



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

# LYON COUNTY HOMEMAKERS

MAY  
 2023

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Sincerely,

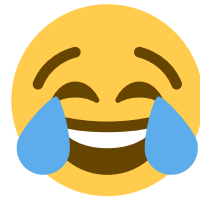
Angie York  
 County Extension Agent for Family & Consumer Sciences



*Hello Homemakers.*

*It's another busy month in May with Homemaker State Meeting, classes, and of course the kick-off of summer with Memorial Day festivities. I hope you have plans to visit with family and friends and enjoy a few restful moments to reflect on those who have served our country and given the ultimate sacrifice. Another way to honor those who serve is to make sure to help on the Quilts of Courage work day. This is also the official kick-off of agent reporting season and finding time to use the rest of my vacation time before I lose it at the end of June. If it takes me a day or two to respond, please know I will get back to you as soon as I can pull myself out of my vacation reading chair. 😊*

*-Angie*



## Add humor to your life

It's important to seek out and take advantage of opportunities to laugh every day.

- **Find fun.** Only boring people get bored. Find simple items that make you giggle, such as family photos, memes, funny movies or video clips, a joke. Life shouldn't be boring, it should be fun!
- **Share a hardy guffaw.** Sit at the dinner table or connect on a virtual video and reminisce. Tell funny stories and learn new things about your family.
- **Spend time with funny or joyful people.** Laughter is contagious. Spend time with those who help you see the bright side of life, and when possible, avoid those people who are negative.
- **Look for humor every day.** If you pay attention to your surroundings (versus keeping your head in your phone), you will see absurd, silly, or even odd activities that may make you smile.
- **Surround yourself with happy.** Frame fun photos of people you care about and happy memories. Keep a joke calendar on your desk.
- **Make time for humor.** Do you have a funny saying you like? Write it down and put it in on the refrigerator. Try buying a daily calendar with a new joke each morning. Is there an object, like a stuffed animal, that always makes you smile? Put it in your living room where you will see it often.
- **Take a "fun break" every day to laugh:** Schedule it if necessary. Read jokes. Start a humor notebook. Listen to a funny tape. Watch a comedy show or funny YouTube video, then recommend it to others.
- **Smile.** A smile is the start of laughter, and it has a positive effect on others.
- **Don't be defensive.** Laughter can help us forgive, forget, and even overlook judgment and doubt.
- **Count your blessings.** At the end of the day, focus on the positive aspects of your day and make a list about things for which you are grateful.
- **Don't dwell on negativity.** Limit the amount of negative news, people, stories, and conversations you let in, and try to find the light at the end of the tunnel for those things or behaviors of others you cannot control.
- **Laugh at yourself.** Don't take yourself too seriously. Remind yourself to lighten up.

**Make sure to do a self-check. Are you the fuddy-duddy at all the meetings or gatherings? Are people seeking you as a source of fun and encouragement? If their not, it's time to turn your frown upside down and help someone else have a laugh. It's good for your health!**

## Senior Citizen's Nutrition Class



**JOIN ME MAY 16, 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.**

LYON COUNTY EXTENSION OFFICE

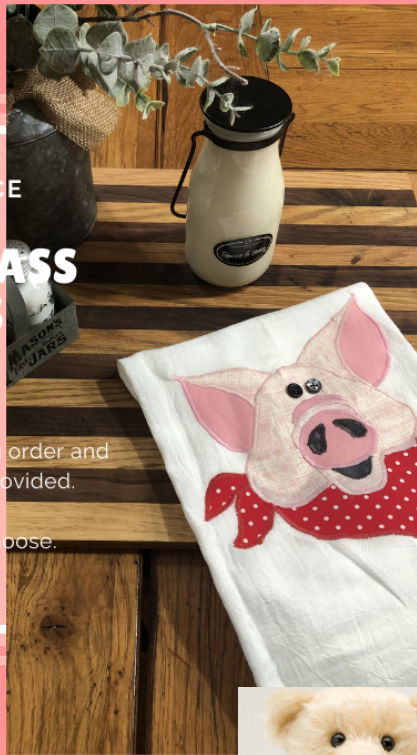
## BEGINNER APPLIQUE CLASS BARNYARD BUDDIES

May 11, 2023  
10:00 AM to 2:00 PM

Bring a sack lunch, sewing machine in good working order and basic sewing supplies. Everything else will be provided.

Cost: \$4.00

There are 8 Barnyard Buddies from which to choose.



Do you love to papercraft?

**MARK YOUR CALENDARS FOR THE 1ST MONDAY OF EACH MONTH TO MEET CHRISTY STEPHENS AT THE LEE S. JONES CONVENTION CENTER AT 1:30 PM. SHE WILL TEACH YOU HOW TO DO AMAZING THINGS WITH PAPER. YOU MUST SIGN UP AND PAY AT THE LYON COUNTY EXTENSION OFFICE BY THE LAST THURSDAY OF THE PREVIOUS MONTH SO CHRISTY KNOWS HOW MUCH TO PREPARE. COST WILL BE BETWEEN \$10 AND \$15 DEPENDING ON THE PROJECT. PLEASE NOTE, THE GROUP WILL NOT MEET IN JUNE.**

## PRETEND STORE TEDDY BEAR PROJECT

Homemaker, Sharon Gates, has been working hard to make sure every preschool student receives a handmade teddy bear during Pretend Store this year. Please see her note below.

I LEFT 19 KITS FOR VOLUNTEERS TO PICK UP AND SEW AT THEIR LEISURE. EACH BAG HAS 1 STUFFED BEAR (TO SHOW HOW MUCH TO FILL), 4 BEARS TO STUFF. ALL BEARS NEED BACKS CLOSED AND SCARF ATTACHED. HAS FIBERFILL, THREAD, A NEEDLE, TIES AND INSTRUCTIONS (FILE ATTACHED). I ASKED FOR EXCESS FIBERFILL RETURNED WITH TIE SCRAPS FOR DOG BEDS. HOPEFULLY WE WILL GET DIFFERENT VOLUNTEERS WHO DO NOT HAVE SEWING MACHINES. THIS MAY MAKE A FUN CLUB SEWING BEE, SOME SEW, SOME TIE SCARVES. I ALSO LEFT 2 COMPLETED BEARS TO SHARE. THERE ARE 90 TO FINISH. I KNOW SUMMER IS BUSY FOR EVERYONE SO HOPEFULLY THEY CAN COMPLETED WHEN WE START MEETING IN SEPT.

Stop by the Lyon County Extension Office today to pick up your bag of bears to help complete the project!



## QUILTS FOR COURAGE WORK DAY

MAY 18, 2023  
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!**

# Homemaker Volunteer Hours

It's May so that means it's time for me to start reminding you to complete your volunteer hour forms for this Homemaker year. I know many of you don't like doing this. Believe me, you are very vocal about it, but it is an important part of being a Homemaker. Knowing the number of hours volunteered across the state helps our stakeholders at the state level get funding to continue the work that is so important through the Homemaker program. Did you know that each hour you volunteer in the state of KY is worth \$21.42. When you multiply the hours you volunteer by that dollar amount it shows an amazing group of Homemakers are hard at work serving their communities. We have many new Homemakers on board in the last couple of years, so I want to take a minute to refresh everyone on how to report your volunteer hours. The report form is on the next page of the newsletter.

On the report form you will see four different areas. Each one shows a different area where you may be volunteering your time. It is divided into Extension hours, KEHA hours, community hours, or personal hours. The key thing to remember when completing your form is to think, "am I doing something for free that a person would otherwise have to pay for?" If so, it counts as volunteer time. Here are some examples ( but not all, there are many more) in each category.

## 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.



# Older Adults

Suicide is an important problem among older adults. Suicide rates are particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. Suicide attempts by older adults are much more likely to result in death than among younger persons.

Reasons include:

- Older adults plan more carefully and use more deadly methods.
- Older adults are less likely to be discovered and rescued.
- The physical frailty of older adults means they are less likely to recover from an attempt.

## Risk and Protective Factors

Suicide prevention efforts seek to reduce risk factors for suicide and strengthen the factors that protect individuals from suicide. Here are a few examples of risk factors:

- Depression and other mental health problems
- Substance use problems (including prescription medications)
- Physical illness, disability, and pain
- Social isolation

## Protective factors

- Care for mental and physical health problems
- Social connectedness
- Skills in coping and adapting to change

## Entertaining Little Ones



Identify fun activities for children, create a 5-day activity routine, and explore digital resources for rainy days.

**ARE YOU ON DECK TO BABYSIT THOSE GRANDCHILDREN THIS SUMMER? JOIN US TO LEARN TIPS AND TRICKS FOR KEEPING THEM BUSY!**

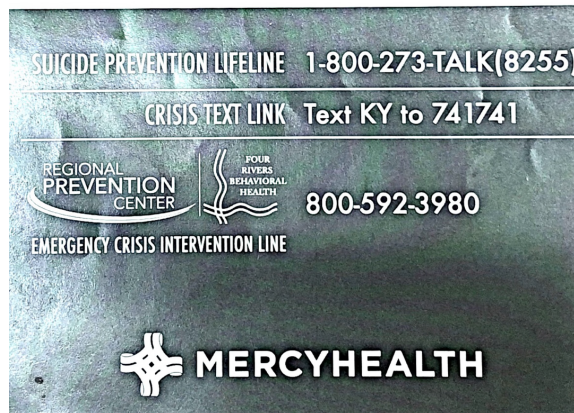
**MAY 30, 2023 10:00 AM  
LYON COUNTY EXTENSION OFFICE**

Ashley Board  
ashley.board@uky.edu  
270-365-2787

Caldwell County Extension Office  
1025 US HWY 62 W  
Princeton, KY 42445



**988 SUICIDE & CRISIS LIFELINE**



## June Homemaker Leader Lesson Information

