

## FAMILY & CONSUMER SCIENCES



# Anderson County Extension Family & Consumer Sciences Newsletter

## September, 2025 Building Strong Families

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

**September 1**—Extension Office Closed  
**September 2**—WITS Workout, 10—11:30 a.m.  
**September 3**—Quilt Guild, 5:30 p.m.  
**September 4**—EH Project Day, 9—2:30 p.m.  
**September 4 & 5**—"It's Sew Fine", Boyle County  
**September 6**—Basket Guild, 10—3 p.m.  
**September 8**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.  
**September 9**—WITS Workout, 10—11:30 a.m.  
**September 13**—2nd Saturday Sew, 10—4 p.m.  
**September 16**—WITS Workout, 10—11:30 a.m.  
EH Council Meeting, 5:30 p.m.  
**September 20**—Homemaker Craft Day, 10—2 p.m.  
**September 23**—WITS Workout, 10—11:30 a.m.  
**September 25**—Lunch & Learn, 11 a.m.  
**September 27**—Quilting Bees, 10—4 p.m.  
**September 30**—WITS Workout, 10—11:30 a.m.  
**October 10**—Fort Harrod Area Homemakers Annual  
Meeting, Garrard County  
**October 18**—Homemaker Bazaar, 9—5 p.m.  
**October 25**—Ft. Harrod Area Heritage Craft Camp

### Fort Harrod Area Heritage Craft Camp

October 25, 2025

Boyle County Extension Office



Catalog available on both Boyle  
County Extension and Anderson  
County Extension websites!  
Hard copies are available at the  
Anderson County  
Extension Office.

### Lunch & Learn

September 25, 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 "Grits, Greens, and Egg Bowl" in September!



### 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

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Disabilities  
accommodated  
with prior notification.

## September is Healthy Aging® Month

A lot of organizations and initiatives contribute to Healthy Aging Month to help promote health and prevent disease across the lifespan. To age healthfully, it is important to maintain physical, mental, social, and financial well-being. With a back-to-school mentality, the founders of Healthy Aging Month thought September was a good time to embrace an active, healthy lifestyle. To embrace healthy aging, follow these tips:

- **Move more, sit less.** Choose fun activities that keep you moving. Physical activity helps control blood pressure, supports heart health, and can lower risk for certain cancers, type 2 diabetes, depression, and anxiety. The CDC recommends 150 minutes of moderate-intensity physical activity per week and two days of strength-training to work your muscles.
- **Prioritize mental health.** Nurturing mental health includes managing stress, maintaining social connections, practicing self-compassion, focusing on self-care, getting enough sleep, and engaging in mentally stimulating activities.
- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer, get involved in your community or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new acquaintances. Connect with old friends online. Walk your dog and meet new neighbors.
- **Boost financial wellness.** With a clear picture of your expenses, set your budget and monitor your spending. Put away money for emergencies, make saving and investing plans automatic, increase retirement contributions each year, build savings and pay down debt, and take advantage of financial education and tools to create financial goals and steps to achieve them.



It is also important to schedule annual check-ups with your health-care provider. Your health-care provider can help you stay on top of your health and health screenings.

**Reference:** Healthy Aging. September is Healthy Aging® Month Celebrates 30 Years. (2025). Retrieved April 15, 2025 from <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month-celebrates-30-years/>

**Source:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



### “Selecting Sheets”

#### *Leader Lesson for September*

September 23rd, 10 a.m.

Attend in person at

Mercer County Extension Office

Or Watch video on the Fort Harrod FCS Agent Youtube page

Covers everything you need to know about buying sheets!

### 2025-26 KEHA Homemaker Membership

*It's time to complete those homemaker enrollment forms for the new homemaker year! Be sure to fill those out and pay your homemaker dues before October 1. Anderson County Extension Homemaker dues are \$12 for the year. (Clubs may have additional club dues.)*

*If you don't want to attend a club meeting you may become a mailbox member. You will receive the newsletter and lesson material and can participate in all activities!*

## A Message From The County President:

Our new Homemaker year is off to a good start! We had a great time at the kickoff, enjoying ice cream, distributing Volunteer Hours certificates, and searching for miniature bridges! These were clues to receiving a door prize.

If you were present, you received the new membership handbook. It is smaller this year, easier to carry with you, and a place to keep up with your volunteer hours and notes for your club meetings. Hope you like this and put it to use. You will also receive a sheet detailing volunteer hours, what each category means and how to track your volunteer hours. These will be handed out at your club meetings.

Thank you to the Basket Guild for attending. Patti and Glenda explained how the basket club is set up. They meet on the 1<sup>st</sup> Saturday of the month to work on their baskets. Everyone is welcome to come and bring their projects. They showed baskets they had made, and they were beautiful. We also had three visitors! I hope we made a good impression on them, and they come back.

If anyone wants/needs training on officer, chairman, or volunteer hours, I will meet with you and give you training. Just let me know so we can work out a time. Please come to the Council meetings so you can help us plan fun activities and trips this coming year.

Happy to be seeing everyone again and working to have a fun Homemaker year!

*Kay Scheffler*  
County Homemaker President



## Kennedy's Korner:

### What's in season in September:

- Apples
- Basil
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Grapes
- Kale
- Potatoes



### September is:

Alopecia Areata Awareness Month  
Blood Cancer Awareness Month  
Childhood Cancer Awareness Month  
National Childhood Obesity Awareness Month  
Deaf Awareness Month  
Pain Awareness Month  
Sickle Cell Awareness Month  
Sepsis Awareness Month



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