

# HOMEMAKER HAPPENINGS

**July 2025**

**By: Michelle Padgett**

It's July and a time to embrace the heat while staying hydrated and taking breaks if you're outside. We had an incredible turnout at the county fair's floral hall with 1,084 entries. Let's start preparing for next year's entries! We appreciate all 102 exhibitors and are deeply grateful to the volunteers who helped with check-ins, sorting, paperwork, and so much more. Your dedication makes a difference! We are currently planning our fall program, so please watch our newsletter and Facebook page for more information. As always, if we can assist you in any way, please reach out to us.

## DID YOU KNOW?

Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging, and quality of Life.

### **Lincoln County Homemaker Council Officers**

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859-339-8462

Charlene Archer  
Vice President  
Phone Number  
606-669-0127

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Secretary  
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219-306-5440

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Phone Number  
606-346-9800

# FAMILY CAREGIVER HEALTH BULLETIN

 Cooperative  
Extension Service

DECEMBER 2023

NAME County  
Extension Office  
000 Street Road  
City, KY  
Zip  
(000) 000-0000

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

## THIS MONTH'S TOPIC:

## SELF-CARE AND STAYING CONNECTED



**S**elf-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

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According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. When you belong to a group, you are more likely to feel like your true self. It can be fulfilling when other people count on you, or you count on others, and you know they are there for you.

Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you. Some examples include:

- Family
- Friends
- Church
- Social Media
- Clubs
- Volunteer experiences
- Support groups
- Community events
- Nature

Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.

NAMI emphasizes that people need people. Remember that just as it is important for your mental



health to find or be a part of a community, it is also important for others to have you as a part of theirs.

### REFERENCES:

- Mayo Clinic. (2023) Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
- NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
- NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nlm.nih.gov/health/topics/caring-for-your-mental-health>

**FAMILY CAREGIVER  
HEALTH BULLETIN**

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Adobe Stock


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Extension Service

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

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Lexington, KY 40506



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University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.

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KEHA Manual



KEHA Website



<https://keha.ca.uky.edu/kentucky-extension-homemakers-association-holds-91st-annual-meeting>

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Lexington, KY 40506



LEARN. LEAD. SERVE.



## It's Sew Fine: Sewing Expo

September 4<sup>th</sup> and 5<sup>th</sup> will be  
held at the Boyle County  
Extension Office more  
information will be available  
soon!

## Ovarian Cancer Screening

Contact information  
You must call this number listed below to  
schedule a screening.

**Call:**  
**1-800-766-8279**


### Locations

Ephraim McDowell James B. Haggin  
Ephraim McDowell Fort Logan  
Pulaski County Health Department



Stay connected and keep up with all the exciting  
updates from our FCS program by joining our  
Facebook Page! Don't miss out on the latest news  
and events!






# Save the date

**FORT HARROD AREA  
2025 HERITAGE CRAFT CAMP  
OCTOBER 24TH AND 25TH**

Boyle County Extension Office  
99 Corporate Dr, Danville, KY 40422




### Instructors Needed!

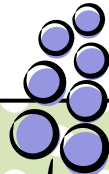
Please visit your county extension office for a hard copy of the instructor application.

Instructor applications are **DUE ON June 23<sup>rd</sup>** and should be turned back in at your county extension office.

Applicants will be asked to bring in samples of their desired craft camp project to the Craft Camp planning committee meeting at the Jessamine County Extension Office on June 30<sup>th</sup> at 1pm.

Fort Harrod Area looks forward to seeing you at the 2025 Heritage Craft Camp!





# FREE FIELD TRIP

 Cooperative Extension Service



**August 28**  
**Boyle County**

The Van will leave Lincoln Co.  
Extension at 9:00 am  
You Must Pre-Register to ride  
the van

**Lesson Topic:**  
**Navigating Trauma**  
**after a Natural**  
**Disaster**

**Lincoln County Extension Homemaker**  
**Leader Lesson Field Trip**

- Have Fun Traveling with Lincoln County Homemakers in the Extension Vans
- Enjoy In-depth and hands on Learning
- Visit Area Extension Offices
- Meet Homemakers from other Counties while participating in In-Person Classes
- Learn from the Fort Harrod Area FCS Agents

 **REGISTER NOW**

Call the Lincoln County Extension  
Office at 606-365-2447 to Register

# FREE FIELD TRIP

 Cooperative Extension Service



**September 23**  
**Mercer County**

The Van will leave Lincoln Co.  
Extension at 8:30am  
You Must Pre-Register to ride  
the van

**Lesson Topic:**  
**Selecting the Best**  
**Sheets for your Bed**

**Lincoln County Extension Homemaker**  
**Leader Lesson Field Trip**

- Have Fun Traveling with Lincoln County Homemakers in the Extension Vans
- Enjoy In-depth and hands on Learning
- Visit Area Extension Offices
- Meet Homemakers from other Counties while participating in In-Person Classes
- Learn from the Fort Harrod Area FCS Agents

 **REGISTER NOW**

Call the Lincoln County Extension  
Office at 606-365-2447 to Register



# JOIN OUR BOOK CLUB

EVERY FOURTH THURSDAY OF THE  
MONTH AT 6 PM.

July 24, 2025  
Get ready for some fun at our upcoming meeting! Please bring along two wrapped books that you're excited to exchange with others. It's a great chance to share some literary treasures and discover new favorites. Can't wait to see what you bring!



104 Metker Trail  
Stanford, KY 40484  
For more Information,  
Contact Babette Overman  
703-586-7278



# Clubs

<b>Deaf Homemaker Club</b>  <b>No meetings Until September 2025</b>	<b>Four Corners</b>  <b>No meetings Until September 2025</b>	<b>Photo Club</b>  Meetings vary on locations Contact Barb Beaney for further Information
<b>Mountain Crafters</b>  <b>No meetings Until August 2025</b>	<b>Pieceful Hearts</b>  Meets the 3rd Monday of each month at 1 PM. Project is a table topper spring.	<b>Sassy Stitchers</b>  Meets on the 3rd Friday of each month at 10 AM. Each month offers a new sewing or quilt project, with demonstrations and more. Sassy Stitchers
<b>County Fair Crafters</b>  <b>No meetings Until September 2025</b>	<b>Chatty Scrappers</b>  <b>No meetings Until October 2025</b>	<b>Happy Hearts</b>  <b>No meetings Until August 2025</b>
VSU logs are in your calendar or on the KEHA website we also have them at the front office. All other forms are on the KEHA website let Michelle know if you need them printed.	<b>OPI</b>  <b>No meetings Until August 2025</b>	"Alone we can do so little, together we can do so much," a quote by Helen Keller,



## Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces**  
okra stalks
- **2 tablespoons**  
olive oil
- **2 tablespoons**  
salt-free seasoning

### Tangy Dipping Sauce:

- **1 cup** plain  
low-fat yogurt
- **3 tablespoons**  
mayonnaise
- **1 tablespoon**  
dried parsley
- **2 teaspoons**  
dried dill
- **1 teaspoon**  
garlic powder
- **1 teaspoon**  
onion powder
- **1/2 teaspoon** salt

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



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FAMILY &  
CONSUMER  
SCIENCES



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Disabilities  
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