



APRIL

2023 NEWSLETTER

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
Jessamine.ca.uky.edu



A Note from the Agent

Please review the newsletter of all the upcoming programs at the Extension Office. We have a variety of instructors to teach classes in March and April.

As most of you know, I will be on maternity leave from the beginning of March through May. If you would like to sign-up for classes, you will need to call our office to register at 859-885-4811. Also, if you have any other Extension-related questions, please call our office, and they will help.

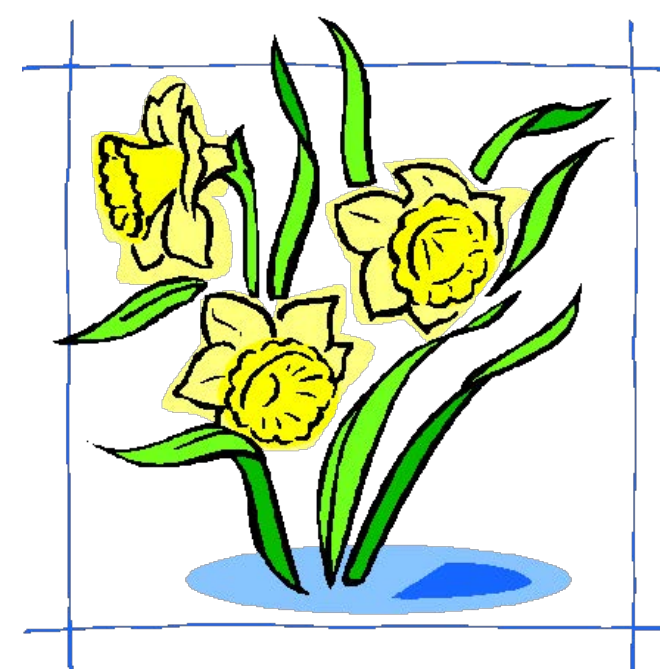
I look forward to spending time at home with baby Giles as soon as he decides he wants to make his grand entrance.

Karli Giles

County Extension Agent
Family & Consumer Sciences

Calendar of Events

| | | |
|-----------|---------|------------------------------|
| Apr 4 | 1 p.m. | Rope Bowl |
| Apr 13-14 | | It's Sew Fine Sewing Seminar |
| Apr 18 | | Area Cultural Arts Contest |
| Apr 26 | 12 p.m. | Lunch N' Learn |
| Apr 28 | 10 a.m. | Living with Loss |
| May 9-11 | | KEHA Annual meeting |

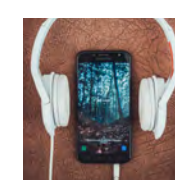


Follow us Online!

**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



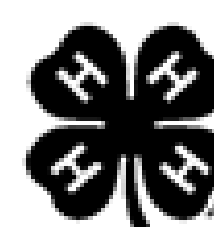
Jessamine County Family and Consumer Sciences on Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all program areas: <http://jessamine.ca.uky.edu/>



Upcoming Leader Lesson Schedule

Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Kayla Lunsford,
Garrard County FCS Agent

Jessamine County Extension Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, at 11 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

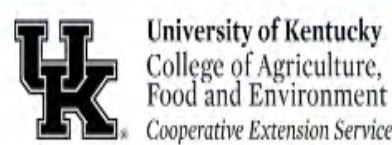
Lunch N' Learn

April 26th at Noon,
please call 885-4811 if
you plan to attend.

Doctors Without Borders Update

The Jessamine County Extension Homemakers have actively contributed to the Doctors without Borders campaign. A total of 327 empty medicine bottles were delivered last fall and an additional 443 bottles have been collected and will be delivered in the next couple of months.

You can donate your empty medicine bottles by dropping them off at the Jessamine County Extension Office. Please make sure the bottle is empty, and the label is removed.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

LUNCH N' LEARN

April Recipe- Rainbow Pasta Salad



April 26th, 12 p.m.- 1 p.m.

Jessamine County Extension Office
95 Park Drive Nicholasville

Registration is required by calling 859-885-4811!

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

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, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2023 Jessamine County Cultural Arts Winners

| Category | Blue Ribbon Winner | Item Description |
|---|--------------------|-------------------------|
| 1.Apparel A. Accessory | Donna Logsdon | Measure tape purse |
| 1.Apparel C. Basic Sewing | Jane Ball | UK overall bib |
| 4.Art, Recycled B. Household | Pat Simpson | paint can storage |
| 6. Beading C Miscellaneous | Francine Parsons | beaded trinket box |
| 9. Crochet C. Home Décor and Afghans | Kaye Sharp | Cream baby size |
| 12. Embroidery A Basic | Donna Logsdon | Apple potholder |
| 12. Embroidery D. Machine | Peggy Mitchell | Santa |
| 14 Holiday Decorations A. Autumn | Pat Simpson | pine cone wreath |
| 14. Holiday Decorations B. Spring | Peggy Mitchell | peach flower pillow |
| 14. Holiday Decorations C. Summer | Jane Ball | Stars table runner |
| 14. Holiday Decorations D. Winter | Charlotte Blakeman | Christmas Wreath |
| 16. Knitting (Hand) C Home Décor and Afghans | Peggy Mitchell | Cream Blanket |
| 19. Painting, Art A. Acrylic | Jane Ball | Black trees |
| 21. Photography B. Color | Francine Parsons | butterfly on babybreath |
| 23. Paper Crafting D. Scrapbooking | Julie Johnson | End of the commons |
| 25. Wall or Door Hanging Fabric | Donna Logsdon | Apples |
| 25. Wall or Door Hanging B. Other | Charlotte Blakeman | Star |
| 26. Weaving A. Hand | Charlotte Blakeman | Red & green stool |
| 27. Miscellaneous | Peggy Mitchell | Rope bowl |



The Ft Harrod Area Cultural Arts Contest will be on Tuesday April 18th in Franklin County.

If you have a winning item to go on to the area contest, please make sure you have it at the Jessamine County Extension Office by Friday, April 14th.



Let's take a hike with KEHA May 9-11, 2023

2023 KEHA State Meeting – May 9-11, 2023
Crowne Plaza
Louisville, KY
Theme: Let's Take a Hike with KEHA

2023 KEHA Newsletter

2023 Registration for KEHA State Meeting (updated 3/22/23)

2023 KEHA Homemaker Showcase Form (updated 3/22/23)

NOTE: State meeting is utilizing a new pricing structure this year. You may register for the full conference or two days. Discounted early bird rates are available until 4/10/23. Late registration must be postmarked by 4/24/23 at the latest. Session selections are first-come, first-served, so register today!

Lodging Information

The lodging room blocks are now open for reservations!

Crowne Plaza Louisville Airport Expo Ctr
830 Phillips Lane, Louisville, Kentucky 40209
866-888-0620 (group code PZ5 for conference rate)
Standard Room \$124 + Tax (1-4 people)

Make your reservations by April 10, 2023, to secure the conference rate.

Individual reservations can be cancelled up to 48 hours prior to arrival date. No-shows and late cancellations will be charged one night's room and tax. We hope you will join us in Louisville!

It's Sew Fine Sewing Seminar

April 13-14, 2023

Join us for classes on:
-clothing accessories
-garment construction
-quilting
-home decoration

Full-day and half-day classes.

View schedule & details online:
tinyurl.com/3fvpb5vx



Register &
pay online!

Held at Boyle County Extension Office
99 Corporate Drive, Danville, KY



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For questions, contact:
Mercer County Extension Office
859-734-4378 tara.duty@uky.edu

**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

ADULT HEALTH BULLETIN



APRIL 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

APRIL IS CESAREAN AWARENESS MONTH



Every April, the International Cesarean Awareness Network, supported by the World Health Organization, recognizes Cesarean Awareness Month. Cesarean section, C-section, or Cesarean birth, is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.

Cesarean Awareness Month aims to raise awareness and educate people about cesareans in two ways: it wants a reduction in the number of cesareans in mothers who do not really need or who will not benefit from this procedure, and it wants to raise awareness of the need for cesareans in certain circumstances to decrease the risks to either mother or baby.

For example, a mother may need a cesarean section when:

- A baby is in a feet-first position (breech position),
- The mother has gone into premature labor,

Continued on the next page →



Even if you do not plan to have a C-section, knowing what to expect can help you prepare in case your situation changes.



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- The labor does not progress in a normal manner,
- There is a viral infection (such as hepatitis C or HIV),
- The mother has placenta previa, a condition in which the placenta is low lying and covers part or all of the entrance to the womb, or
- Health-care providers have recommended a Cesarean delivery for other reasons.

Over time, the rate of cesareans in the United States has risen significantly. Currently, about 1 in 3 births are cesareans. Cesarean deliveries also come with risks, because they are an invasive abdominal surgery. For this reason, major health organizations discourage elective cesarean deliveries as they can lead to complications such as infections and blood clots.

The Healthy People 2030 Report identified 22 measures to prevent pregnancy complications and maternal deaths and improve women's health before, during, and after pregnancy. One

identified measure is to reduce cesarean births among low-risk women with no prior births.

If you are pregnant, it is important to talk to your health-care provider about birthing options, and the benefits and risks of each of your choices, including a cesarean delivery. The potential need for a first-time C-section may not be clear until after labor starts, so even if you do not plan to have a cesarean, knowing what to expect during and after a C-section can help you prepare in case your situation changes.

REFERENCES:

- <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/reduce-cesarean-births-among-low-risk-women-no-prior-births-mich-06>
- <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>

**ADULT
HEALTH BULLETIN**

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123RF.com





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

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