

# 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 car-pool 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.

**KEHA Week 2024**  
**October 13<sup>th</sup>-19<sup>th</sup>**  
**Become an Olympic**  
**Extension Homemaker**



fppt.com

### **Lunch & Learn**

**October 24, 11:00 a.m.—12 p.m.**

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

**FREE!!**

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!



### **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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## **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.



**Reference:** <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

**Source:** *Katherine Jury, Extension Specialist for Family Health*

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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/FCS

Kennedy Hannah, Anderson County  
FCS Agent