

CALDWELL COUNTY HOMEMAKERS

January -February 2025

Newsletter

 Cooperative
Extension Service



Save the Date!

January 21

Kinship Care Connections

January 27

Inspiring Grandchildren to
Become Grand Cooks

January 28 & February 5

Stories, Songs, & Stretches
(George Coon)

February 4

Book Talk
(George Coon)

February 6, 13, 20

Thrive in '25

February 7

Laugh & Learn

February 10

Wits Workout
(George Coon)

Winter Weather Policy:

If Caldwell County Schools are closed due to weather, Family & Consumer Sciences and Homemakers events scheduled at the Extension Office, will also be cancelled. Homemaker clubs will not be penalized for cancelling club meetings.

Souper Bowl of Caring

The Souper Bowl of Caring will be held February 3-14. Bring non-perishable food items to the Extension Office during this time. Items will be donated to the Christ Tabernacle Food Pantry.

Ashley Board

Caldwell County Extension Service
1025 US HWY 62 W
Princeton KY 42445
270-365-2787
ashley.board@uky.edu

Save the Date!

February 10

Soups & Paninis

February 12

Sit N Sew

February 14

Cultural Arts Update

February 24

Kinship Care Connections

February 25

Composition in Photography

March 6

Homemaker Council

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Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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HOMEMAKER UPDATES

2024-2025 Leader Lessons

Each lesson will be offered twice via Zoom. A watch party will be held at the Extension Office for the morning session. The PM session will be offered via Zoom only. Lesson leaders will receive Zoom links via email prior to the sessions. If you are not a lesson leader and would like the link, email ashley.board@uky.edu.

February Lesson: Inspiring Grandchildren to Become Grand Cooks (taught by Livingston County FCS Agent Joni Phelps)

AM Watch Party at the Extension Office: January 27, 2025, at 10:00 am

PM Zoom Only: January 30, 2025, at 12:00 pm

This lesson will give ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

March Lesson: Composition in Photography (taught by Hopkins County FCS Agent Amanda Dame)

AM Watch Party at the Extension Office: February 25, 2025, at 10:00 am

PM Zoom Only: February 25, 2025 at 12:00 pm

If you are looking to take photographs that not only capture the moment but also enhance it, this class is for you! To assist you in this journey, you will learn suggestions for successful composition in photography. These tips will help you create stunning images that will not only remind you of the moment but also bring out the beauty and emotion of the scene.

All Booked Book Talk

The All Booked Book Talk will meet February 4 at George Coon Public Library at 6:00 pm. The group has decided to read a book about a hobby and discuss their other monthly reads. Join with others to discuss all things books. You might even discover your next great read.

Sit N Sew

The Sit N Sew Sewing Club will meet February 12 from 9:00 am - 2:00 pm at the Caldwell County Extension Office. Participants bring a sewing project to work on, as well as, sewing supplies. Socialize with other sewing enthusiasts. Come and go as you please.

Cultural Arts Update

A Cultural Arts update will be held February 14 at 10:00 am via Zoom. You are welcome to join us in person at the Caldwell County Extension Office if you prefer. We'll discuss new categories/subcategories, rules, updated tag system, schedule for the day, and frequently asked questions. To join via Zoom, follow this link <https://bit.ly/CulturalArts2025> or email ashley.board@uky.edu for the link.

The Pennyrile Area Cultural Arts Contest and Spring Seminar will be held March 14, 2025, at the Christian County Extension Office. The Spring Seminar theme is Travel Across Kentucky Through Food. More details to come. Remember that each entry must be the work of an Extension Homemaker Member and must have been completed during the past 2 years. Also, only one entry per subcategory per person.

Homemaker Council

The Homemaker Council will meet March 6, 2025, at 10:00 am, at the Caldwell County Extension Office. If you are unable to attend, please send a representative from your club.

KEHA Annual Meeting

The KEHA Annual Meeting will be held May 6-8, 2025, at the Hyatt Regency in Lexington. Lodging room blocks are now open for reservations. Room rate is \$149 + tax. Request group code G-KEHA for conference rate when registering by phone at 800-233-1234. Registration details will be available in the State newsletter mailed in February.

LAUGH & LEARN PRESCHOOL PLAYDATES

February 7
10:00 am

Caldwell County Extension Office

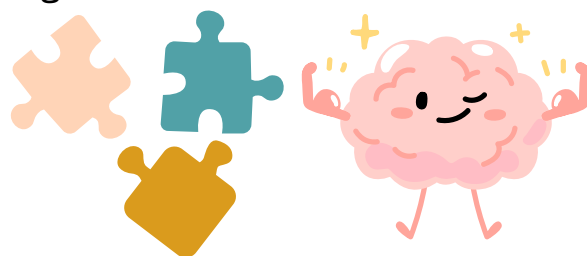
Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. Call 270-365-2787 to sign up. Children must be accompanied by an adult.



Wits Workout

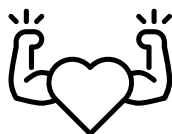
February 10 & March 10
10:00 am
George Coon Public Library

An engaging, interactive, and educational brain health program.



Thrive in '25

*Learn basic skills to thrive in 2025: mentally, physically, and financially. Join us at 5:30 pm at the Caldwell County Extension Office. Register by February 4.
Note: Must have 7 pre-registered participants in order to host class.*



February 6: Thrive Mentally
February 13: Thrive Financially
February 20: Thrive Physically



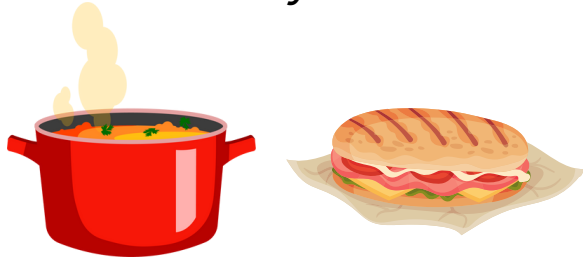
Soups & Paninis

We're continuing the "homemade" series by preparing and sampling a variety of soups and learning how to make paninis. Cost is \$5. Register by February 7.

February 10

5:30 pm

Caldwell County Extension Office



Kinship Care Connections

A series designed for relatives raising relatives. Develop relationships with other kinship caregivers while learning a variety of strategies to reduce stress.

January 21 : Stress Busters

February 24: Stages of Development

10:00 am

Caldwell County Extension Office



Stay Connected to Stay Healthy

U.S. Surgeon General Dr. Vivek Murthy has called attention to the epidemic of loneliness and isolation and its devastating impact on mental and physical health. Insufficient connection can lead to anxiety and depression. It raises the risk of heart disease, stroke, high blood pressure, obesity, and developing dementia. It can also lead to a weakened immune system and premature death. The negative consequences of loneliness and social isolation on individual health and well-being also impacts societal health. For example, communities with well-connected residents report better overall health, safety, resilience, prosperity, and civic engagement.

To help you stay connected, the National Institute on Aging recommends the following tips:

- Engage in a hobby or activity you enjoy
- Take a class and learn something new
- Schedule time to communicate with friends, families, or neighbors
- Adopt or foster a pet
- Be physically active
- Introduce yourself to neighbors
- Participate in a faith-based organization
- Join a cause and get involved
- Talk to your health-care provider
- Engage in storytelling

References:

National Institute on Aging. (2024). Loneliness and Social Isolation – Tips for Staying Connected. Retrieved 10/9/24 from <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected>

U.S. Department of Health and Human Services. (2023). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States. Retrieved 10/9/24 from <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging