

# HOMEMAKER HAPPENINGS

## FAMILY & CONSUMER SCIENCES



# MAY 2025



**Cooperative Extension Service**  
**Meade County**

**1041 Old Ekron Road**  
**Brandenburg KY 40108**  
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**meade.ca.uky.edu**

## May: Mental Health Awareness Month

With so much talk about mental health, there are many people who do not fully understand what mental health is, the right language to use when talking about mental illness, or where to go when they or others need mental health help. May is mental health awareness month. It is the perfect time to talk about mental health and ending mental health stigmas.

**What is mental health?** According to the Substance Abuse and Mental Health Services Administration (SAMHSA), mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps decide how we handle stress, relate to others, and make choices.

**What is mental illness?** Mental Illness refers to mental health disorders, such as depression, anxiety disorders, and stress-related disorders. These disorders negatively affect how we feel, think, and act.

**How can we end the mental health stigma?** Before we can end mental health stigma, there are a few things that we must do:

- Educate ourselves on mental health, signs of mental illness, and where we can go for help.
- Talk openly about mental health and mental illness.
- Be aware of the language we use.
- Keep in mind that mental health is just as important as physical health.
- Show kindness toward those who are experiencing mental illness.



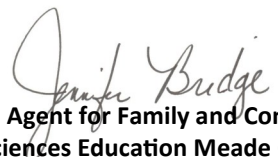
### Where can we go when we need mental health help?

There are several places where people can seek mental health help. Websites such as psychologyToday.com and <https://findtreatment.gov/> are great starting points. If you are in crisis, you can contact the Suicide and Crisis Lifeline at 988.

**Resources:** <https://www.nami.org/education/9-ways-to-fight-mental-health-stigma/>  
<https://www.samhsa.gov/mental-health>  
<https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**Source:** Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist, Mental Health and Well-being

Sincerely,

  
**Extension Agent for Family and Consumer  
Sciences Education Meade County**

### 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Extension Homemakers Shirt Orders Happening NOW!!



## Bella Canvas T-Shirt

Adult Small to Adult XL \$18

Adult 2XL and up \$20



## Port Authority Polo

Adult Small to Adult XL \$28

Adult 2XL and up \$30



## Name Badge \$8

Forms are available at the Extension Office.

**Deadline to Order is May 9th!!**

Above and Beyond Award will go to an outstanding Extension Homemaker member who is peer nominated and has demonstrated outstanding contributions to the organization during the current club year. Entries will be judged by an out of county committee with the executive board having final approval of the selection. Only one winner will be selected and will receive \$50 along with an engraved memento. Please complete the award nomination form below and return to the Extension Office on or before **May 23**.

## Above and Beyond Award

*Given annually, the Above and Beyond Award is presented to an active member in recognition of outstanding contributions during the current club year to the Meade County Extension Homemaker Organization. Nominees are peer nominated from other members within the county organization who recognize the impact the individual has on the growth of the organization.*

Name of Nominee: \_\_\_\_\_

Club: \_\_\_\_\_

Nominated By: \_\_\_\_\_

Outstanding Contribution to the Meade County Extension Homemakers (could include but not limited to office held, committee membership role and volunteer service). *Should be no longer than one page 12 font.*

# Sit and Stitch

## MONDAY'S NOW THRU MAY 5 PM TO 8 PM

Certified Master Volunteer Clothing Instructor,  
Angela Dodge will be on hand to answer questions, give  
advice or help with sewing projects.

@Meade County Extension Office

Cooperative  
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
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## POP CLUB POWER OF PRODUCE



Join Teri King, Senior Nutrition Education  
Program Assistant and Jennifer Bridge,  
Extension Agent for Family and Consumer  
Sciences as we explore the foods we eat!

**When:** Every Tuesday in June & July

**Who:** Ages 3-17

**What:** Fun activities, in-season food samples, and up  
to \$5 in market cash each week to spend at the  
Meade County Farmers' Market

**Parents:** Welcome to taste the recipes, but only kids  
earn tokens

Come learn, taste, and support local farmers

### Program Dates: Tuesdays

Week 1: June 10

Week 2: June 17

Week 3: June 24

Week 4: July 1

Week 5: July 8

Week 6: July 15

### Time:

**11 am - 2 pm**

**Meade County  
Extension Pavilion**



University of  
Kentucky

Martin-Gatton  
College of Agriculture,  
Food and Environment

## LAUGH & LEARN

A one hour play date for you and your child to  
engage in playful activities that are designed to  
prepare them for Kindergarten.

**STORIES - SONGS - CRAFTS - SNACKS**  
at every play date!

**MAY 9 - 10-11 AM**

We will meet the second Friday of every month  
**February - MAY**  
from 10 am - 11am, Meade County Extension Office

**OPEN TO AGES 5 AND UNDER**  
must be accompanied by an adult

**DATES**  
1/10, 2/14, 3/14, 4/11, 5/9

**Sign up Now!**

Meade County Extension Office  
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Martin-Gatton  
College of Agriculture,  
Food and Environment



## WITS WORKOUT

An engaging, interactive,  
and educational  
brain health program

*Work out your brain.  
Age healthy.*

Meade County Cooperative Extension presents  
**WITS WORKOUT**

**4th Wednesday of each Month:**  
February through October

**2:00 PM**

at the Meade County Extension Office

1041 Old Ekron Rd

ILLINOIS  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES





# BEE the Change



## Meade County Extension Homemakers 76th Annual Awards & Recognition Dinner June 17, 2025

Registration begins at 5:30 p.m.  
Dinner begins at 6:00 p.m.

**Clubs need to R.S.V.P.  
their reservations on or before  
June 6, 2025**

### Club Duties List

**Supplies:** Bluegrass - Responsible for setting out dinner plates, napkins, spoons, forks, knives, cups, serving spoons and dessert plates.

#### **Hostess and Registration/Name Tags:**

Midway - Be at the Extension Office no later than **5:00 p.m.** to greet guests, hand out programs and help answer questions. Need to have sign in sheets (one for each club, one for mailbox and one for guests). Register everyone as they arrive and hand out name tags. Need to do a percentage tally of attendance for traveling gavel. Responsible for 100 name tags, (*check with Brittney on this*).

**Dessert Table:** Busy Bees - Greet members who bring desserts. Assist with cutting desserts. Set out dessert plates, napkins and forks on dessert tables.

**Raffle/Door Prize:** Garrett - Responsible for collecting money and selling tickets for the raffle, maintaining the raffle and at the end of meeting, responsible for drawing and handing out baskets.

**Food Table:** Town & Country - Responsible for greeting members who bring food and arranging food on tables. Serving spoons placed in food. Plates, napkins, etc. should be placed at head of table.

#### **Decorations: Tablecloths and Set-Up:**

Doe Valley - Responsible for ensuring all tables including food, dessert, drink and front tables are set up. Cover with linen table cloths and set place mats.

#### **Ice and Serving of Beverages:**

Nite Owls - Responsible for coffee creamer, sugar, sweetener, making of coffee and tea, along with serving of drinks and clean-up after meeting.

**Each club is responsible for theme basket (of their choice) for the Annual Meeting raffle valued at a minimum of \$35. OPEN END THEME BASKETS for the auction need to be turned into the Extension Office on June 13th by 3:30 p.m. Provide Brittney with club name, theme name of the basket, list of items in basket and the value of items.**

**Proceeds from auction will go to:  
Backpack Program.**

**Each member should bring a covered dish  
filled with enough food for 8-10 people.**

**The Council will  
provide meat and bread.**

**ALL MEMBERS RESPONSIBLE FOR CLEAN UP!**

# Hand Wipes Versus Surface Wipes

You may have wondered if it is safe to use a disinfecting or sanitizing wipe on your hands. After all, you touch them with your hands when wiping down surfaces. Disinfecting and sanitizing wipes are safe for touching. But only when you use them properly as stated on the container. You should not use them as a hand wipe.

Disinfecting and sanitizing wipes are designed for wiping down hard surfaces including countertops, tables, door-knobs, glass, and other nonporous areas. They are made with harsh ingredients to kill germs. These ingredients can cause skin irritation. The Environmental Protection Agency regulates disinfecting and sanitizing wipes. Some are suitable for use on food contact surfaces. Some are not. You should use neither on the hands or any part of the body.

Hand wipes are specifically designed for use on hands. They are made with anti-microbial ingredients that are suitable for use on skin. These ingredients include alcohols, peroxides, and mild antiseptics. They can reduce the number of germs but are gentle on the skin. The Food and Drug Administration regulates hand wipes. They are safe for hands.

Remember to read product labels carefully and use only as directed. Disinfecting wipes and hand wipes come in similar containers. Both are also available in single use packets. Always check the instructions on the package to see if you can apply the product to the skin. If not, don't use it as a hand wipe or any other application on the body.

Contact your local Extension office for more information on cleaning and sanitizing.

References: <https://npic.orst.edu/outreach/amicroinfographic.png>; <https://www.poison.org/articles/are-cleaning-wipes-safe-192>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

## 2025-2026 Lesson Leader Training



### September

#### Empowered Leadership

More Information coming soon!



### October

#### The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

### November

#### Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We will discuss the pros and cons, so consumers will feel informed when buying an air fryer.

### December

#### Ribbons and Regift

In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items. Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

### January

#### Selecting Sheets

Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

### February

#### Laughter is a Must in Life

Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.



### March

#### Gardening Safety

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

### April

#### Build a Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

### May

#### Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.





## Spring Harvest Salad

**5 cups** torn spring leaf lettuce  
**2½ cups** spinach leaves  
**1½ cups** sliced strawberries  
**1 cup** fresh blueberries  
**½ cup** thinly sliced green onions

**Dressing:**  
**4 teaspoons** lemon juice  
**2½ tablespoons** olive oil  
**1 tablespoon** balsamic vinegar  
**1½ teaspoons** Dijon mustard

**2 teaspoons** Kentucky honey  
**½ teaspoon** salt  
**¼ cup** feta cheese crumbles  
**½ cup** unsalted sliced almonds

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

