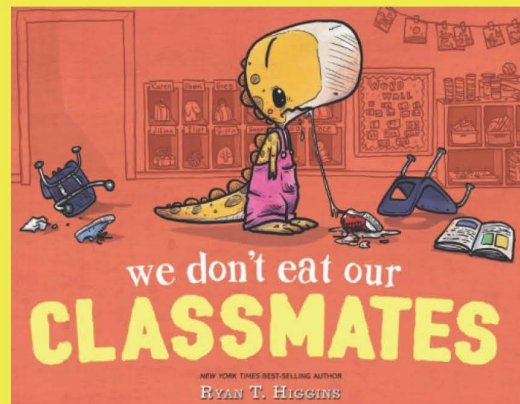




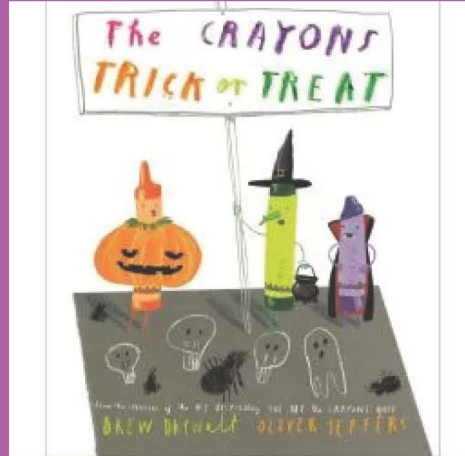
# 2025 Storywalk Save the Date!



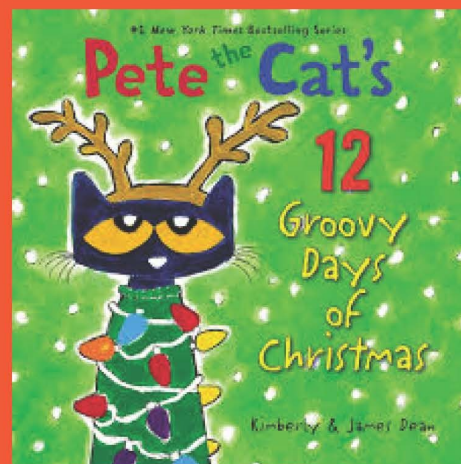
**May 3rd**  
**10:00-12:00**  
**Fairgrounds**



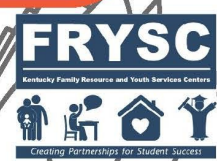
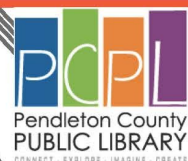
**Aug. 2nd**  
**10:00-12:00**  
**Farmers Market**



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



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



## GET HEALTHY WITH KENNA

March 2025

### TOPIC: MACRO NUTRIENTS - PROTEIN

Are you curious about protein supplements? Join us for an engaging discussion that breaks down the need for protein tailored just for you! We'll explore how factors like age, gender, and activity level influence your protein requirements. Whether you're a fitness enthusiast, a busy professional, or just looking to optimize your diet, understanding protein can help you fuel your body the right way. Don't miss out—let's dive into the world of protein together and discover how to supercharge your nutrition!



GUEST SPEAKER:  
*Jara Bauer*

### TIPS CORNER.

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

# MUST RSVP

**Call 859.654.3395**

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

**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 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



# Pendleton Co. Community Health Fair

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

## HOPE WARRIORS SUPPORT GROUP

Join us for a night of support at our monthly support meeting for adult survivors and caretakers!

**March 28 at 5:30p - Learn about financial preparation!**

**Pendleton County Extension Office  
45 David Pribble Dr,  
Falmouth, Ky 41040**

**To register for the event, please contact:  
PCEO: 859-654-3395**



**Cooperative Extension Service**  
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, veterans status, physical or mental disability or receipt or non-receipt of public child support services. 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, US Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



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