

# Anderson County Extension Family & Consumer Sciences Newsletter April 2023 Building Strong Families

**Cooperative Extension Service**

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**Important Dates:**

- April 1**—Basket Guild Meeting, 10 a.m.
- April 3**—Quilt Guild Meeting, 6:00 p.m.
- April 6**—County Cultural Arts Contest:  
9—11 a.m. drop-off items  
12 p.m. judging  
1 p.m. viewing  
1:30 p.m. item pick-up
- April 8**—2nd Saturday Sew, 10:00 a.m.—4 p.m.
- April 10**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.
- April 27**—Homemaker Council Meeting, 10 a.m.
- April 28**—Leader Training, 10 a.m.  
“Living with Loss” (Zoom/Watch Party at  
Extension Office)
- May 9-11, 2023**—KEHA Annual Meeting, Crowne Plaza,  
Louisville

**“Living with Loss”**

April 28th at 10 a.m.

(Zoom/Watch Party at Extension Office)

Living with Loss: While this series concentrates on loss because of death, it is important to keep in mind that loss comes in many forms that involve changes and endings—loss of a job, house, relationship, pet, various life transitions, health, ability, independence, etc. Grief is the reaction to loss. Grief is unique to each person and can intensely affect a person’s thoughts and emotions, as well as a person’s physical, behavioral, and spiritual self. Talking about self-care and how to manage grief is important because it helps people learn how to adjust and keep on living after loss. This lesson focuses on processing, coping, and healing.

Hello Everyone,

Senior Center Bakers for April 2023:

- 4-7 Donna Nicolette
- 4-14 Marsha Cole
- 4- 21 Kay Scheffler
- 4-28 Joan Beard

Thank you ladies!



For everyone who has items in library case, Marsha will have them back to Extension office March 30th so please pick up from there.

April 6th is Homemakers Cultural Arts. Lets see if we can have everyone bring at least one thing to display.

April 27 is next council meeting at 10 a.m. All home-makers are welcome to attend.

Everyone enjoy the weather while we have it!

*Donna Nicolette*

Anderson County Homemaker President



## A Watch and A Warning: What's the Difference?

This article is from the Extension publication, "In the Face of Disaster, Preparing Your Family and Home Before a Natural Disaster" by Hardin Stevens, Miranda Bejda, and Nichole Huff.

Springtime in Kentucky is a beautiful time of year with days warming, cool evenings, the trees and flowers starting to bloom, and the bluegrass of the Commonwealth turning green.

Springtime is also a time of year when severe weather can be a real threat. Additionally, with climate change, weather patterns have become even more unpredictable. How can someone prepare for what severe weather in Kentucky can bring?

"When a dangerous weather event is forecast or occurs, the National Weather Service (NWS) may issue different types of alerts in your area. Learn more at <https://www.weather.gov/>. Generally, you can receive three types of emergency alerts: advisory, watch, or warning.

- A weather **advisory** lets you know that a non-life-threatening hazard is expected nearby.
- A weather **watch**, such as a tornado watch, recommends that you get prepared. A hazard in your area may occur.
- A weather **warning**, such as a thunderstorm warning, informs you a hazard is already occurring or will likely occur soon. These hazards are expected to have serious impacts. During a weather warning, you should act as local authorities and disaster alerts advise to keep yourself and those around you safe.

The Federal Emergency Management Agency (FEMA) notes not every hazard or disaster has each level of alert - some hazards may arise too quickly to provide an advisory or watch. For more information on the emergency alerts you may receive, visit <https://www.ready.gov/alerts>."

By educating yourself regarding emergency terminology and staying informed about weather conditions, you could save your life and those around you.

### References

<https://spectrumnews1.com/ky/louisville/weather/2022/04/11/spring-brings-tornadoes--but-which-month-sees-the-most-#:~:text=Tornadoes%20become%20more%20common%20in,%2C%20Oklahoma%2C%20Mississippi%20and%20Alabama>.

**Source:** Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2023



## Managing Seasonal Allergies



The onset of seasonal allergies and asthma cause a host of problems for the person suffering from them. It also places a substantial burden on the health-care system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.

- Avoid outdoor activities during high pollen levels.
- Change your clothes after working outside during the spring months.
- If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.
- Keep your windows and doors closed.
- If your symptoms persist and become unmanageable, ask your health-care provider for help.

### References

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.

Staff, M. C. (2022). *Seasonal allergies: Nip them in the bud*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>

**Source:** Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Safety

## KEHA News and Notes:

**2023 KEHA State Meeting Updates** – Registrations are arriving daily for the KEHA State Meeting May 9-11, 2023, at the Louisville Crowne Plaza. Visit the [KEHA State Meeting](#) website for information on making room reservations, registering for the event, and other details. The following are a few important highlights to note.



### Overnight Rooms

Rooms have been added to the group block and are now available at the conference rate until April 10. Use the link at the [State Meeting](#) website.

If you have previously booked a room that was not at the conference rate, contact Kathi Lucky at [klucky@ajshotels.com](mailto:klucky@ajshotels.com) or 502-569-4525.

- If you are holding rooms you no longer need, please let them go for someone else to reserve BEFORE April 10.

If you have rooms you no longer need AFTER April 10, please contact your county FCS Agent before releasing them so we can try to switch it to someone waiting for the group rate.

### Session Registration

- The following learning sessions are full:

- Session 1 on 5/9 – Herbalicious Cooking, Edible Plants and Flowers in Your Landscape, Pots - Plants and More, and Beginning Shuttle Tatting

- Session 3 on 5/10 – Herbalicious Cooking

- The following hands-on craft sessions are full:

- Session 1 on 5/9 – Swedish Weaving Embroidery, Flower Pounding Craft, English Paper Piecing, Daisy Painting

- Session 2 on 5/10 – Swedish Weaving Embroidery, Flower Pounding Craft, English Paper Piecing, Wilderness Flowers in a Mason Jar, Daisy Painting

The fillable PDF of the registration form on the [State Meeting](#) page has been updated to reflect this. Refunds of the class fee will be issued after State Meeting for anyone whose payment was received after a class reaches capacity.

### Other Meeting Notes and Reminders

- **Pricing:** The state meeting is utilizing a new pricing structure. You may register for the full conference or two days and the general session luncheons are included. Discounted rates are available until April 10. Late registration must be postmarked by April 24 at the latest.
- **Schedule change:** This year's opening banquet is a luncheon at 11:45 a.m. on Tuesday, May 9, featuring a keynote speaker from the Kentucky Derby Museum. Attendees are encouraged to wear the colors of nature you might see on a hike – yellow for the sun, green for the grass, blue for the sky, other bright colors to represent the flowers blooming.
- The general session on Wednesday, May 10, will feature a performance by the KEHA Choir.
- The awards luncheon will wrap up the meeting on Thursday, May 11.
- **Silent Auction:** Each county is encouraged to bring an item to the State Meeting for the silent auction. Proceeds will help offset the costs associated with KEHA State Meeting.
- **Raffle Basket:** Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program. As always, thank you for your generosity and help in providing these items for the conference!

## Continued From KEHA News and Notes:

- **Quilt Square Auction and Showcase:** Members are invited to make a 12-inch finished quilt square for entry. Details are available in the [KEHA Newsletter](#). Proceeds will help offset costs associated with the KEHA State Meeting.
- **Homemaker Showcase:** The deadline has been extended! [Forms](#) are now due to Henrietta Sheffel **by April 5**. Each area can have up to two displays. These may be club, county, or area projects. Each state educational chairman also can submit one showcase display. Note that KEHA Development Grant winners may also submit a showcase display.
- **Cultural Arts:** Check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Check out will be 4-5 p.m. Wednesday in two groups. Details are outlined in the [state newsletter](#).
- **Master Farm Homemakers Guild:** Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. However, this year there will be a separate registration for this event. Members should look for details from the guild.
- **KEHA choir:** The choir is open to new members. They rehearse for one hour and do one performance during State Meeting. To join or for more information, contact Wendy Hood at [Wendy7hood@icloud.com](mailto:Wendy7hood@icloud.com).

**Quilts for Courageous Kids** – The Center for Courageous Kids in Scottsville, Ky., is in need of 100 new twin size bed quilts. Needed size is 64 inches by 86 inches and can be homemade or store bought. Drop off at The Center for Courageous Kids, 1501 Burnley Rd., Scottsville, KY, or bring them to the KEHA State Meeting in Louisville where we will have a collection point. If you have questions, contact Joanie O'Bryan at [jobryan@courageouskids.org](mailto:jobryan@courageouskids.org) or 270-618-2900.

**2023 KEHA State Board Elections** – Qualified candidates are encouraged to submit credentials by the April 8 deadline. Credentials are sought for a total of six positions to be elected in May 2023: First Vice President; Treasurer; Environment, Housing, & Energy Chair; Food, Nutrition, & Health Chair; Leadership Development Chair; and Marketing and Publicity Chair. Visit <https://keha.ca.uky.edu/2023-state-board-elections> for more information.

**Membership Update** – The total membership for this year is 11,229! This is an increase from last year. A complete membership report will be shared in voting delegate packets at the KEHA State Meeting.

### Dates to Remember

- April 8 – Postmark deadline for state officer and chair credentials ([see KEHA Manual Appendix, pages 6-9](#))
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting AND ending date for the group room block at the Crowne Plaza.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.

**KEHA State Meeting: All Fort Harrod Area ladies meet for an Area photo after the opening banquet near the head table.**



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*

Susan Campbell, Anderson County  
Extension Agent for 4-H/Youth Development