

## FAMILY & CONSUMER SCIENCES



**Cooperative Extension Service**  
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# Anderson County Extension Family & Consumer Sciences Newsletter Summer, 2025 Building Strong Families



### Important Dates:

**June 2**—Quilt Guild, 5:30 p.m.  
**June 3**—WITS Workout, 10—11:30 a.m.  
**June 5**—EH Project Day, 9—2:30 p.m.  
Homemaker Annual Meeting, 5—9 p.m.  
**June 7**—Basket Guild, 10—3 p.m.  
**June 10**—WITS Workout, 10—11:30 a.m.  
**June 12**—Lunch & Learn, 11 a.m.  
**June 14**—2nd Saturday Sew, 10—4 p.m.  
**June 17**—WITS Workout, 10—11:30 a.m.  
**June 21**—Craft Supply Fundraiser, 9—3 p.m.  
**June 24**—WITS Workout, 10—11:30 a.m.  
**June 26**—EH Council Meeting, 10 a.m.  
**June 28**—Quilting Bees, 10—4 p.m.  
**July 1**—WITS Workout, 10—11:30 a.m.  
**July 4**—**Extension Office Closed, Independence Day**  
**July 5**—Basket Guild, 10—3 p.m.  
**July 7**—Quilt Guild, 5:30 p.m.  
**July 8**—WITS Workout, 10—11:30 a.m.  
**July 10**—EH Project Day, 9—2:30 p.m.  
**July 12**—2nd Saturday Sew, 10—4 p.m.  
**July 15**—WITS Workout, 10—11:30 a.m.  
**July 17**—Lunch & Learn, 11 a.m.  
**July 18**—Home, Craft & Garden Fair Workers Training, 1 p.m.  
**July 22**—WITS Workout, 10—11:30 a.m.  
**July 24**—Home, Craft and Garden Fair, Extension Office, exhibit entry from 9—11 a.m.  
**July 29**—WITS Workout, 10—11:30 a.m.

### Lunch & Learn

**June 12, 11:00 a.m.—12 p.m.**

**July 17th, 11—12 p.m.**

**Call the Extension Office at 839-7271  
to register!**

**FREE!!**

Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing “Rice and Bean Salad” in June and “Chicken Burgers” in July!



**PLEASE!!  
NOTE**

*Homemakers, please turn  
in Volunteer Hours to the  
Extension Office before  
July 5th!*

### 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

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Disabilities  
accommodated  
with prior notification.

### A Message From The County President:

Relax, Indulge, Enjoy! What a great theme for summer and our County Annual Meeting! Thursday, June 5 we are going to gather for a fun evening of food, fellowship, gifts, and pampering. Every member of every club is invited to attend and that includes YOU! We eat at 5:30, followed by fun. We're asking you to call the extension office 839-7271 so we know how many to prepare for, but if you forget to call, come anyway. There's always room for one more. We will be electing a new County President and Secretary so if you're interested throw your hat in! Hope to see you then!

*Mattie Spaulding  
Acting County President*



### KEHA State Cultural Arts Contest



Congratulations to Marsha Cole and Peggianna Conway, who won blue ribbons at the State KEHA Cultural Arts Contest!



## Tips for a Healthy June:

- Stay Hydrated: With rising temperatures, it's important to drink plenty of water.
- Sunscreen: Protect your skin from harmful UV rays by applying sunscreen regularly.
- Physical Activity: Incorporate physical activity into your daily routine to maintain physical and mental well-being.
- Healthy Eating: Enjoy seasonal fruits and vegetables to boost your nutrient intake.

## Awareness for June:

June is Alzheimer's & Brain Awareness Month (Encourage healthy habits like regular exercise, a balanced diet, and mental stimulation to support brain health.)

National Home Safety Awareness Month (Implement safety measures in and around the home, such as fire safety, fall prevention, and water safety.)

Child Vision Awareness Month (Ensure children have regular eye exams and address any vision concerns.)

Men's Health Awareness Month

National Family Month

World Environment Day June 5<sup>th</sup>



## Helping Older Adults Plan for Natural Disasters

Source: Amy Kostelic, associate professor UK School of Human Environmental Sciences

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.



It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

*Susan Campbell*

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Development/FCS

Kennedy Hannah, Anderson County  
FCS Agent