



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

LYON COUNTY HOMEMAKERS SEPTEMBER 2023



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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences

HELLO HOMEMAKERS,
 IT'S FINALLY HERE. THE START OF A NEW HOMEMAKER YEAR. IT'S TIME TO GET BACK TO CLUB MEETINGS, HOMEMAKER ACTIVITIES, AND LEARNING AND MEETING NEW PEOPLE. PLEASE DON'T FORGET TO BE RECRUITING NEW MEMBERS. OUR ENROLLMENT IS ON AN UPTICK AND WE DON'T WANT TO LOSE THE MOMENTUM. IF YOU MISSED COUNTY ANNUAL DAY, YOU MISSED A-LOT OF FUN. SEEING 13 LYON COUNTY VETERANS RECEIVE A QUILT FOR THEIR COURAGE WAS AWE INSPIRING. THE STORIES OF BRAVERY IN THE ROOM THAT DAY WERE SO AMAZING. WE ALSO HAD A LITTLE UNEXPECTED CAKE AUCTION AND WERE ABLE TO RAISE \$112.50 FOR THE HOMEMAKER GENERAL FUND. WITH THAT BEING SAID, AREA ANNUAL DAY IS ON THE HORIZON AND IT WILL ALSO BE A GREAT TIME. MAKE SURE TO PAY AND SAVE YOUR SEAT BEFORE THE DEADLINE. OUR FRIENDS IN CRITTENDEN COUNTY ARE WORKING HARD TO GIVE YOU A FUN DAY OUT AND ABOUT. I'M LOOKING FORWARD TO A GREAT HOMEMAKER YEAR AHEAD!

-ANGIE

County Annual Day 2023- Highlights





\$15 Registration Fee is due to the Lyon County Extension Office by October 13, 2023.

THE CRITTENDEN COUNTY HOMEMAKERS HAVE GIVEN YOU A GREAT OPPORTUNITY. PLEASE MAKE SURE TO GET YOUR REGISTRATION IN ON TIME. NOT ONLY WILL YOU GET GREAT HOMEMAKER FELLOWSHIP, BUT YOU WILL GET TO HEAR ONE OF THE GREATEST BLUEGRASS GROUPS ON THE CIRCUIT TODAY. MORE INFORMATION ABOUT CLASSY AND GRASSY CAN BE FOUND AT:

[HTTPS://WWW.THESINGLETONBROTHERS.COM/](https://www.thesingletonbrothers.com/)

Save The Date

If you have been in Lyon County Homemakers for a while, you know how fun Pretend Store is for both the Homemakers and the children we are serving. We have not been able to have a traditional Pretend Store since 2019, but that changes this year. Please mark your calendars for December 5, 2023 for Pretend Store Set-up and December 6, 2023 for Pretend Store with the kids. Times for each day will be communicated at a later date. If you have never been a part of this program, in the meantime, please start collecting items for the preschoolers to "purchase" for their families. **PLEASE READ THE FOLLOWING:** there is no room at the Extension Office for donations. They will need to be dropped off at Lee S Jones Convention Center on December 5, 2023 at the designated time.



October Homemaker Leader Lesson

This month's leader lesson is on "Recognizing and Coping with Trauma after a Natural Disaster." The lesson will be offered at the Lyon County Extension Office at 10:00 AM on September 26, 2023. The club lesson leaders and anyone else interested in the topic is welcome to attend. Tiffany Bolinger, FCS agent in Christian County will be offering the lesson.

Senior Citizen's Nutrition Class



JOIN ME SEPTEMBER 19, 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.

HOMEMAKER DUES 2023

Starting September 1, 2023 we will begin collecting Homemaker dues for this year. In past years we have had a couple of issues that need to be addressed so that everyone can access all the benefits of being a state KEHA member. First, if you are joining Homemakers as a member-at-large, those dues must be paid to either Miranda or Olivia. Member-at large dues cannot be paid to a club treasurer, even if you attend a club meeting every month. If you enjoy the club meetings and identify with that group, the best practice would be to pay club dues to that club. If you want to be a member-at-large the dues must be paid to the county and not run through a club treasury or treasurer. Secondly, the hard deadline for dues to be paid is December 1, 2023. If we don't receive dues by that date, you will not be eligible to be a full KEHA member for that year. When you pay dues in January or February, you are unable to enter items into the Cultural Arts competitions or receive state correspondence with state activities. The cost for dues this year is \$12. Please mark your calendars now to make sure you get your dues paid by December 1, 2023. Friends don't let friends forget to pay their dues, so make sure to spread the word!

September Scarf Service Project

Homemakers help is needed to make scarves for the Lyon County Family Resource Center. A variety of wool blend and fleece fabric has been donated for the project. Scarves will be used with their October winter coat project and December Christmas tree project. Workday is scheduled Wednesday September 20, 9:30-2:30. Sign up preferred but not required. Help hide serger strings, iron out wrinkles, roll finished scarves and cut fabric. Bring a large hole darning needle to hide serger threads. Sewing machines are not needed. If you cannot attend and want to help at home, call Sharon Gates 270-601-1001 for supplies.

Quilty Pleasures Quilt Retreat

September 27 and September 28, 2023

LAST DAY TO SIGN UP FOR THE RETREAT IS SEPTEMBER 11, 2023. NO LATE SIGN-UPS WILL BE ACCEPTED.

September 27
O Tannenbaum

September 28
My Flowers in Bloom



Classes will be
from 9 AM to 4 PM
daily.



Kenlake State Resort Park

542 Kenlake Road, Hardin, KY 42048

Lunch is Provided - registration for each day is \$25 - Door Prizes and Fun included in the price. September

28th class has a \$10 pattern fee. Reserve your spot by calling 270-388-2341

Must pay to reserve spot - Supply list will be given upon payment

ADULT HEALTH BULLETIN

SEPTEMBER 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>

THIS MONTH'S TOPIC:

STRETCH YOUR BOUNDARIES — TRY YOGA!



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana).

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Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



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Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

REFERENCES:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
 Edited by: Alyssa Simms
 Designed by: Rusty Manseau
 Stock images: 123RF.com

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 Lexington, KY 40506



Saratoga Homemakers Yard Sale

Saturday, September 16, 2023
 9 AM to 2 PM
 At the Pavilion in the city Park
 Eddyville, KY

Household items, seasonal decorations, jewelry, books, CD's, crafts, and so much more!

Funds from sales at the yard sale will be used to sponsor 4-H and Sheriff's Ranch camps