



2024

MARCH-APRIL

Homemaker Newsletter

HELLO

Spring



April is National Gardening Month! It brings nicer weather so that we can get out and work in our gardens and get in some activity. But it also brings showers, which we need to help our gardens grow. Inside you will find an article on gardening safely. This article has some great ideas for keeping you safe this spring.

Our County Agriculture and Natural Resources Agent can also help you with your gardening needs. Feel free to call Chad with any questions you have. He will be happy to help.

If you have any other questions, feel free to call our office. Check out this newsletter for all the classes and activities we have available. Have a happy Spring.



Lorie Adams

Lorie Adams, Knott Co FCS Agent

Cooperative Extension Service

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

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ADULT HEALTH BULLETIN



MAY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Knott County Extension Office
149 Parks Rd | PO Box 462
Hindman, KY 41822
(606) 785-5329
<https://knott.ca.uky.edu/>
FB: @KnottCES

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. 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. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page ➔



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LEXINGTON, KY 40546



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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Disabilities
accommodated
with prior notification.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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ADULT

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MARCH 2024

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THIS MONTH'S TOPIC SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page →



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Disabilities accommodated with prior notification.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$19.19
Cost per serving: \$1.60

Nutrition facts per serving:

190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service



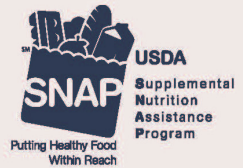


Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Everything Tuna Melts



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts per serving:

320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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Lexington, KY 40506



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"Welcome Spring!"

How many words can you create out of the above words?

○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____

ROLL A BRAIN BREAK

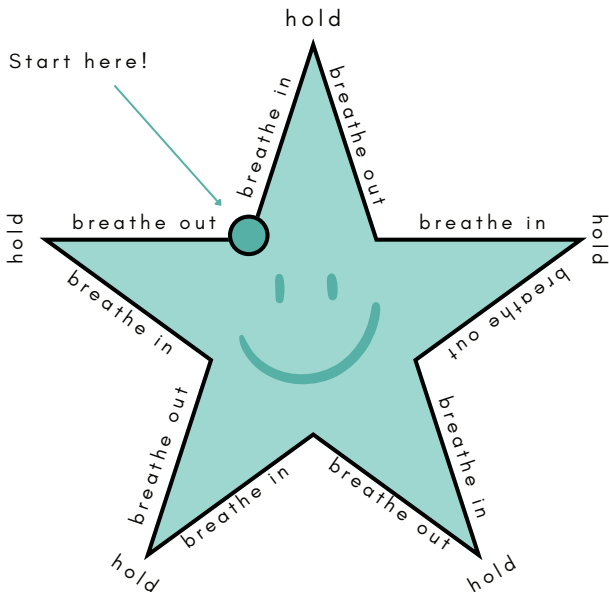


Roll the dice and perform the three brain breaks of the number you get.

	1	2	3
	Move the right side of your body	Move the left side of your body	Take 10 deep breaths
	Squeeze your right hand with your left hand	Squeeze your left hand with your right hand	Make 10 large circles with your arms.
	Touch your right foot with your left hand 5 times	Touch your left foot with your right hand 5 times	Give yourself a big hug for 10 seconds
	Move the upper half of your body	Move the lower half of your body	Touch your hands overhead and try to balance on one foot
	Rub your right arm with your left hand.	Rub your left arm with your right hand.	Jump in your place 10 times
	Bring your left elbow to your right knee 10 times	Bring your right elbow to your left knee 10 times	March in your place with your knees high

Controlled breathing

Starting on the dot, follow the breathing prompts while you trace your finger around the star in a clockwise direction.



DEDUCTION GRID

Lost & Found Edition

INSTRUCTIONS:

Use deductive reasoning to fill in the grid. Put a tick or a cross in each space. Cross-reference the clues and use the process of elimination to determine WHO lost WHAT in this company. Compare your answers with a partner.

	CEO	Marketing Manager	HR Specialist	Graphic Designer	Project Coordinator
Laptop					
Phone					
Pen					
Tablet					
Keys					

- The Marketing Manager was sad because she couldn't find her electronic device.
- The Graphic Designer lost something that he uses to make sketches and that he was carrying in his pocket.
- The Project Coordinator found her pen and phone while she was looking for her lost object in her bag.
- The phone found in conference room was thought to belong to the CEO or the HR Specialist.
- The HR Specialist wanted to send an email, but had to use a smaller device than the one she had lost.
- The tablet found in the lift had a tag that read: "Property of Marketing Department".



MARK YOUR CALENDARS!

MARCH 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

KNOTT COUNTY HOMEMAKER CLUBS ^{and} MEETING DATES

Hindman Homemakers

2ND TUESDAY OF THE MONTH
12:00 PM (NOON) ~ EXTENSION OFFICE

Jones Fork Homemakers

MAIL OUT CLUB

Keenagers Homemakers

2ND TUESDAY OF THE MONTH
12:00 PM (NOON) ~ OLD CARR CREEK H.S.

Knott Your Average Homemaker

1ST TUESDAY OF THE MONTH
6:30 PM ~ EXTENSION OFFICE

Knotty Krafters

3RD TUESDAY OF THE MONTH
1:00 PM ~ EXTENSION OFFICE

Soft Shell Girls

1ST TUESDAY OF THE MONTH 11:00 AM ~
EXTENSION OFFICE



NUTRITION WORKSHOP



BINGO + EXERCISE = BINGOCIZE

FREE PRIZES!

A 10-WEEK HEALTH PROMOTION PROGRAM THAT COMBINES EXERCISE WITH INCLUSIVE EXERCISE!



When
2 Days a Week -
Call each week to get the days

Where
Knott County
Extension Office

Time 2:00 pm
To Register Call (606)785-5329



DROP IT LIKE IT'S HOT

Monthly Program

Join Our Facebook Group!

We will start a Facebook group to set health & wellness goals for ourselves, participate in challenges, discover new recipes, and meet new people.

If you want to sign up for this online 10-week program, please call to register @ (606) 785-5329

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LEWISTON, KY 40540

Cook Together, Eat Together



Couples Edition

This is a cooking class for couples.
A couple could be any two friends or loved ones.
You will be cooking a soup dinner for 2.

THURSDAY, 4th APRIL 2024

5:30 PM

149 Parks Branch | Hindman, KY | 41822
KNOTT COUNTY EXTENSION OFFICE
Call to Register: 606-785-5329

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Cooperative Extension Service

COOKING THROUGH THE Calendar



"Lentil Sloppy Joes"

WEDNESDAY, APRIL 17, 2024

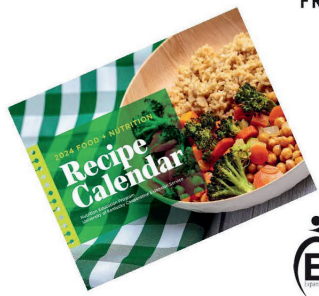
2:00 PM

KNOTT CO. EXTENSION OFFICE

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Knott County Extension Office
149 Parks Branch
Hindman, KY 41822

To Register Call: (606) 785-5329



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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LEWISTON, KY 40540

Healthy ^{and} Safe Outdoor Cooking

Homemaker Leader Lesson

April 18, 2024 @ 10:00 AM
Knott County Extension Office



This lesson will cover steps for food safety and fire safety when cooking outdoors.

Participants will explore various categories of outdoor meals such as:

**** Picnics**

**** Front-country Camping**
(at established campsites)

**** Backcountry Camping**
(at more remote, undeveloped campsites).

Enjoy seeing outdoor equipment like the Cast iron Dutch oven that has been around for generations. Have fun also exploring ways to cook and bake outdoors.

Vicki Boggs, Leslie County FCS agent,
will be presenting this lesson.

For more information and to sign up for this class, please contact:

Knott Co. Extension at (606)785-5329.


It starts with us. #UKFCSExt

2024 KEHA State Meeting.



May 7-9, 2024

Sloan Convention Center
& Holiday Inn University Plaza
in Bowling Green!

 Cooperative
Extension Service

COOKING THROUGH THE

Calendar



"Taco Pie"

THURSDAY, MAY 2, 2024

2:00 PM

KNOTT CO. EXTENSION OFFICE

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FREE cooking classes, please contact your local
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Hindman, KY 41822

To Register Call: (606) 785-5329



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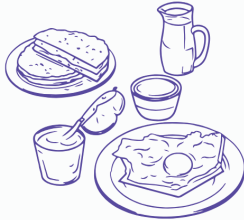
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, 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 accommodations 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's Counties, Cooperating.
Lexington, KY 40546



Facilities
accommodated
with prior notification.

Cook Together, Eat Together



Couples Edition

This is a cooking class for couples.
A couple could be any two friends or loved ones.
You will be cooking breakfast for 2!

THURSDAY, 16th MAY 2024

5:30 PM

149 Parks Branch | Hindman, KY | 41822
KNOTT COUNTY EXTENSION OFFICE

Call to Register: 606-785-5329

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



QUICKSAND AREA FCS AGENTS
PRESENTS

AREA HOMEMAKER

Training

QUICKSAND COMMUNITY
CENTER
JACKSON, KY

WEDNESDAY, MAY 15

REGISTRATION BEGINNING AT 9 AM
TRAINING AT 10 AM

LUNCH PROVIDED
Let's get new excitement about
our Homemaker Clubs!

Register at your local office

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



KNOTT COUNTY HOMEMAKERS SPRING PICNIC

Food, Business Meeting, and Craft!

- **May 21, 2024** • Lunch will be served at noon •
• Knott County Extension Office •

BBQ Chicken and Hot Dogs Provided -
We ask that you bring a side dish or a dessert.

To register & Sign-up for a side dish or dessert please
call the office at (606) 785-5329



Various Other Dates

April

1st ~ Knott Co Extension Spring CEC /District Board Meeting

6th - 27th ~ Knott County Pride Clean Up Month

May

4th ~ 150th running of the Kentucky Derby

2nd - 4th ~ Knott County Spring Trail Ride

27th ~ Memorial Day (Knott Co. Extension Closed)



COME SEW WITH US!

Hosted By:

**Cooperative Extension Service & Quicksand
 Master Clothing Volunteers**

Name: _____ **Address:** _____
Phone: _____ **Email:** _____

PLEASE: Circle a Location to Attend

JUNE 6, 2024

Knott County Extension Office
 10:00 AM - 1:30 PM

JUNE 13, 2024

Breathitt County: RCARS, Robinson Center
 10:00 AM - 1:30 PM

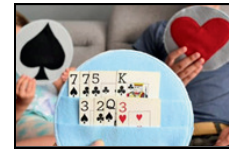
You Can Select Up To 3 Classes:

Each class will be 1 hour long & kits will be supplied for each.

Please arrive before 10:00 a.m.



- ___ Knot Bag
- ___ Sewing Machine Mat
- ___ Fabric Basket
- ___ Reversible Headband
- ___ Frosty
- ___ Playing Cards Holder
- ___ Eco-Friendly Kitchen Sponge
- ___ Mini Wallet

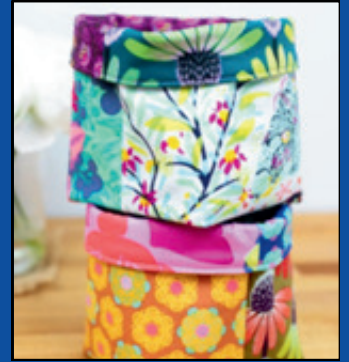


Register early! Class size is limited. Please register by May 15th.
Mail this form with registration fee of \$5.00 to:
Knott County Extension Service | PO Box 462, Hindman, KY 41822

COME SEW WITH US!



Knot Bag



Fabric Basket



Sewing Machine Mat



Playing Cards Holder



Reversible Headband



Frosty

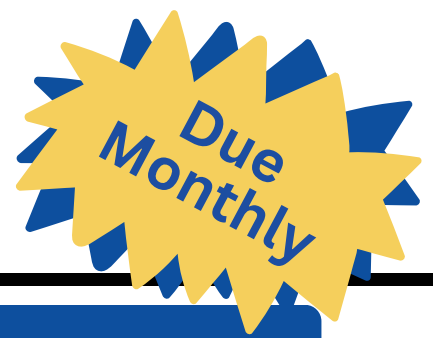


Eco-Friendly Kitchen Sponge



Mini Wallet

News & Reminders



DON'T FORGET TO LOG YOUR

Volunteer Hours

The Volunteer Service Unit (VSU) program is intended to recognize individual volunteer efforts in your club and community. It is also intended to help you grow personally in volunteer leadership skills, and to show you how you might use those skills. For example, you might want to climb a “volunteer career ladder.” That is, you may want to go on to more responsible volunteer positions in KEHA or in other groups. In addition, volunteer experience is often accepted and equated to paid employment if described in comparable terms when seeking employment.

What counts as volunteer hours in each category?

VSU hours are divided up into these categories...

Extension, KEHA, Community, & Personal.

Counted hours should include training, planning, preparation, travel & delivery time to your audience.

Extension - All Extension Agent directed programs, including “train the trainer” lessons where you participate in agent-led training then teach the lesson to your club or other audiences. This category also includes assisting with any program organized & presented by an Extension agent like any 4-H events, volunteering at an Extension field day, etc. This also includes serving as a member or officer for the CEC, county FCS Advisory County, County Extension District Bd.. The key here is agent-led & directed programs where the KEHA member is a volunteer.

KEHA - Programs that originate & are directed by KEHA leaders & members. This includes service to a club, county, area, or the state as a committee member or officer. Participation in training sessions, organizing and leading KEHA-sponsored events should be counted.. Examples include making quilts for the Center for Courageous Kids, baking for local bake sales, planting trees, picking up trash in local clean-up project, etc.

Community - Your service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples include serving on local boards, a volunteer 1st responder, Lions Club, Eastern Star, parent-teacher organizations, any governmental appointments, jury duty, or any other similar roles, etc. Also includes, mentoring/tutoring students at school, local literacy programs, senior home visits/music programs, American Cancer Society, Red Cross, local health departments, etc. as long as the volunteer role is not related to Extension activity.

Personal - This category is for any unpaid service to family, friends, and neighbors. It includes babysitting relatives not living with you, taking a neighbor or friend to the doctor and/or shopping, mowing the neighbors’ lawn, shoveling their snow, raking leaves, etc. Church and faith-based participation such as choir member practice, Sunday school, transporting church members and other religious activities can also be included in this category.

<https://keha.ca.uky.edu/>

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions.

Report all hours earned within the past KEHA year (July 1 – June 30).
 Logs are due to the county Leadership Chairman or designated contact by July 1.

Kentucky Extension Homemaker's Association

Cultural Arts and Heritage



Book List 2023-2024

Visit the site below for the full list

<https://keha.ca.uky.edu/content/keha-club-materials>



Knott County Cooperative Extension Service



149 Parks Branch | P.O. Box 462 | Hindman, KY 41822

(606) 785-5329 | <https://knott.ca.uky.edu> | Facebook: KnottCES

