FAMILY & CONSUMER SCIENCES

Anderson County Extension Family & Consumer Sciences Newsletter September, 2025 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:

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



Lexington, KY 40506

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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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 wellbeing. 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.

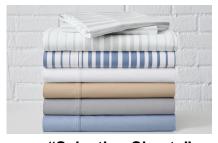


- **Get involved and stay connected.** Be proactive when it comes to your social health. Volunteer, get involved in your community or with a club or organization about which you feel passionate. Call a friend or family member to set up a lunch or coffee date. Mix up your get-togethers with old and new 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 October1. 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 1st 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, Anderson County Extension Agent for 4-H/Youth Development/FCS

Susan Campbell

Kennedy Hannah, Anderson County FCS Agent