

HOMEMAKER HAPPENINGS

FAMILY & CONSUMER SCIENCES

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.



September 2025

Cooperative Extension Service
Meade County
1041 Old Ekron Road
Brandenburg KY 40108
(270) 422-4958
FAX: (270) 422-3773
meade.ca.uky.edu



Falls Prevention Week

(September 22-26, 2025)

Falls continue to be the leading cause of fatal and non-fatal injuries among older adults. They threaten safety and independence. One fall can lead to serious injury, fear of falling, and risk of more falls. To encourage people to take action to prevent a fall, the National Council on Aging (NCOA) spearheads Falls Prevention week every September. To see if you are at risk of falling, complete the Falls Free CheckUp® at <https://www.ncoa.org/tools/falls-free-checkup/>. This online, self-administered fall risk screening tool helps older adults assess fall risk. The 13-question assessment takes a few minutes to complete. Based on your answers, it provides you with an individual fall risk score and personalized recommendations that include actionable steps and resources to reduce fall risk. You can download your report and use it as a tool to discuss with your family and health-care providers. It is estimated that only half of older adults talk to their health-care providers about a fall or fear of falling, yet this conversation is a crucial piece in fall prevention.

References: NOCA. (2025). Falls Prevention Awareness Week Toolkit. Retrieved April 14, 2025 from <https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit/>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Sincerely,

**Extension Agent for Family and Consumer
Sciences Education Meade County**

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 accommodation 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 Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Lincoln Trail Area Extension Homemakers



College of Agriculture,
Food and Environment
Cooperative Extension Service

Annual Meeting

Come to celebrate the treasures of the past
year and look forward to the new year.

OCTOBER

9

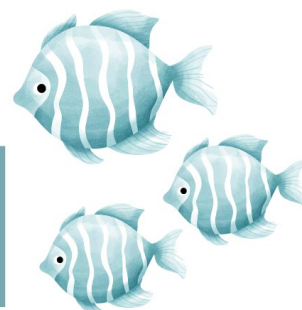
9:30 REGISTRATION & SNACKS

10:00 EST MEETING/LUNCH

\$20 Registration Fee due by October 1 to your county
Please select ham, fried chicken, or vegetarian

St. Gregory Church Event Center
350 St. Gregory Church Rd
Cox's Creek, KY 40013

Cultural Arts county winner drop off
October 8, 9-11 EST
St. Gregory Church Event Center



Please bring this portion of your form and your check by October 1st.

Name: _____

Phone Number: _____

Your Club Name: _____ of ✓ if Mailbox: _____

Choose your lunch:

_____ Ham _____ Fried Chicken _____ Vegetarian

Make your check payable to: Meade County Extension Homemakers

Amount: \$20.00

Dear Members,

Many thanks to all who volunteered to serve on a committee(s) or accepted either an officer or chairperson position. Thanks to those who have graciously stepped forward and have even stepped out of their normal comfort zone to assume any position. We all know that without individuals stepping up and accepting any position we could not function or function poorly. We are all a part of this organization and are here to help each other. So just keep in mind that if you need help in the [position](#) you have accepted, just ask when you are in need or have questions.

The Lincoln Trail Area Annual Meeting will take place on October 9, 2025. Nelson County is our host county this year. I hope as many members as possible will show their support to them and attend this annual meeting. It is always fun, along with [good food](#) and entertainment and last, but not least, GREAT FELLOWSHIP. Pre-registration is required and pre-payment as well.

Over the last few years, we have lost several members due to illness, death, non-renewal of membership, etc. Please continue your strong efforts in increasing the organizational membership this year, whether that be in your club or any of the other clubs.

Thank you so much for what each of you do or have done as a member of the Meade County Extension Homemaker Association and because of that I know we will have another successful "Homemaker Year."

Janet Hobbs

Meade County Extension Homemakers President

Kentucky Extension Homemakers Association

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

To access the KEHA Handbook Section

and KEHA Appendix Section:

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



**QR Code for the KEHA Website for
the manual**

Join us for

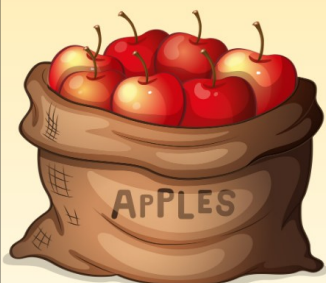
Beyond the CORE: Apples



Thursday, September 18th

Time: 1 PM or 6 PM

Location: Meade County Extension Office



Call to RSVP: 270-422-4958

Space is limited!!

**CLASS
IS
FREE**

Baked Apples and Sweet Potatoes

5 medium sweet
potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

1. **Boil** potatoes in 2 inches of water until almost tender.
2. **Cool** potatoes, peel and slice. **Peel**, core and slice apples.
3. **Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
4. **Layer** potatoes on the bottom of the dish.

5. **Add** a layer of apple slices.
6. **Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
7. **Repeat** layers of potatoes, apples, sugar, salt and margarine.
8. **Sprinkle** top with nutmeg.
9. **Mix** the hot water and

honey together.

10. **Pour** over top of casserole.

11. **Bake** for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



2025 – 2026 CULTURAL ARTS CATEGORIES

Pay attention as several items have changed and been added!

01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

03. ART, Natural

- 3a. Wood
- 3b. Other

04. REPURPOSED & UPCYCLED

(MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

05. BASKETRY

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

06. BEADING

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

07. CERAMICS

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

08. COUNTED CROSS STITCH

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

09. CROCHET

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

10. DOLL/TOY MAKING

- 10a. Cloth
- 10b. Handmade Toy other than Porcelain/China or Cloth
- 10c. Porcelain/China

11. DRAWING

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal- Black
- 11e. Pencil- Color

12. EMBROIDERY

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

13. FELTING

- 13a. Needle Method
- 13b. Wet Method

14. HOLIDAY DECORATIONS

- 14a. Autumn
- 14b. Spring
- 14c. Summer
- 14d. Winter

15. JEWELRY

- 15a. Beaded
- 15b. Mixed Media (wire, chain maille, mixed with beads)
- 15c. Original Design

16. KNITTING (HAND - with knitting needles)

- 16a. Accessories
- 16b. Garment
- 16c. Home Decor and Afghans
- 16d. Figurine

17. KNITTING (OTHER - machine/loom)

- 17a. Other

18. NEEDLEPOINT

- 18a. Cloth or Canvas
- 18b. Plastic

2025 – 2026 CULTURAL ARTS CATEGORIES (CONT.)

19. PAINTING, ART

- 19a. Acrylic
- 19b. Oil
- 19c. Watercolor

20. PAINTING, DECORATIVE

- 20a. Metal
- 20b. Wood
- 20c. Other

21. PHOTOGRAPHY (mounted or framed)

- 21a. Black & White
- 21b. Color

22. QUILTS

- 22a. Baby-size or Lap-size (hand quilted)
- 22b. Baby-size or Lap-size (machine quilted)
- 22c. Hand Applique (hand quilted)
- 22d. Hand Pieced (hand quilted)
- 22e. Machine Applique (machine quilted)
- 22f. Machine Pieced (hand quilted)
- 22g. Machine Pieced (machine quilted)
- 22h. Novelty (hand quilted) (stenciled, embroidered, miniature, etc.)
- 22i. Novelty (machine quilted) (stenciled, embroidered, miniature, etc.)
- 22j. Technology Based (hand or machine quilted)
- 22k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- 23a. Card Making
- 23b. Origami
- 23c. Quilling
- 23d. Scrapbooking

24. RUG MAKING

- 24a. Braided
- 24b. Hooked
- 24c. Punch Needle, rug (over 60" perimeter)
- 24d. Woven

25. WALL or DOOR HANGING

- 25a. Fabric
- 25b. Other
- 25c. Diamond Art Mosaic

26. WEAVING

- 26a. Hand (macrame, caning)
- 26b. Loom (includes pin weaving)

27. MISCELLANEOUS

- 27a. Miscellaneous



**Items must be turned into the Extension Office
no later than 4 PM on October 2nd!**

Big Blue Book Club Registration is NOW OPEN!!

Big Blue Book Club is back in its original format via Zoom! Mark your calendars for MONDAYS, beginning October 27 through November 17, as we read Praisesong for the Kitchen Ghosts by Crystal Wilkinson. We heard you when you asked for another book from a Kentucky author. Crystal Wilkinson not only is from Kentucky, but she is a former Kentucky Poet Laureate. And, we heard you when you asked for another "cookbook" story book. This book is full of family recipes and family stories that just might resonate with your own.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in *Praisesong for the Kitchen Ghosts*. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts* weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

Registration for this series opens September 2, 2025 on the website, ukfcs.net/BigBlueBookClub. As always, the first 200 registered participants will receive a free copy of the book.

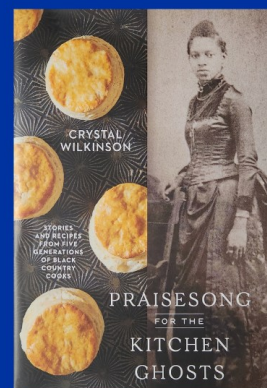


**BIG BLUE
BOOK CLUB**


**SAVE
THE DATE**

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.

 **WITS
WORKOUT**

An engaging, interactive,
and educational
brain health program

Martin-Gatton
College of Agriculture,
Food and Environment

Meade County Cooperative Extension presents
WITS WORKOUT

September 24th
2:00 PM

at the Meade County Extension Office
1041 Old Ekron Rd

ILLINOIS
Extension COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

Meade County Extension
HOMEMAKERS HOLIDAY BAZAAR

Saturday, November 8th

9 am to 3 pm

Meade County Fairgrounds,
874 Hillcrest Dr Brandenburg, KY 40108

Over 60 booths of
handmade/homemade items!

**Santa will
arrive around
10 AM**



WHY JOIN US?

Membership is just \$8/year

- Clubs meet monthly — but if your time is limited, the **Mailbox Membership** is a great option!
- As a mailbox member, you'll receive a monthly educational newsletter and lesson materials delivered directly to your home.
- To join, simply complete the attached form and return it to the Extension Office — or call **270-422-4958** for more information.

We look forward to hearing from you!

**Because we're Not
Your Grandmother's Homemakers.**

Not Your Grandmother's Homemakers means we're active, modern, and involved. We are **not** just cookie bakers, but decision makers.



Name: _____

Address: _____

Email:

Phone:

- ☐ Sign me up for a mailbox membership.
- ☐ I want to join a club, please contact me!

Return form and \$8 to:
Meade County Extension Office,
1041 Old Ekron Rd, Brandenburg KY 40108
Checks payable to **MCEH**

Kroger Community Rewards Program

The Meade County Extension Homemakers is now apart of the Kroger Community Rewards Program!

To Use the Kroger Community Rewards Program:

Visit <http://www.kroger.com>. Once logged into to your Kroger account, search for MEADE COUNTY EXTENSION HOMEMAKERS either by name or WD566 and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a *rewards* card.

If you need assistance, please call the extension office and one of the ladies will be glad to help.

