



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

## Calendar of Events

September 1	All Day	Office is Closed
September 4-5		It's SEW Fine in Boyle County
September 8	5pm-6pm	Cooking Corner at the Library- Chicken Burgers!!
September 9	12pm	Lunch N Learn
September 15		Homemaker T-Shirts Order Form DUE
September 15	5pm	Homemaker Council Meeting
September 22	10am - 11am	Laugh N Learn
September 23	10am	Homemaker Field Trip to Mercer County- Leader Lesson: Selecting Sheets
September 26		Heritage Craft Camp Registration DUE
September 26		Area Homemaker Annual Meeting Registration DUE
September 26-27	26 <sup>th</sup> : 3pm - 8pm 27 <sup>th</sup> : 10am - 8pm	Jessamine County Fall Festival
October 1	11am	Homemaker Field Trip to Boyle County- Leader Lesson: Using your Air fryer
October 14	12pm	Lunch N Learn
October 19-24		Sara will out of office- National FCS Meeting in Michigan
October 27	10am	Laugh N Learn

### Jessamine County Extension Homemaker Clubs Hearts N' Hands

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

#### Happy

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

#### Garden Club

Third Monday of the month, 1 p.m.  
at the Extension Office

#### 4-HMothers

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  
RoomA

## 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 ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



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





Dear Homemakers,

Happy September!

The fall weather is creeping and I could not be happier! Bring on the cozy blankets, pumpkin spice lattes, and football season! Thank you to EVERYONE that came to our Homemaker Annual Meeting in August. We had a great turn out with such yummy food! Thank you to Trish Bryant for cooking our dinner, our council for helping with set up, Kristi Heasley for the presentation on Women on he Frontier.

**Our Area Annual Meeting is in Garrard County this year on October 10<sup>th</sup> at 10am! I hope to see you all there! The deadline to register is September 26<sup>th</sup>! Please don't forget to register! The flyer and registration sheet is at the end of this newsletter!**

Homemaker Leader Lessons are starting back up! This year, we will be taking field trips to each Fort Harrod area county as the FCS agent in that county will be teaching us in person with a hands on activity. I will be driving the county van to each lesson and location and times we will be leaving are on the next page. That agent will also be making a video like last year that you can watch if you are not able to make it to the in person. Hand outs will be available at the office for the clubs as well. **There is an order form for new Homemaker T-Shirts at the end of the newsletter!! Please fill the bottom out and rip it off and put it in the envelope with the money! This is due back to the office by September 15th!**

If you know of anyone interested in becoming a Homemaker, please advise them to contact us via email at sara.haag@uky.edu or (859)885-4811 and let us know their Name, Address, Email, Phone #, and what type of club they are interested in joining. We would love to see some new faces this year! Brochures and info sheets are available at the office if you would like to hand something out to advertise Homemakers!

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

HOMEMAKER CLUB LESSON LEADER INFORMATION:				
All sessions are open to the public and any homemaker who wishes to attend. *All sessions are subject to change due to Covid-19 guidance.				
Fill in the name and address of Homemaker who will attend each training.				
Fill in Hostess and Meeting Place of Club Meeting				
MONTH OF MEETING	LESSON TITLE & TEACHER	TRAINING DATE & TIME	LESSON LEADER AND ADDRESS	HOSTESS/MEETING PLACE:
SEPTEMBER	Navigating Trauma After a Natural Disaster	Aug 28 <sup>th</sup> at 10 am	Area Boyle County	Meet at 9 am at JC Extension office for Van Must rsvp
OCTOBER	Selecting Sheets	Sept 23 <sup>rd</sup> at 10 am	Tara Duty Mercer Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp
NOVEMBER	Using your Air Fryer	Oct 1 <sup>st</sup> at 11 am	Alethea Bruzek Boyle Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
JANUARY	Yogatta Try This!	Nov. 7 <sup>th</sup> at 10 am	Sara Haag Jessamine Co. FCS Agent	Jessamine Co Extension Office
FEBRUARY	Stretching you dollar: What to do when ends don't meet.	Jan 8 <sup>th</sup> at 11 am	Carla Carter Franklin Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
MARCH	Mental Health Matters	Feb. 5 <sup>th</sup> a 11 am	Hannah Thornsberry Woodford Co FCS Agent	Meet at 10 am at JC Extension office for Van Must rsvp
APRIL	Gardening Safely	March 26 <sup>th</sup> at 1 pm	Kayla Lunsford Garrard Co FCS Agent	Meet at 12 pm at JC Extension office for Van Must rsvp
MAY	How to get out of a mealtime rut.	April 15 <sup>th</sup> at 10 am	Jody Paver Lincoln Co FCS Agent	Meet at 9 am at JC Extension office for Van Must rsvp



**Craft Camp 2025 Catalog!**  
**October 25, 2025**  
Please register for a class!  
We would love to see you there!!

FORT HARROD AREA  
2025 HERITAGE CRAFT CAMP  
OCTOBER 25TH

Boyle County Extension Office  
99 Corporate Dr, Danville, KY 40422

More details on the back!



# Jessamine County Homemakers T-Shirts Order Form



Shirt is Navy :)



Short Sleeve Only- **Cost is \$12** (Sizes S-XXL))



Name: \_\_\_\_\_

Size: \_\_\_\_\_

Please mail payment and slip to :  
Jessamine County Extension Homemakers  
ATTN: Sara Haag

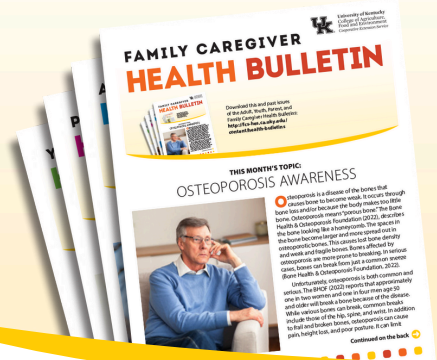
333 Fairground Way Nicholasville, KY 40356

**Check made payable to Jessamine County Homemakers**

Due back to the office via mail or bringing into the office by **September 15th**



# FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 2025

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

NAME County  
Extension Office  
000 Street Road  
City, KY  
Zip  
(000) 000-0000

## THIS MONTH'S TOPIC

# FALL PREVENTION



**S**ept. 22-26 is Fall Prevention Awareness Week. This nationwide week reminds us that falls among older adults is a public health crisis. According to the Centers for Disease Control and Prevention, 1 in 4 older adults age 65 and older fall each year. Falls are the leading cause of serious injury. They include fractures and head trauma, as well as emergency room visits and even injury-related death. Falls impact independence and quality of life. They give rise to a fear of falling and can reduce active living as a result. Falls are also associated with significant financial burden and rises in health care costs.

It is important to talk about falls because they are preventable. Many groups, like the CDC have initiatives and evidence-based falls prevention programs to help address

Continued on the next page →

Fall-proofing your home  
(decluttering, better lighting,  
properly installed grab bars  
and handrails, non-skid  
slip mats and rugs, keeping  
essential items in easy-to-reach  
places) can help prevent falls.

## → Continued from the previous page

fall risk and promote prevention. For example, STEADI (Stopping Elderly Accidents, Deaths and Injuries) is a national initiative aimed at preventing falls among community-dwelling adults 65 years and older, <https://www.cdc.gov/steadi>. Bingocize® is a 10-week workshop that combines the game of Bingo, exercise, and health education, including fall prevention. It can be played in-person or remotely. A Matter of Balance is an eight-week program that aims to reduce fear of falling and increase activity levels. CAPABLE (Community Aging in Place — Advancing Better Living for Elders) is a five-month program that uses occupational therapists, nurses, and handymen who provide home modifications. To explore a full list of evidence-based programs proven to help older adults reduce the risk of falling, go to the National Council on Aging at <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>. You can also call your local County Extension Office to see what they are doing to prevent falls in your community.

## Key strategies to help prevent falls, according to the Mayo Clinic and NIH include:

- Regular physical activity
- Balance and strength training
- Fall-proofing your home (decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places)

- Medication management (review medications, understand side effects)
- Regular vision and hearing tests
- Wear sensible, properly fitting, sturdy, flat shoes with non-skid soles
- Stand up slowly
- Stay hydrated
- Eat a well-balanced diet and nutritious foods
- Limit alcohol consumption
- Stay active and engaged
- See a health-care provider regularly

## REFERENCES:

- CDC. (2024). Older Adult Fall Data. Retrieved July 15, 2025 from <https://www.cdc.gov/falls/data-research/index.html#:~:text=Older%20adult%20falls%20reported%20by,2>
- Mayo Clinic. (2024). Fall Prevention: Simple Tips to Prevent Falls. Retrieved July 15, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358#:~:text=Secure%20loose%20rugs%20with%20double,for%20the%20shower%20or%20tub>
- National Council on Aging. (2023). Evidence-Based Falls Prevention Programs. Retrieved July 15, 2025 from <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>
- National Institute on Aging. (2022). Falls and Fractures in Older Adults: Causes and Prevention. Retrieved July 15, 2025 from <https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention>

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

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock

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Community and Economic Development

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# Laugh and Learn

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



Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

## The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 8

10am- 11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!

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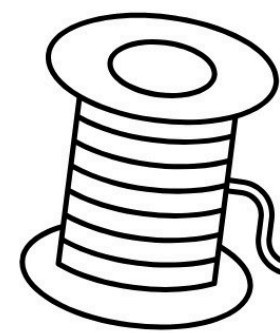
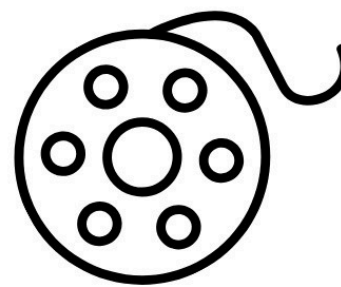


## It's Sew Fine Sewing Seminar

September 4<sup>th</sup> and 5<sup>th</sup> 2025

### Join us for classes on:

- Garment Construction
- Quilting
- Bags
- Home decor
- Accessories



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

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For Questions, Contact :  
Mercer County Extension Office  
859-734-4378 or tara.duty@uky.edu

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## Lunch N Learn

## Lunch N Learn

Join us at the Jessamine County Ag Center once a month for **Lunch N Learn** as we prepare recipes from the Nutrition Education Program Yearly Recipe Calendar!

Join us at the Jessamine County Ag Center for **Lunch N Learn!**  
We will be making the September recipe from the Nutrition Education Program Yearly Recipe Calendar,  
Girts, Greens, and Egg Bowl

### 2025 Dates:

It will always be from 12pm - 1pm

September 9, 2025

12pm - 1pm

January 15

July 15

February 18

August 12

March 11

September 9

April 8

October 14

May 20

November 11

June 24

December 9

Please call the Jessamine County Extension Office at 859-885-4811 by Sep 4th to register.



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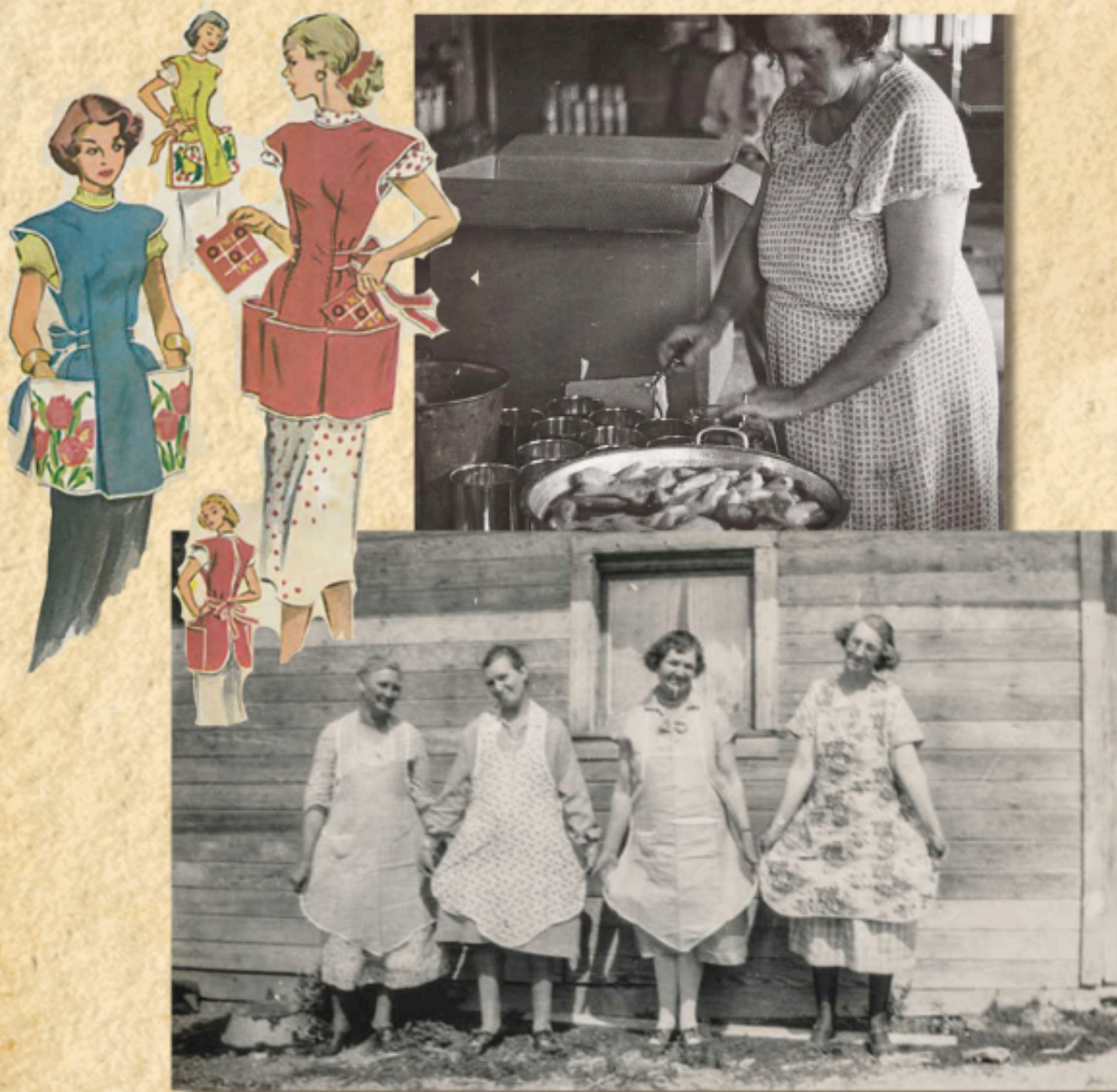






# 2025 FORT HARROD AREA ANNUAL MEETING

*The Ties that Bind:  
The History of Aprons and Homemaking in Appalachia*



- **REGISTRATION COST: \$15**
- **REGISTRATION DEADLINE:  
SEPTEMBER 26TH**
- **ATTENDEES ARE INVITED TO  
COME IN THEIR FAVORITE APRON**
- **EACH COUNTY IS ASKED TO  
BRING A \$25 GIFT BASKET FOR  
THE AREA PRIZE DRAWING.**
- **SPEAKER: DR. CYNTHIA  
WILLIAMS RESOR FROM  
EASTERN KENTUCKY  
UNIVERSITY HIGHLIGHTS THE  
LIVES OF KENTUCKY WOMEN  
THROUGH EARLY 19TH-CENTURY  
RECIPES, FOODWAYS, AND THE  
OFTEN-OVERLOOKED "WOMEN'S  
WORK" OF THE PAST IN HER  
CAPTIVATING PRESENTATION!**

## **WHEN:**

**OCTOBER 10TH AT 10AM  
REGISTRATION BEGINS AT  
9:30AM**

## **WHERE:**

**LANCASTER BAPTIST CHURCH  
CHRISTIAN LIFE CENTER  
201 RICHMOND ST,  
LANCASTER, KY 40444**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





# FORT HARROD AREA ANNUAL MEETING REGISTRATION

**COST: \$15 | NO REFUNDS**

**MAKE CHECKS PAYABLE TO:**

**GARRARD COUNTY HOMEMAKERS ASSOCIATION**

**NAME** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_

**COUNTY** \_\_\_\_\_

**PLEASE INDICATE IF YOU HAVE ANY SPECIFIC DIETARY  
RESTRICTIONS OR ALLERGIES:** \_\_\_\_\_

\_\_\_\_\_

**(LEE'S FAMOUS RECIPE WILL CATER THIS YEAR'S MEETING.)**

**PLEASE SEND THIS FORM AND YOUR PAYMENT TO THE  
GARRARD COUNTY EXTENSION OFFICE BY SEPTEMBER 26<sup>TH</sup>.  
1302 STANFORD ROAD LANCASTER, KY 40444  
FOR ANY QUESTIONS, CALL THE OFFICE AT 859-792-3026  
OR EMAIL GARRARD.EXT@UKY.EDU.**

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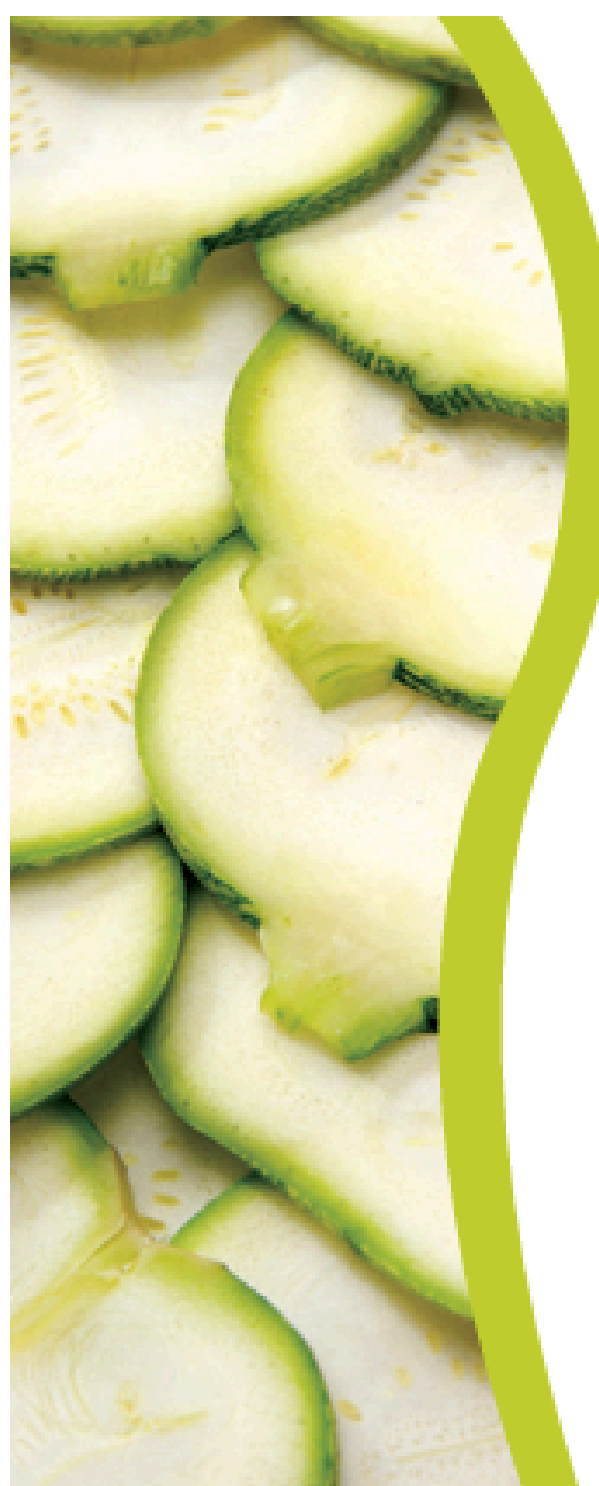


Disabilities  
accommodated  
with prior notification.





Don't forget about our awesome online FREE resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at [planeatmove.com](http://planeatmove.com)



## Stuffed Zucchini Boats

4 medium zucchini  
1 **pound** chicken breast  
½ **cup** chopped onion  
1 egg, beaten

¾ **cup** marinara sauce  
¼ **cup** bread crumbs  
1 **teaspoon** garlic powder  
½ **teaspoon** black pepper

1½ **cups** shredded cheddar cheese  
Olive oil, optional

**Cut** zucchini in half lengthwise. **Cut** a thin slice from the bottom of each with a sharp knife to allow the zucchini to sit flat. **Scoop** out the pulp, leaving ¼-inch shells. (Optional, lightly brush the shells with olive oil.) **Preheat** the oven to 350° F. **Cut** chicken breast into 1 inch cubes. In a large skillet, **cook** chicken and onion over medium heat until meat is no longer pink; **drain**. **Remove** from the heat; **stir** in the egg, marinara sauce, bread crumbs, garlic powder, black pepper and 1 cup cheese. **Spoon** about ¼ cup into each

zucchini shell. **Place** each filled shell onto a non-greased cooking sheet and place into the oven and **bake** for 15 minutes. **Remove** boats from oven and **sprinkle** on the remaining cheese. **Bake** boats for an additional 5 minutes or until the cheese melts.

**Yield:** 4 servings

**Nutritional Analysis:** 420 calories, 20 g fat, 9 g saturated fat, 170 mg cholesterol, 700 mg sodium, 19 g carbohydrate, 4 g fiber, 9 g sugar, 40 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.