

**Anderson County Extension
Family & Consumer Sciences
Newsletter
May 2023
Building Strong Families**

Cooperative Extension Service

Anderson County
1026 County Park Road
Lawrenceburg, KY 40342
(502) 839-7271
Fax: (502) 839-9829
anderson.ca.uky.edu



Important Dates:

- May 1**—Quilt Guild Meeting, 6 p.m.
- May 4**—Project Day, 9—4 p.m.
- May 6**—Basket Guild, 10—3 p.m.
- May 8**—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
- May 13**—2nd Saturday Sew, 10:00 a.m.—4 p.m.
- May 25**—Homemaker Council Meeting, 10 a.m.
- May 9-11, 2023**—KEHA Annual Meeting, Crowne Plaza, Louisville
- June 8**—End of Year Meeting, 6—8 p.m.
- June 12**—Carolina Star Class, 12 noon
- June 19—24**—Home, Craft and Garden Fair/
Floral Hall, American Legion Building at
the Fairgrounds

Hello Everyone,

Just a couple things I need to share.

First June 12th we will have Carolina (snow flakes) Stars at noon. We will make three each. These are really nice gifts. Cost is 35.00. Please shoot me a message or call (502-604-1308) with questions and let me know you would like to join us.

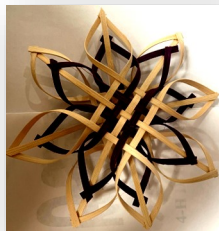
June 8th is our annual meeting from 6-8 pm. Little Circle is doing dinner and Friendship is doing decorations. Please plan to attend! This is for all Homemakers.

Have a wonderful summer!



Donna Nicolette
Anderson County Homemaker President

**Carolina Star Class
June 12th at 12 p.m.**



Make 3 of these beautiful stars! Cost is \$35 and all materials are provided. Bring a bag lunch!

R.S.V.P. by calling the Extension office at 839-7271 before June 9th.

Home, Craft and Garden Fair Catalogs will be available for pickup at the Extension Office on Monday, May 1st.



Financial Considerations in Retirement

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation, which is the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Anderson County Extension Office.

Source: Nichole Huff, Extension Specialist for Family Financial Management

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



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

Blue Ribbon winners from 2023 Cultural Arts Contest

1	Apparel, Accessory	Rhonda Barnett	Teal and Red Tote Bag
2	Apparel, Basic Sewing	Kayla Hammond	Ninja Turtle Shirt
3	Apparel, Specialty	Garnetta Smith	Rotary Cases
4	Art, recycled clothing	Kayla Hammond	Cranberry dress
5	Art, Recycled paper	Garnetta Barnette	Calendar into a box
6	Art, Sculpture	Rhonda Barnett	Fleur d' Lis'
7	Basketry, Plain	Joan Beard	White coiled rope
8	Basketry, Novelty	Marsha Cole	Carolina Star
9	Basketry, Dyed Material	Marsha Cole	Red and gray
10	Crochet, Afghan	Betty Jo Moss	Multi color baby Afghan
11	Crochet, Fashion	Garnetta Barnette	Stocking
12	Embroidery	Joan Beard	Blue pouch
13	Holiday Decorations, Autumn	Marsha Cole	Fall Table runner
14	Holiday Decorations, Winter	Marsha Cole	Christmas basket
15	Holiday Decoration, Spring	Linda Marean	Paisley print drawstring bag
16	Holiday Decoration, Summer	Linda Marean	Watermelon pillow
17	Holiday Decoration, Other	Linda Connelly	Santa on Slate
18	Jewelry, Original Design	Garnetta Barnette	Necklace Butterflies
19	Needlepoint, cloth	Marsha Cole	Angel ornament
20	Painting, Art	Kay Scheffler	Fall Gnomes
21	Painting, Decorative	Linda Connelly	Santa on Slate
22	Paper Crafting	Garnetta Barnette	Origami Fishbowl
23	Photography, Black and White	Garnetta Barnette	Black and White dog
24	Photography, Color	Kayla Hammond	Child on slide, yellow
25	Quilts, Lap size	Betty Jo moss	River Path
26	Quilts, Machine Quilted	Rhonda Barnett	Quilted Ghosts
27	Quilts, Miscellaneous	Betty Jo Moss	Christmas Table Runner
28	Quilts, Novelty	Marsha Cole	Christmas Table Runner
29	Wall Hanging, Fabric	Linda Marean	Pretty Posey
30	Wall Hanging, Other	Garnetta Barnette	Dog, Diamond Dots
31	Miscellaneous, Pillow	Garnetta Smith	Patchwork pillow

BLUE RIBBON WINNERS FROM 2023 FORT HARROD AREA CULTURAL ARTS CONTEST

APPAREL	<i>Accessory</i>	Rhonda	Barnett	teal and red bag
APPAREL	<i>Specialty</i>	Garnetta	Smith	Rotary Cutter Cases
ART, 3-Dimensional	<i>Sculpture</i>	Rhonda	Barnett	Fleur d' Lis
ART, RECYCLED	<i>Clothing</i>	Kayla	Hammond	Cranberry and blue dress
ART, RECYCLED	<i>Household</i>	Garnetta	Smith	pillow
BASKETRY	<i>Dyed Material</i>	Marsha	Cole	red and grey
BASKETRY	<i>Novelty</i>	Marsha	Cole	Carolina Star
BASKETRY	<i>Plain</i>	Joan	Beard	White coiled rope
CROCHET	<i>Fashion</i>	Garnetta	Barnett	Fashion stockings
HOLIDAY DECORATIONS	<i>Autumn</i>	Marsha	Cole	Table topper fall orange
HOLIDAY DECORATIONS	<i>Summer</i>	Linda	Marean	Watermelon pillow
JEWELRY	<i>Original Design</i>	Garnetta	Barnett	Fabric necklace
NEEDLEPOINT	<i>Cloth Canvas</i>	Marsha	Cole	Angel
QUILTS	<i>Novelty (machine quilted) (stenciled, embroidered, miniature, etc.)</i>	Marsha	Cole	Christmas table runner
QUILTS	<i>Miscellaneous (hand or machine quilted)</i>	Betty Jo	Moss	Baking Christmas
PAPER CRAFTING	<i>Origami</i>	Garnetta	Barnett	Origami fish bowl

ADULT HEALTH BULLETIN



MAY 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: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

→ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



**MARTIN TOURS, INC.
224 LOGAN AVE.
STANFORD, KENTUCKY 40484
866-346-8687**

TOUR: CANDLELIGHT CHRISTMAS AT THE BILTMORE

GROUP: FT. HARROD AREA HOMEMAKERS

DATE: DECEMBER 6-7, 2023

**COST: \$509.00 PER PERSON Double Occupancy
\$502.00 PER PERSON Triple Occupancy
\$495.00 PER PERSON Quad Occupancy
\$50.00 secures your seat.
Balance due October 15, 2023**

**PRICE INCLUDES: Transportation by motor coach; rooms,
luggage handling, all items in bold print.**

Let's get an early start on Christmas with a **Candlelight Evening at the Biltmore House**. We will enjoy dinner at the **Stable Cafe**, plus a **Candlelight tour of the Biltmore House**, built by **George Vanderbilt, grandson of "Commodore" Vanderbilt**. This stately old mansion will be decorated with ribbons, evergreen garlands, flowers and the Christmas aroma will be ever present. This will be an evening you will always remember. **Included is one breakfast.**

Please mail checks to:

Martin Tours

PO Box 230

Gladeville, TN 37071

Include the trip name and your roommate(s) name(s)

THANKS FOR TRAVELING WITH MARTIN TOURS!!!!!!

.....
April 20 through June 15 open to Fort Harrod Area Homemakers
June 16 through August 14 open to any Kentucky Homemaker
After August 15 open to the public

For questions contact Wendy Hood, Fort Harrod Area Homemaker President
859-613-2575 wendy7hood@icloud.com