

## FAMILY & CONSUMER SCIENCES



# Anderson County Extension Family & Consumer Sciences Newsletter May, 2025 Building Strong Families

**Cooperative Extension Service**  
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### Important Dates:

**May 3**—Basket Guild, 10—3 p.m.  
**May 5**—Quilt Guild, 5:30 p.m.  
**May 8**—EH Project Day, 9—2:30 p.m.  
**May 10**—2nd Saturday Sew, 10—4 p.m.  
**May 12**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.  
**May 13**—WITS Workout, 10—11:30 a.m.  
**May 17**—Homemaker Craft Day, 10—2 p.m.  
**May 20**—WITS Workout, 10—11:30 a.m.  
**May 22**—Homemaker Council Meeting, 10 a.m.  
**May 24**—Quilting Bees, 10—4 p.m.  
**May 26**—Extension Office Closed  
**May 27**—WITS Workout, 10—11:30 a.m.  
**May 29**—Lunch & Learn, 11 a.m.  
**June 5**—Homemaker Annual Meeting, 5—9 p.m.  
**July 24**—Home, Craft and Garden Fair



The Anderson County  
Extension Office will be  
closed Monday, May  
26th in recognition of  
Memorial Day.

## Lunch & Learn

May 29, 11:00 a.m.—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 “Banana Pancakes” this month!



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Disabilities  
accommodated  
with prior notification.

## A Message From The County President:

I'm very EXCITED about our upcoming County Annual Meeting on June 5. Our theme will be Relax, Indulge & Enjoy. It will be interactive with a chance for everyone to make some neat items to pamper ourselves with.

Each club will furnish a door prize and part of our meal. There will be giveaways and goody bags. Of course we'll have a business meeting but that will be kept short. We will need to elect a new county president and county secretary. If you or someone you know is interested in these offices please let me know. We will also be presenting awards for Homemaker of the Year, Quilter of the Year, and Living Legend Award. Take a moment to nominate someone you think has worked hard and deserves the recognition. They are due to the extension office May 20.

Plans for the Home Craft and Garden Fair are in full swing, too. It will be held back at the extension basement July 24 and we will need lots of workers and lots of exhibits. Let us know how you can help or just show up to work. Mark your calendars!

These are times for our whole countywide membership to come together to get to know each other better and make these events a big success. Be sure to make your reservation for our June 5 meeting by calling the extension office.

*Mattie Spaulding*  
Acting County President



## KEHA State Cultural Arts Contest

Congratulations to all those who won ribbons at the Area level! Area winners will compete at the KEHA State Cultural Arts Contest at the State Meeting on Tuesday, May 6th. Blue ribbon winners from the Area Cultural Arts Contest should bring their items to the Anderson County Extension Office before 4:30 p.m. on Monday, May 5th.

Those who won blue ribbons at the Area contest are:

Marsha Cole, Sewing, table runner  
Peggianna Conway, Art, Snowflake  
Marsha Cole, Basketry, Teal basket  
Marsha Cole, Needlepoint, Angel

Joan Beard, Painting, Painted Chicken  
Peggianna Conway, Quilts, Anita Arrowhead  
Sue Shelton, Quilts, Lighthouses  
Peggianna Conway, Paper Crafting, Flowers



## Garden Your Way to Better Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

1. **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
2. **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
3. **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
4. **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
5. **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

### References

[Gardening for Health: a Regular Dose of Gardening by Richard Thompson](#)  
[Home Vegetable Gardening in Kentucky](#)

Source: Monica Mundy, Extension Specialist for Community and Family Health



## Spring Cleaning for Your Mental Health

Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do.

On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:



1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your local Anderson County Extension office for more information on how to spring clean your house.

# HAPPY SPRING!

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>

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

Susan Campbell, Anderson County  
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Development/FCS

Kennedy Hannah, Anderson County  
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