



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 Family and Consumer Sciences

# LYON COUNTY HOMEMAKERS

JUNE  
 2023

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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences



HELLO HOMEMAKERS,

JUNE IS HERE AND THAT MEANS THE LAST MEETING OF THE 22-23 HOMEMAKER YEAR. I HOPE YOU ENJOY SOME SLOWER DAYS WITH LOTS OF SUNSHINE (AND NO HUMIDITY). IT'S NOT TOO SOON TO START LOOKING AHEAD TO FALL SO MAKE SURE TO MARK YOUR CALENDARS FOR AREA ANNUAL DAY. CRITTENDEN COUNTY WILL HOST THIS YEAR AND THEY HAVE SET THE DATE OF THE EVENT FOR OCTOBER 27, 2023. I'LL PASS ALONG MORE DETAILS AS THEY COME. THE REMODEL PROCESS HAS STOPPED FOR A WHILE DUE TO UNFORESEEN CIRCUMSTANCES, SO BE AWARE THAT WE WILL HAVE TO MEET OUTSIDE OF THE OFFICE FOR A LITTLE WHILE LONGER. I THANK YOU FOR YOUR PATIENCE AND HOPE THAT WE WILL BE DONE BY CHRISTMAS OF 2023 AND READY TO USE THE NEW FACILITY. FINGERS CROSSED.....

-ANGIE

**It's time to choose the lessons you want to attend for 2024. Below please find the descriptions for each month and make sure to complete the sign-up sheet at your June meeting. Club Presidents, please return your completed form to Miranda by August 1, 2023.**

September - Recognizing and Coping with Trauma After a Natural Disaster

Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. In many cases, the event disrupts your ability to cope because of the significant loss of relationships and things necessary to meet your basic needs. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

October- People Learn with a Purpose: Understanding Learning Styles. Understanding why and how you - or your learners, if you are leading a group - learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

November- Healthy Eating Around the World In this lesson we will take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.

January - Carbon Monoxide. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us. (Mailout)

February - Time Well Spent: Organizing Tips for Increased Productivity. Productivity allows us to make progress on and complete necessary tasks. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

March - Scam Red Flags and Avoiding Fraud. Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud.

April-Savor the Flavor: Seasoning with Spices. Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting.

May - Let's Play Pickleball In general, sports are good for physical and mental health, but they can be intimidating. Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun to play, and fun to say! This lesson will highlight the health benefits associated with the sport and teach participants how to play.

June - Health Literacy for the Win! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals. (Mailout)

## Senior Citizen's Nutrition Class



**JOIN ME JUNE 20, 2023 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.**

# A LETTER TO ALL LYON COUNTY HOMEMAKERS

May 31, 2023

Dear Pennyrile Homemakers;

Being a Homemaker means many things and offers a variety of “OPPORTUNITIES” for each of us.

It’s almost impossible to have an interest and not find it offered. There’s always something new to be learned and enjoyed. In order for us to continue to be informed and for new programs to be researched and added, you will find, listed below, Pennyrile Area Board positions that are available.

## **PRESIDENT ELECT –**

- Serves a one year term before becoming President for two years.
- During term works with current President to learn the ins and outs of being the President.

## **LEADERSHIP DEVELOPMENT –**

- Work with your area council to coordinate area program planning and implementation.
- Serve as chairman or co-chairman for area workshops that relate to your chairmanship.
- Communicate regularly with your corresponding state chairman.
- Promote and coordinate the annual contest at the area level (if applicable for your chairmanship).

## **PUBLIC INFORMATION & MARKETING –**

- Takes pictures at Area events and creates a memory book for the outgoing President.
- Works to promote Area events on social media such as Facebook.
- Other marketing duties as assigned.

The two Educational Positions available are given information by the State Chairman that they can relay to their counterparts on the County Boards.

Serving as President Elect, is a training period for becoming Area President. Area President can be time consuming but is one of those “OPPORTUNITIES” that is worth every minute. Both of us that are on this Committee have served as Vice-President, President-Elect or Area President and consider it an honor and a privilege.

Our Agents have the Application Forms for each position and will be happy to get them to all those interested in the above positions. We have a deadline of OCTOBER 1<sup>ST</sup>, so that the decisions can be made and applicants informed.

Thank you and we look forward to hearing from you.

Sincerely,  
Dixie Utter  
Darl Henley  
Pennyrile Area Nominating Committee



WATER BATH AND PRESSURE CANNING  
**Food Preservation**

June 27, 2023  
 9:00 AM to 2:00 PM  
 Call to Register

270-388-2341

Lyon County Extension Office  
 Space is limited

JUNE 22, 2023  
 4:30 PM  
 LYON COUNTY  
 EXTENSION OFFICE

*Crafting with Christy*  
**Red-White-Blue Edition**

CALL TO REGISTER BY  
 JUNE 20, 2023  
 COST IS \$10

270-388-2341

## Homemaker Volunteer Hours

### Extension

- Serving as a District Board member
- Serving as a CEC member
- Assisting an agent with a program
- Serving as a 4-H leader or program helper
- Serving as a Master Gardner

### KEHA

- Time spent driving to and from and attending a Homemaker meeting
- Time spent hosting a Homemaker meeting
- Time spent serving on the county or area Homemaker councils
- Time spent on Homemaker projects such as Quilts for Courage, Pretend Store, Bake Sales or other Homemaker events
- Time spent serving as a club, area, or state officer.

### Community

- Volunteering at the food bank
- Volunteering at Nonnie's attic
- Volunteering for your church in any capacity (Sunday school teacher, VBS, treasurer, etc)
- Volunteering at school

### Personal

- Babysitting your grandchildren for free
- Taking your neighbor to the doctor
- Cooking a meal for a sick family member or neighbor
- Babysitting a pet for a family member instead of kenneling

The Homemaker hours for this year are due in the office by June 30, 2023. These hours should encompass all volunteer work you have done between July 1, 2022 and June 30, 2023. Each item should be listed individually. We can make as many copies of the volunteer log as you need. I always encourage you to start keeping these on July 1 each year so you don't have to go back and try to remember. Many hours are lost to reporting when we try to just do it once per year. Club members and Members-at-large should all report. If you have questions, please call the office at 270-388-2341.

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

Name: \_\_\_\_\_ Address: \_\_\_\_\_

County: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

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.

# Netflix Texts are Scams We Can Avoid

IN A MEETING WITH SHERIFF WHITE LAST MONTH, HE SHARED THAT MORE THAN A HUNDRED THOUSAND DOLLARS HAS BEEN LOST IN LYON COUNTY TO THE NETFLIX TEXT SCAM. PLEASE READ THE INFORMATION BELOW AND MAKE SURE TO NEVER CLICK ON ANY LINKS IN THESE TEXTS.

Relax – your account is most likely fine. If you get a text or email saying otherwise, do not click on any links. It could be a scam. That link could lead you to lose money or give information that could allow your identity to be stolen.

Some Kentucky residents have recently lost money to a text message phishing scam. This scam makes it appear as if Netflix has sent a text message telling you your account needs “updates.” The text could also threaten to disconnect your service if you don’t reply. Netflix’s website says to avoid clicking the link. The company says it never requests personal information by text or email. You can forward suspicious messages to [phishing@netflix.com](mailto:phishing@netflix.com). Other scams may use similar companies as bait, so beware.

If you think you might be a victim, change your password for that service and any service for which you used a similar password. Contact your financial institution to see if you can stop payment or change account security settings. Watch for identity theft by checking your credit report through each of the three bureaus at [www.annualcreditreport.com](http://www.annualcreditreport.com).

You can report scams to the Federal Trade Commission at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov) or 877-FTC-HELP, as well as to the Kentucky Attorney General at [ag.ky.gov/scams](http://ag.ky.gov/scams) or 888-432-9257. If you have been a victim of identity theft, visit [IdentityTheft.gov](http://IdentityTheft.gov) for helpful resources.

Reference: Netflix Help Center. Phishing or suspicious emails or texts claiming to be from Netflix. Retrieved May 16, 2023, from <https://help.netflix.com/en/node/65674>.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

