

# **LYON COUNTY HOMEMAKERS**

**APRIL  
2025**

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**Hello Homemakers,**

**Spring is finally here, but don't be "April fooled," it is the season of rain and potentially bad weather. Now is a great time to make sure your weather preparedness kit is up to date and settled where you will have easy access to it in case of an extreme emergency. Make sure to read page four of the newsletter which provides a check list to ensure that you have everything ready that you may need incase disaster strikes.**

**I told myself I was going to change my ways this past year and use my vacation a little at a time, but alas, my calendar is always full and I can't seem to get everything caught up. That being said, I have more than four weeks of vacation to use by June 30<sup>th</sup> or I will lose it. Please be patient with me over the next two months while I try to work in vacation days wherever I can fit them amongst a packed calendar. As always, Miranda and Stacy are here to help if I am off and you need assistance.**

**Make sure to check out the long list of Cultural Arts winners and congratulate them when you see them. Lyon County Homemakers are a talented bunch of artisans and truly examples of artistic greatness in the Pennyryle Area.**

**-Angie**

May Leader Lesson



Exercise for Everyone

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.



APRIL 29, 2025  
10:00 AM  
LYON COUNTY  
EXTENSION OFFICE

 Cooperative  
Extension Service  
An equal opportunity organization



Contact your local FCS Agent for information.

## Cultural Arts Winners

What a fabulous showing Lyon County had at this year's Cultural Arts event. There were 177 entries from all of the nine Pennyryle counties and 66 of those entries were from Lyon County. Congratulations to all our winners!



Jan Kaufman-5  
Bena travis-3  
Christy Stephens-2  
Kathy Sims-6  
Cindy Kennedy-7

Mary Peek-2  
Ruth Palmiter-1  
Becky McKee-1  
Evette Stewart-4  
Pat Arnott-1



Jan Kaufman-1  
Bena Travis-3  
Christy Stephens-1  
Cindy Kennedy-3  
Ruth Palmiter-3

Becky McKee-1  
Evette Stewart-2



Bena Travis-2  
Kathy Sims-1  
Mary Peek-1  
Ruth Palmiter-1  
Pat Arnott-1



Blue Ribbon Winners: Please drop your projects at the Extension Office by Thursday, May 1, 2025. I will tag them and get them ready for state competition which is on May 6<sup>th</sup> and 7<sup>th</sup>. Please leave all tags and ribbons from Area Cultural Arts at home. I don't need them for state.

# Crafting With Christy



May 5, 2025  
1:00 PM Cost: \$10



MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.

## biscuits AND GRAVY

Celebrate a southern favorite by learning how to make different types of biscuits and gravy. The best part....the taste testing. Please call 270-388-2341 to reserve your spot at the table.

**WHEN: APRIL 15, 2025**

**WHERE: LYON COUNTY EXTENSION OFFICE**

**WHAT TIME: 6:00 PM**

SPACE IS LIMITED. CALL QUICKLY TO MAKE SURE YOU GET A SPOT.



 Martin-Gatton  
College of Agriculture,  
Food and Environment

## ★ ★ ★ ★ ★ QUILTS FOR COURAGE WORK DAY

MAY 8, 2025  
9:00 AM TO 3:00 PM

**BRING A SACK LUNCH. IF YOU DON'T SEW  
WE STILL NEED YOU TO IRON, SORT, OR BE  
A RUNNER. WE NEED EVERYONE'S HELP!**

## Senior Citizen's Nutrition Class



**JOIN ME APRIL 15, 2025 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**



# 12 WAYS TO PREPARE



Sign up  
for Alerts  
and Warnings



Make a Plan



Save for a  
Rainy Day



Practice  
Emergency  
Drills



Test Family  
Communication  
Plan



Safeguard  
Documents



Plan with  
Neighbors



Make Your  
Home  
Safer



Know  
Evacuation  
Routes



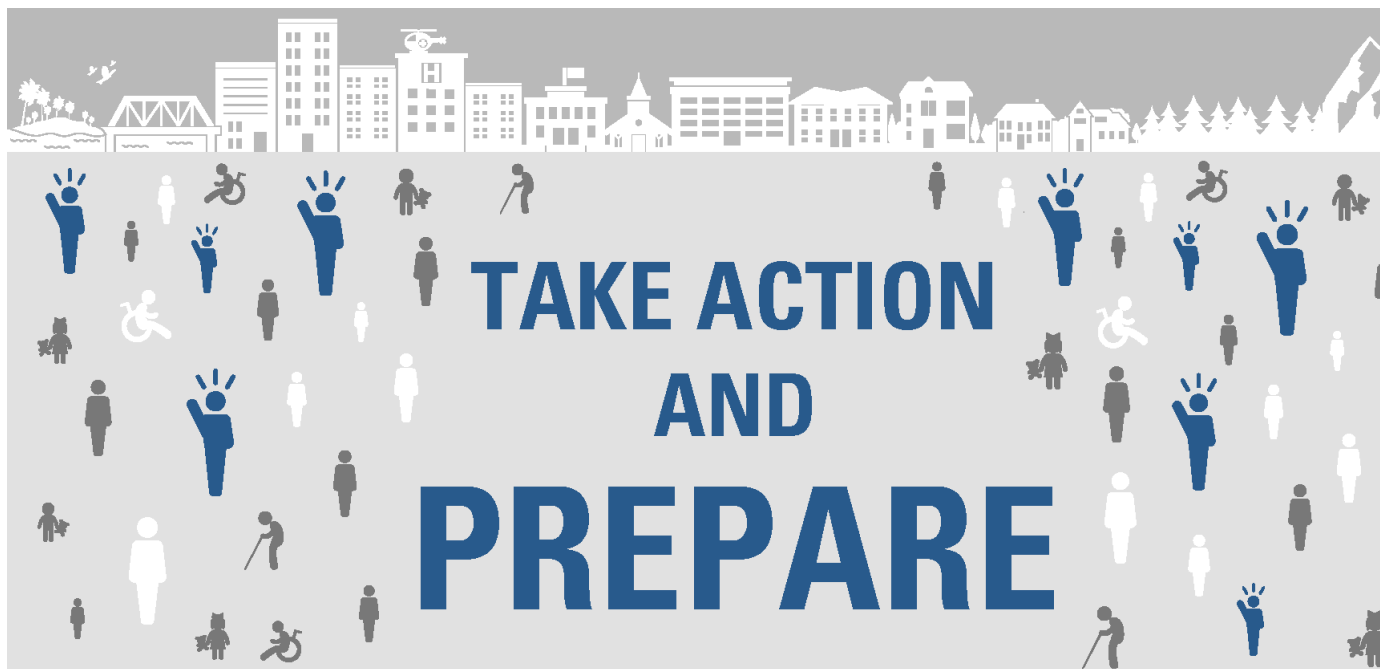
Assemble or  
Update  
Supplies



Get Involved in  
Your Community



Document and  
Insure Property



**FEMA**

FEMA V-1021  
Catalog No. 1872-3

There are many ways to take action and prepare before a disaster occurs. The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness. Simple actions at home and in your neighborhood can make a big difference!



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[Ready.gov/prepare](https://Ready.gov/prepare)



# April Leader Lesson Information

## YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



### ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an *asset distribution plan* or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the **Possession** column, list each item or group of items you find. In the next column, indicate the **Recipient** you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the **Reason** column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a **Distribution Method**, such as gift, sell, or donate.

### LETTER OF LAST INSTRUCTIONS

Consider attaching a *Letter of Last Instructions* to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

### TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Transferring Cherished Possessions*, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

### ADDITIONAL RESOURCES:

*Estate Planning Part 5: Wills and Probate in Kentucky.* <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

*Estate Planning Part 7: Federal and State Estate Taxes.* <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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## TRANSFERRING CHERISHED POSSESSIONS ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.

### LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.



### UNDERSTANDING YOUR "ESTATE"

After your death, the **full contents** of your estate must be distributed. This includes all the items you cherished within it (*and even some you didn't cherish*) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. Your estate contains your titled property (like your home, land, or car), but it also includes **everything** you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. *Everything.*

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.