



**KENTON COUNTY
HOMEMAKERS NEWSLETTER**
FAMILY & CONSUMER SCIENCES
AUGUST 2023

**Important
Reminders**

Family baseball night August 15
registration by August 4

Homemaker Kick Off August 24
Registration by August 11

Farm Theatre Dinner August 31
Registration by August 18
call Boone Co. 859-586-6101

Save the date for the
4-H Farm to Table Dinner
September 9

**Congratulations
Peggy Haskell**



**Over all
Home Economics
Winner**



AUGUST 2023

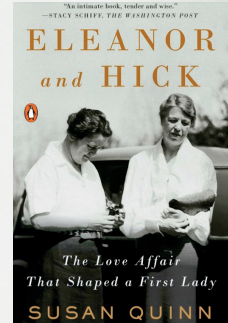
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4 Registration deadline for baseball game night	5	6
7 Exec. Council Meeting 10:00 am Marshall	8	9	10	11 Homemaker Kick-Off Registration Deadline	12	13
14	15 Homemaker Family Baseball Night 6:00 PM	16 State Fair Begins	17	18 Farm Theatre Dinner Registration Deadline	19	20
21	22 Homemaker Council 10:00 AM K Lands	23 Kick Off Set up 10:00 AM	24 Homemaker Kick-Off 6:00PM Marshall Rd.	25	26	27
28	29	30	31 Book Club 6:00PM Larosa's Indp. Farm Dinner Theatre 6:00 p.m. Boone Co.			

Homemaker Club News

Book Club

If you have not joined our book club, why not? We have a great evening socializing, discussing the book we have read, and of course, eating. We will be meeting on July 27th to discuss the book, *The Silent Patient* by Alex Michaelides.

Our August meeting will be on Thursday, August 31st, 6pm at LaRosa in Independence. We will be discussing the book, *Eleanor and Hick* by Susan Quinn. Contact Jackie Waibel or Brenda Clark if you would like a copy of this book to read.



Independence

Independence Homemakers are looking forward to the Kenton County Extension Homemaker Kickoff on August 24, 2023 at the Marshall Rd. office. We hope you will join us for the fun, activities, and food. Check out the information in this newsletter. I also appreciate the opportunity to serve as the next President of the Independence Homemaker Club. This club has a long and successful history and I will do my best to continue to serve our homemakers. I look forward to working with the new officers: Trish, Ann, and Kathy. Our goal is to grow membership and serve the community.

Marla Johnson



Independence Homemaker's Presenting
Showmanship Buckle's to 4-H Youth at County Fair

KENTON COUNTY FAIR 2023

Congratulations to all of our Homemaker winners



Kenton County Homemakers

FAMILY BASEBALL

Night

TICKET ONLY

\$2

TUESDAY

15
AUGUST

FLORENCE Y'ALL'S

VS

EVANSVILLE OTTERS

FLORENCE Y'ALL

THOMAS MOORE STADIUM

7950 Freedom Way, Florence, KY 41042

GATE OPEN AT 6 P.M.

\$2 DRINK • \$2 POPCORN, ICE CREAM CONES • FREE PARKING

Please sign up and Pay at Extension Office By August 4, 2023



Please Join us

2023 Annual

Homemaker Kickoff




August 24, 2023 @ 6:00 PM
10990 Marshall Rd
Cost: \$15.00

- CATERED DINNER ● GAMES ● PRIZES
- HULA DANCING ● BINGO

REGISTRATION & PAYMENT DUE BY AUGUST 11TH

Call 859-356-3155 or
stop by Marshall rd. office to register and pay.



CULTURAL ARTS 2023

Extension Homemaker members who wish to participate in the Cultural Arts Contest may bring their items to the Durr Extension Center on Marshall Road between

August 21st at 8:00 a.m. through August 23rd at 12:00 p.m.

Judging of the items will take place prior to the Homemaker Kick-off and be available to be picked at the conclusion of the Kickoff on August 24th. If you are unable to drop the items off during the designated time please make arrangements to have another person bring them to the office.

We are excited to offer the opportunity to display the Cultural Arts entries throughout the entire kick-off.



2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Below is a list of the basic categories. For Specific details and subcategories go to our Homemaker website at kentoncountyextension.org

- Apparel
- Arts 3-Dimensional
- Art, Natural
- Art, recycled
- Basketry
- Beading
- Ceramics
- Counted Cross Stitch
- Crochet
- Doll/Toy Making
- Drawing
- Embroidery
- Felting
- Holiday Decoration
- Jewelry
- Knitting (Hand)
- Needlepoint
- Painting, Art
- Painting, Decorative
- Photography
- Quilts
- Paper Crafting
- Rug Making
- Wall or Door Hanging
- Weaving
- Miscellaneous

Bringing Awareness Right Now



FARM DINNER THEATER

to Mental Health and Well-Being



Farm Dinner Theater is a unique program that uses drama to convey important messages to the community. The theme of the program focuses on mental health and wellbeing and the important role it plays within our families and the community. During the program, participants will have the opportunity to engage in community conversations about mental health and will receive resources to further those conversations afterward

**THURSDAY
AUGUST 31, 2023
DOORS OPEN @5:30PM**

**DINNER SERVED UPON ARRIVAL
PROGRAM RUNS FROM 6PM-8PM**

LOCATED @ THE BOONE COUNTY
ENRICHMENT CENTER:
1824 PATRICK DR, BURLINGTON,
KY 41005

TO REGISTER CALL-859-586-6101

TICKETS ARE



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



College of
Nursing





RESIDENTIAL SOLAR 101



Join an Owen Electric energy consultant to learn about solar for today's home. Explore the expected payback period, what equipment and space is needed, how it all works, and what to consider for your home.

Information only—no sales, no specific products

Tuesday, September 12, 2023
6:30 p.m.
Boone County Cooperative Extension Service
6028 Camp Ernst Road, Burlington
859-586-6101 or boone.ca.uky.edu to register

Registration appreciated



ADULT HEALTH BULLETIN



AUGUST 2023

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

Kenton County Extension Office
10990 Marshall Rd
Covington, KY 41015
(859) 356-3155

THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.


The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page



Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT
HEALTH BULLETIN

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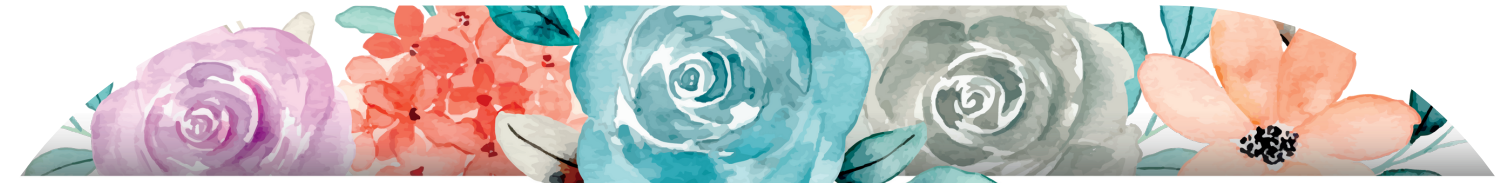


UK Martin-Gatton
College of Agriculture,
Food and Environment

Kenton County Cooperative Extension Service
10990 Marshall Road
Covington, KY 41015-9326

RETURN SERVICE REQUESTED

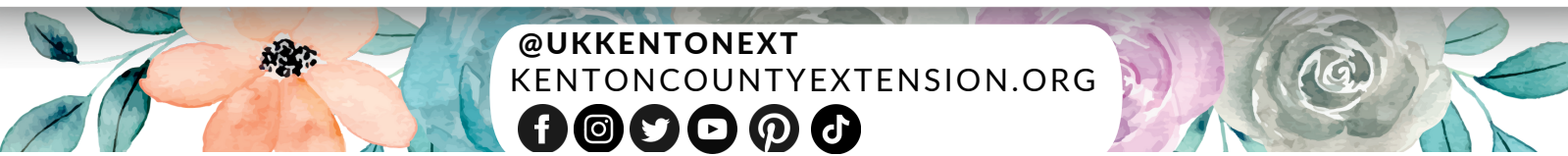
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KENTONCOUNTYEXTENSION.ORG



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LEXINGTON, KY 40546




Disabilities
accommodated
with prior notification.