FAMILY & CONSUMER SCIENCES

Anderson County Extension Family & Consumer Sciences Newsletter October, 2024 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:

October 7—Quilt Guild, 6 p.m.

October 10—EH Project Day, 9—4 p.m.

October 12—2nd Saturday Sew, 10—4 p.m.

October 14—Little Circle, 12 p.m.

Friendship Circle, 5 p.m.

October 16—"Healthy Eating Around the World," 11 a.m.—1 p.m., Boyle County, Leader Lesson,

Flyer attached to newsletter

October 17—11 a.m. meet at Extension Office to carpool to Evergreen Restaurant in celebration of Homemaker Week

October 19—Homemaker Bazaar, 9—4 p.m.

October 24—Lunch & Learn, 11:00 a.m.; Council Meeting, 12 p.m.

October 25-26—Heritage Craft Camp, Boyle County October 26—Quilting Bees, 10—4 p.m.







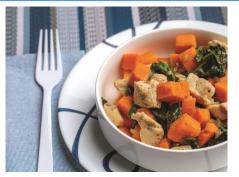
Lunch & Learn

October 24, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271 to register!

Join the homemakers as our FCS Agent demonstrates recipes from the 2024 Food and Nutrition Recipe Calendar! He will be sharing "Sweet Potato Hash" this month!

Lexington, KY 40506



Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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Congratulations to Garnetta!

Garnetta Barnette is one of our homemaker members, a Master Volunteer in Clothing Construction, and leader of the Second Saturday Sew program. She entered this quilt in the 2024 Kentucky State Fair in the two person quilt category. Garnetta pieced it and her sister, Linda Sanford, quilted it. It won a blue ribbon in the category and one of the three Best of Show ribbons. Congrats Garnetta and Linda!



Fall is the Perfect Time for Annual Vaccines

Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.

Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.



Source: Katherine Jury, Extension Specialist for Family Health





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

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

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

Susan Campbell

Kennedy Hannah, Anderson County FCS Agent