

# Healthy, Happy Homemakers



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

*The latest updates for the Hardin County Extension Homemakers*

## Newsletter

### Highlights

2023-2024 Lincoln Trail

Area

Homemaker

Lesson Ballot

2023 KEHA

State Meeting

Registration

Homemaker

Spring Bazaar Flyer

March Homemaker Lesson

"Generational Differences"



## Hello Homemakers!

Although the calendar doesn't show the first day of Spring for another 3 weeks, spring flowers and trees are blooming everywhere and the recent heavy rains we had let even some of the the grass green up.

As you probably all know, due to my accident just before Christmas, it has been a long road for me before I was able to return to the office. There are some things that have not reached you in the normal, timely manner we try to get them to you. Please share the Lesson Ballot enclosed in this newsletter with your club members and return your results to the Extension Office no later than March 31. Thank you to help us meet the deadline to return the numbers to the Lincoln Trail Area.

Our next Homemaker Lesson "Move Your Way - Exercise for Everyone" will be held at the LaRue County Extension Office on Mar 29 at 1:30 p.m. ET. Expect a reminder postcard in the mail as usual.

We hope to see many of you at our upcoming Spring bazaar on April 1, whether you come to work, eat, or shop. Let's make this one another success.

**Dayna Fentress**

Dayna Fentress  
FCS Agent,  
Hardin County



COME SHOP LOCAL AT THE

# HARDIN COUNTY EXTENSION HOMEMAKERS

## SPRING BAZAAR 2023

APRIL 1  
9:00 AM -  
3:00 PM



SUPPORT  
LOCAL  
ARTISTS  
AND  
LOCAL  
STUDENTS!

Hardin County Extension Homemakers  
Spring Bazaar  
April 1, 2023 from 9:00 am to 3:00 pm  
111 Opportunity Way in Elizabethtown



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

**2023 KEHA STATE MEETING REGISTRATION FORM**  
 "Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 County \_\_\_\_\_ Special Diet/Food Allergies \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

**Check all that apply:**

- KEHA MEMBER     STATE BOARD     MFH GUILD     AGENT     COUNTY STAFF     UK SPECIALIST  
 FIRST TIME ATTENDEE - YES  NO  VOTING DELEGATE - YES  NO  OTHER

	Early Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140


2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

**MY REGISTRATION INCLUDES:**

<input type="checkbox"/> Tuesday 5/9	<input type="checkbox"/> Wednesday 5/10	<input type="checkbox"/> Thursday 5/11
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Opening Luncheon Banquet (price included!) Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting* General Session with KEHA Choir performance	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!)  <div style="border: 1px solid black; padding: 5px;"> <p><b>NOTE: Select specific sessions and classes on next page.</b></p> <p>* = May include extra costs.</p> </div>

**FULL OR 2-DAY REGISTRATION** \$ \_\_\_\_\_  
**AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6** \$ \_\_\_\_\_  
 (MAKE CHECKS PAYABLE TO KEHA)      **GRAND TOTAL** \$ \_\_\_\_\_

**NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION THIS YEAR, CONTACT FAYE KORTHAUS AT: [mfkshorthorns@gmail.com](mailto:mfkshorthorns@gmail.com)**

 <p>Mail by <b>April 10</b> for the discounted registration fee. Any registration with a USPS postmark after <b>April 24</b> will be returned. This is necessary to allow processing time.</p>	<p><b>MAIL TO:</b></p> <p><b>Harlene Welch</b>  <b>KEHA Treasurer</b>  <b>207 Fifth Street</b>  <b>Cynthiana, KY 41031</b></p>	<p><b>FOR KEHA TREASURER USE ONLY:</b></p> <p>Date received: _____                  Check number: _____                  Amount Paid: _____                  Balance Due: _____                  Refund Due: _____</p>
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If you would like to receive an email confirmation of your registration and session enrollment check here  or enclose a self-addressed, stamped envelope with your registration. (Continued on other side...)

Name \_\_\_\_\_

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

**Tuesday, May 9 - SESSIONS**

- RANK      **Seminars – Session 1 – 2:00 p.m. – 3:15 p.m.**
- RANK      Financial Management Before and After a Natural Disaster (Max: 60 attendees)
- RANK      The Leadership Academy – What Would I Gain? (Max: 50 attendees)
- RANK      Who We Are vs. How People See Us (Max: 50 attendees)
- RANK      Herbalicious Cooking (Max: 30 attendees)
- RANK      Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK      Pots - Plants and More (Max: 25 attendees)
- RANK      Beginning Shuttle Tatting (Cost: \$15) (Max: 20 attendees) \$15
- RANK      Native Bees: All the Buzz on Our Busiest Pollinators (Max: 40 attendees)

- RANK      **Seminars – Session 2 – 3:45 p.m. – 5:00 p.m.**
- RANK      The Art of Charcuterie (Cost: \$10) (Max: 60 attendees) \$10
- RANK      Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees)
- RANK      What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees)
- RANK      Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK      Home Decor – Creative Summer Kitchen Towels (Cost \$10) (Max: 25 attendees) \$10
- RANK      KEHA Leadership Academy Reunion (limited to past Academy members only)
- RANK      Raising Hope Kentucky: Building Connectedness and Community (Max: 60 attendees)
- RANK      Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)

**Wednesday, May 10 - SESSIONS**

- RANK      **Seminars – Session 3 – 8:15 a.m. – 9:30 a.m.**
- RANK      Wardrobe Accessories: The Finishing Touch (Maximum: 60 attendees)
- RANK      Stretching Your Dollar: What to Do When the “Ends” Don’t Meet (Maximum: 60)
- RANK      Emergency Health Information (EHI) Cards – Save a Life (Maximum: 50 Attendees)
- RANK      Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees)
- RANK      Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees) \$2
- RANK      Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK      Herbalicious Cooking (Maximum: 30 attendees)
- RANK      Robert’s Rules of Order Said What?? (Cost \$10) (Maximum: 25 attendees) \$10

- RANK      **Seminars – Session 4 – 1:30 p.m. – 2:45 p.m.**
- RANK      Homemakers, Take the Lead! (Maximum: 50 attendees)
- RANK      Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees)
- RANK      Stretching Your Dollar: What to Do When the “Ends” Don’t Meet (Maximum: 50 attendees)
- RANK      Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees)
- RANK      Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees)
- RANK      Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK      How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
- RANK      KEHA Choir Rehearsal (pre-registered choir members only)

**Tuesday, May 9 - CRAFTS**

- RANK      **Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m.**
- RANK      Let’s Make Soap \$10 \$10
- RANK      Swedish Weaving Embroidery \$10 \$10
- RANK      Flower Pounding Craft \$0
- RANK      English Paper Piecing \$0
- RANK      Snackle Box \$5 \$5
- RANK      Wilderness Flowers in a Mason Jar \$0
- RANK      Daisy Painting \$0

**Wednesday, May 10 - CRAFTS**

- RANK      **Hands-On Crafts Session 2 - 3:30 p.m. - 4:30 p.m.**
- RANK      Let’s Make Soap \$10 \$10
- 1      Swedish Weaving Embroidery \$10 \$10
- 3      Flower Pounding Craft \$0
- RANK      English Paper Piecing \$0
- RANK      Snackle Box \$5 \$5
- 2      Wilderness Flowers in a Mason Jar \$0
- RANK      Daisy Painting \$0

**Thursday, May 11 - TRAININGS**

Please check the Officer and Chairman trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- RANK      **Officer Trainings - Thursday, May 11 - 8:00 a.m.-9:15 a.m.**
- RANK      President  Vice President
- RANK      Secretary  Treasurer

- RANK      **Educational Chairmen - Thursday, May 11 - 9:45 a.m.-11:00 a.m.**
- RANK      Management & Safety  Food, Nutrition & Health
- RANK      Leadership Development  International
- RANK      Cultural Arts & Heritage  4-H/Youth Development
- RANK      Environment, Housing & Energy
- RANK      Family & Individual Development

**STATE MEETING SHIRT \$16**

Qty: \_\_\_\_\_ Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_  
Large \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_ XXXXL \_\_\_\_\_

\$ \_\_\_\_\_

**AMOUNT DUE FROM SESSIONS AND CRAFTS \$ \_\_\_\_\_**

**STATE MEETING SHIRT \$ \_\_\_\_\_**

**TOTAL \$ \_\_\_\_\_**

**PLEASE TRANSFER THIS AMOUNT TO PAGE 5**

## Lincoln Trail Area Homemaker Lesson Ballot Fall 2023 - Spring 2024

**Please return to the Extension Office by April 14, 2023.**

*You can vote as individuals or clubs. If you vote by clubs, remember to put the number of votes in the blank beside each lesson rather than a checkmark.*

### [Environment, Housing, and Energy](#)

#### **NEW!! Radon: A Silent Killer**

Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. Curriculum materials include marketing tools/information flyer, facilitator's guide, publication, PowerPoint, resource list for meeting with radon contractors, and evaluation. *This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.*

### [International](#)

#### **NEW!! Healthy Eating Around the World**

We'll 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'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. *This lesson is part of the International Program of Work for 2022-2024.*

### [Family and Individual Development](#)

#### **NEW!! Self-Care and Self-Pampering**

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help participants take control of their own well-being beyond the basic self-care recommendations (eat, move, manage stress, sleep). This lesson will focus on self-pampering. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories. Program materials will include a facilitator guide, training slides, publications, podcast recordings, mailbox club member materials, and an evaluation. *This lesson is part of the Family and Individual Development Program of Work for 2022-2025.*

### \_\_\_ **NEW!! KEHA Plays Pickleball**

In general, sports are good for physical and mental health. Yet to some, sports are 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 play, and fun to say! Using paddles and light-weight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.

### \_\_\_ **NEW!! Recognizing and Coping with Trauma After a Natural Disaster**

This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. A simple way to think about trauma is to consider the most stress you can handle in response to an uncontrollable event. 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. For example, trauma can occur when lose loved ones, friends, personal possessions, or critical parts of your community. 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.

### \_\_\_ **NEW!! Understanding and Preventing Suicide**

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

## *Food, Nutrition, and Health*

### \_\_\_ **NEW!! Savor the Flavor: Building Flavor with Herbs**

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 herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, crossword puzzle, and five other activity options. *This lesson supports the Food, Nutrition, and Health Program of Work for 2022-2024.*

### \_\_\_ **NEW!! 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. The lesson goal is to increase knowledge about various types of spices

and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, word scramble activity, and five other activity options. *This lesson supports the 2022-2024 Food, Nutrition, and Health Program of Work.*

### \_\_\_ **NEW!! Lead Your Team: Health Literacy for the Win!**

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! 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. Several resources are available to support this lesson including a logo, flyer, facilitator guide, leader lesson letter, PowerPoint presentation, evaluation, Question List for Healthcare Providers, word scramble activity, and three role-playing scenarios.

### \_\_\_ **NEW!! Planning Thrifty and Healthy Holiday Meals**

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste. *(Materials are available at [www.kynep.ca.yky.edu](http://www.kynep.ca.yky.edu), under Agent Login.)*

### \_\_\_ **Making the Most of Meals while Traveling**

For many, planning travel adventures can be just as fun as the trip itself. It is fun to daydream about where you will stay, how you will get there, and what you will do when you arrive — but what about the food and drinks during the trip? Research suggests meals and other food items can make up 25% of a travel budget. Planning and preparation may save money, as well as increase the balanced and nutritious meals eaten while traveling. This lesson will walk through simple and effective strategies to make the most of meals while traveling. Lesson materials include a publication, facilitator guide, leader lesson letter, PowerPoint presentation, evaluation, supplemental handout, word search, and three other activity options.

### \_\_\_ **Healthy Outdoor Cooking Resources**

Spending time outdoors is always fun, but it can be even more fun when you include food. The resource kit for this lesson includes food safety information, outdoor activities, and recipes that meet the Dietary Guidelines for Americans. Participants also may improve mental health by learning about "shinrin-yoku," a Japanese method of forest meditation. In addition to the resource kit, the lesson package will include a facilitator's guide, PowerPoint presentation, reproducible materials for activities, evaluation materials, success story template, and marketing materials. *(Materials available at [www.kynep.ca.yky.edu](http://www.kynep.ca.yky.edu), under Agent Login.)*

## Leadership Development

### \_\_\_ **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. (Lesson materials are available online at: <http://www2.ca.uky.edu/kccl/keld.php>.)

## Management and Safety

### \_\_\_ **NEW!! Handy to Have: Emergency Health Information Cards**

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. *This lesson is part of the Management & Safety Program of Work for 2023-2026.*

\_\_\_ **NEW!! Time Well Spent: Organizing Tips for Increased Productivity.** Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. 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. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, and evaluation.

### \_\_\_ **NEW!! Understanding Your Credit Score**

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

### \_\_\_ **Reducing the Risk of Identity Theft**

Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

### \_\_\_ **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. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.





# Homemaker Lesson

## MARCH 2023

### "Generational Differences"

# What Defined Each Generation?

**Silent Generation**  
1929-1945

Stock Market  
Crash

Great Depression

Pearl Harbor  
End of WWII

Very poor  
childhoods

This generation learned to make do or do without

**Baby Boomers**  
1946-1964

Civil Rights  
Movement

JFK, RFK, + MLK  
Assassinations

Vietnam War  
Cold War

Woodstock  
Roe v. Wade

This generation got very competitive because there were so many of them in their classrooms

**Generation X**  
1965-1980

Smallest  
generation in  
history

Human Rights  
Movements

HIV, AIDS + drug  
culture

Latch Key Kids

This generation is very independent and has many self taught skills

**Millennials**  
1981-1996

September 11 +  
Invasion of Iraq

Recession of the  
2000s

Participation  
ribbons

Internet Explosion

This generation is very cause oriented- want the world better than they got it

**Generation Z**  
1997-2010/2012

Digital Generation

Value diversity  
and inclusivity

School shootings  
+ gun control

Social Media +  
hidden apps

This generation assumes everyone is watching or listening to them all the time

**Gen Alpha**  
2010/2012 - ?

Final years will be  
decided as their  
trends develop

We're still  
learning about this  
generation!



# Generational Differences

## Silent Generation 1929-1945

- Very Loyal  
Value Stability
- Great at Sharing  
Think before Acting
- Do Not Take on  
Leadership Roles
- Like to Stay Busy  
and Be Involved

This generation is the only one to not birth a President

## Baby Boomers 1946-1964

- Very competitive  
Goal Oriented
- Job is first priority  
"workaholic"
- Divorce rate boomed
- Strongly value  
teams + committees

80% of this generation will work past age 65

## Generation X 1965-1980

- Value flexibility +  
work-life balance
- Self Reliant  
Value autonomy
- Very private  
More sarcastic
- Motivated by  
personal benefit

This generation hates to be micromanaged

## Millennials 1981-1996

- Good team players
- Comfortable with  
authority
- Used to highly  
structured,  
overscheduled lives
- Well educated  
Achievement oriented

This generation wants instant feedback and support from supervisors

## Generation Z 1997-2010/2012

- Very Entrepreneurial
- Globally Engaged

We're still learning about this generation!

## Gen Alpha 2010/2012 - ?

- Being introduced to much more at much younger ages

We're still learning about this generation!